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| **ROSWELL PARENTING CLASSES – FALL 2019****Mondays 5:00 pm or Tuesdays 11am****Register at** [**www.pregnancyaidclinic.com**](http://www.pregnancyaidclinic.com) |
| **WEEK** | **DATES** | **PARENTING CLASS 1** **North- Monday** | **DATES** | **PARENTING CLASS 2****North-Tuesday** |
| 1 | Sept 9th  | Changes and Body Image | Sept 10th  | Understanding Feelings |
| 2 | Sept 16th  | Health and Nutrition | Sept 17th  | Communicating with Respect |
| 3 | Sept 23rd  | Fetal Development | Sept 24th  | Building Self-worth in Children |
| 4 | Sept 30th | Empathy and Nurturing Self | Oct 1st | Praising Children and their Behavior |
| 5 | Oct 7th  | Partners in Pregnancy | Oct 8th | Ages & Stages of Growth for Infants & Toddlers |
| 6 | Oct 14th  | The Importance of Positive Touch | Oct 15th  | Alternatives to Spanking |
| 7 | Oct 21st | Understanding and Handling Stress | Oct 22nd  | Learning Positive Ways to Deal with Stress & Anger |
| 8 | Oct 28th  | Understanding & Developing Family Morals, Values, & Rules | Oct 29th  | Understanding & Developing Family Morals, Values, & Rules |
| 9 | Nov 4th  | Nurturing Diapering and Dressing routine, Feeding | Nov 5th  | Ways to Enhance Positive Brain Development in Children and Teens |
| 10 | Nov 11th  | Breastfeeding | Nov 18th  | Self-Worth |
| 11 | Nov 18th | Class Summation | Nov 19th  | Class Summation |
| **MINI COURSE SCHEDULE TO BE ANNOUNCED. SPRING CLASSES WILL BEGIN IN JAN 2020** |

**PLEASE NOTE**: Classes listed above will be offered but may not be offered on the day listed based on availability of speakers.

Thank you for your understanding.

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| **FOREST PARK PARENTING CLASSES – FALL 2019****Wednesdays 11am Thursdays 5pm****Register at** [**www.pregnancyaidclinic.com**](http://www.pregnancyaidclinic.com) |
| **WEEK** | **DATES** | **PARENTING CLASS 1** **South-Wednesday & Thursday** | **PARENTING CLASS 2****South-Wednesday & Thursday** | **MEN’S CLASS****South-Thursday** |
| 1 | Sep 11th/12th  | Changes and Body Image | Understanding Feelings | The Roots of FatheringSelf-Nurturing Skills I |
| 2 | Sep 18th/19th  | Health and Nutrition | Communicating with Respect | Self-Nurturing Skills II |
| 3 | Sep 25th/26th  | Fetal Development | Building Self-worth in Children | The World of Feelings |
| 4 | Oct 2nd/3rd  | Empathy and Nurturing Self | Praising Children and their Behavior | The Power to Nurture |
| 5 | Oct 9th/10th  | Partners in Pregnancy | Ages & Stages of Growth for Infants & Toddlers | Overcoming Barriers |
| 6 | Oct 16th/17th  | The Importance of Positive Touch | Alternatives to spanking | Discipline |
| 7 | Oct 23rd/24th  | Understanding and Handling Stress | Learning Positive Ways to Deal with Stress & Anger | The Importance of Positive Touch |
| 8 | Oct 30th/31st  | Understanding & Developing Family Morals, Values, & Rules | Understanding & Developing Family Morals, Values, & Rules | Nurturing Relationships I |
| 9 | Nov 6th/7th  | Nurturing Diapering and Dressing routine, Feeding | Ways to Enhance Positive Brain Development in Children and Teens | Nurturing Relationships II |
| 10 | Nov 13th/14th  | Hopes and Fears | Self-Worth | A Time and Place for Fathering |
| 11 | Nov 20th/21st  | Class Summation | Class Summation | Healing |
| **MINI COURSE SCHEDULE TO BE ANNOUNCED. SPRING CLASSES WILL BEGIN IN JAN 2020** |

**PLEASE NOTE**: Classes listed above will be offered but may not be offered on the day listed based on availability of speakers.

Thank you for your understanding.