



# PAC

Personalized Care  
in Women's Health

# FALL 2021 PARENTING 1 & 2

LINK: [bit.ly/PACclassroom](https://bit.ly/PACclassroom)

PASSWORD: Diapers

## MONDAYS AT 1:30PM

## THURSDAYS AT 4PM

WEEK	DATE	PARENTING 1 TOPICS	DATE	PARENTING 2 TOPICS
1	Aug 16	Changes in Body Image	Aug 19	Self Worth
2	Aug 23	Fetal & Positive Brain Development	Aug 26	Ages & Stages for Infants and Toddlers
3	Aug 30	Safe Sleep/Car Sleep	Sept 2	Safe Sleep/Car Sleep
4	Sept 6	NO CLASS - LABOR DAY	Sept 9	NO CLASS - LABOR DAY
5	Sept 13	Fertility Awareness	Sept 16	Fertility Awareness
6	Sept 20	Understanding & Developing Family Morals, Values and Rules	Sept 23	Understanding & Developing Family Morals, Values and Rules
7	Sept 27	Alternatives to Spanking & Rewards & Punishments	Sept 30	Alternatives to Spanking & Rewards & Punishments
8	Oct 4	Parent-Child Bonding & Attachment	Oct 7	Parent-Child Bonding & Attachment
9	Oct 11	Health and Nutrition	Oct 14	Communicating with Respect
10	Oct 18	Fertility & Hormonal Wellness	Oct 21	Fertility & Hormonal Wellness
11	Oct 25	Handling Feelings	Oct 28	Handling Feelings
12	Nov 1	Understanding & Handling Stress	Nov 4	Understanding & Handling Stress
13	Nov 8	Fertility Awareness: 30-Day Review	Nov 11	Fertility Awareness: 30-Day Review
14	Nov 15	TBD	Nov 18	TBD

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

Sign up for all classes at [www.pac-woman.com/classes](http://www.pac-woman.com/classes)