



# PAC

Personalized Care  
in Women's Health

# SPRING 2022 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	Jan 10	Changes in Body Image	Jan 13	Self Worth
2	Jan 24	Fertility Awareness	Jan 27	Fertility Awareness
3	Jan 31	Safe Sleep/Car Sleep	Feb 3	Safe Sleep/Car Sleep
4	Feb 7	Open Conversation	Feb 10	Open Conversation
5	Feb 14	Fetal and Brain Development	Feb 17	Ages and Stages for Infants/Toddlers
6	Feb 21	Understanding & Developing Family Morals, Values and Rules	Feb 24	Understanding & Developing Family Morals, Values and Rules
7	Feb 28	Alternatives to Spanking & Rewards & Punishments Problem Solving	Mar 3	Alternatives to Spanking & Rewards & Punishments Problem Solving
8	Mar 7	Health and Nutrition	Mar 10	Communicating with Respect
9	Mar 14	Fertility & Hormonal Wellness	Mar 17	Fertility & Hormonal Wellness
10	Mar 21	Handling Feelings	Mar 24	Handling Feelings
11	Mar 28	Understanding & Handling Stress	Mar 31	Understanding & Handling Stress
12	Apr 4	Fertility Awareness: 30-Day Review	Apr 7	Fertility Awareness: 30-Day Review
13	Apr 18	Parent-Child Bonding	Apr 21	Parent-Child Bonding
14	Apr 25		Apr 28	

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)