



# Nurturing Parenting at St. Brendan Church

## **Fall 2023**

ZOOM ID: 763 394 8786

Passcode: Diapers

Thursdays | 10:00AM | 4633 Shiloh Rd, Cumming GA 30040

<b>Sept 14</b>	Prenatal Care/Atencion Prenatal	<b>Nov 2</b>	Infant Expectations/Expectativas Infantiles
<b>Sept 21</b>	Emotions of Pregnancy/Las Emociones de Embarazo	<b>Nov 9</b>	Mommy Nutrition/Nutricion de la Mama
<b>Sept 28</b>	Car Safety / Seguridad en el Automóvil	<b>Nov 16</b>	Being a Super Mom/Ser una Super Mama
<b>Oct 5</b>	Understanding your Infant/ Entender a su Hijo	<b>Nov 23</b>	NO CLASS
<b>Oct 12</b>	Infant Nutrition/Nutricion Infantil	<b>Nov 30</b>	Getting your Baby to Sleep/Como Hacer Dormir al Bebe
<b>Oct 19</b>	The Importance of Words/ La Importancia de las Palabras	<b>Dec 7</b>	Fertility Session
<b>Oct 26</b>	The Importance of Bonding/ La Importancia del Apego	<b>Dec 14</b>	Mommy Milestones/Hitos de Mami

Sign up and more info at [pac-woman.com/classes](https://pac-woman.com/classes)

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