



# SPRING 2020 PARENTING - FOREST PARK

**TIME: WED 11AM OR THURS 5PM**

**LOCATION: 531 Forest Pkwy, Suite 200, Forest Park 30297**

WEEK	DATE	PARENTING 1	PARENTING 2	MENS GROUP
1	Jan 15/16	Changes & Body Image	CSelf-Worth	Roots of Fathering
2	Jan 22/23	Health & Nutrition	Communicating with Respect	Self Nurturing Skills I
3	Jan 29/30	Fetal & Positive Brain Development	Ages & Stages: Infants & Toddlers	Self Nurturing Skills II
4	Feb 5/6	Empathy & Nurturing Self	Praising Children & Behaviors	The World of Feelings
5	Feb 12/13	Partners in Pregnancy	Building Self-Worth in Children	The Power to Nurture
6	Feb 19/20	The Importance of Postitive Touch	Understanding Feelings	Overcoming Barriers
7	Feb 26/27	Understanding & Handling Stress	Postiive Ways to Deal with Stress	Discipline
8	Mar 4/5	Developing Family Values & Rules	Developing Family Values & Rules	The Importance of Positive Touch
9	Mar 11/12	Diapering, Feeding & Bedtime	Rewards & Punishments	Nurturing Relationships I
10	Mar 18/19	Parent/Child Bonding & Attachment	Parent/Child Bonding & Attachment	Nurturing Relationships II
11	Mar 25/26	Problem Solving & Compromise	Problem Solving & Compromise	A Time & Place for Fathering
12	Apr 1/2	Class Summation	Class Summation	Healing

Please note that classes listed above may not be offered on the day listed based on the availability of speakers

Mini-Courses begin in April 2020. Sign up for all classes at [www.pregnancyaidclinic.com/classes](http://www.pregnancyaidclinic.com/classes)