

# THURSDAYS AT 11AM

**HYBRID: ZOOM and  
Roswell Classroom**

**ZOOM ID: 87202151340 PASSWORD: Mary**

## **Date Biblical Women of Courage**

|         |  |
|---------|--|
| Aug 18  | Eve - Defining Motherhood                      |
| Aug 25  | Sarah - Learning to Trust                      |
| Sept 1  | Rebekah - Knowing Your Children                |
| Sept 8  | NO CLASS                                       |
| Sept 15 | Rachel - Handling Disappointment               |
| Sept 22 | Midwives - Obedience to God Rewarded           |
| Sept 29 | Jochebed - Wisdom and Faith                    |
| Oct 6   | Rahab - Risking it All                         |
| Oct 13  | Ruth - Faithful Love                           |
| Oct 20  | Deborah and Jael - Motivation and Leadership   |
| Oct 27  | Hannah - Letting Go                            |
| Nov 3   | Abigail and Bathsheba - The Power of Influence |
| Nov 10  | Widow of Zarephath and the Shunamite           |
| Nov 17  | Judith: Women of the Exile                     |
| Nov 24  | NO CLASS                                       |
| Dec 1   | Esther: For a Time Such as This                |
| Dec 8   | Mary, Mother of Jesus - Selfless Love          |

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

# FALL 2022 CLASS SCHEDULES

**MONDAYS AT 1:30PM**

**ZOOM: [bit.ly/PACclassroom](https://bit.ly/PACclassroom)**

**PASSWORD: Diapers**

## **Date Parenting 1\***

|         |   |
|---------|---|
| Sept 12 | Changes in Body Image   |
| Sept 19 | Safe Sleep/Car Safety   |
| Sept 26 | NO CLASS  |
| Oct 3   | Parent-Child Bonding and Attachment                           |
| Oct 10  | Fetal and Brain Development                                   |
| Oct 17  | Understanding & Developing Family<br>Morals, Values and Rules |
| Oct 24  | Alternatives to Spanking &<br>Rewards & Punishments           |
| Oct 31  | Fertility Awareness   |
| Nov 7   | Health and Nutrition/<br>Communicating with Respect           |
| Nov 14  | Handling Feelings   |
| Nov 21  | NO CLASS - THANKSGIVING                                       |
| Nov 28  | Fertility & Hormonal Wellness                                 |
| Dec 5   | Understanding & Handling Stress                               |

**\*these also offered in Spanish in person in Cumming, GA**

# WEDNESDAYS AT 10AM

**HYBRID: ZOOM and  
Forest Park Classroom**

**ZOOM ID: 87202151340 PASSWORD: Mary**

## **Date Nurturing God's Way**

|         |   |
|---------|---|
| Aug 17  | **The 7 Principles to Nurture God's Way |
| Aug 24  | **Knowing Children as God Knows Us      |
| Aug 31  | **Fulfilling Your Godly Parenting Role  |
| Sept 7  | NO CLASS                                |
| Sept 14 | Developing Godly Character in Children  |
| Sept 21 | Turning Chaos into Confidence           |
| Sept 28 | We ARE Loved Unconditionally            |
| Oct 5   | Nurture Me...Watch Me Grow!             |
| Oct 12  | God, the Father of Compassion           |
| Oct 19  | Trust & Obey, There's No Other Way      |
| Oct 26  | Feelings - Motivators of Our Behavior   |
| Nov 2   | Navigate or Negotiate?                  |
| Nov 9   | Biblical Stress Survival Kit            |
| Nov 16  | Help Kids Manage Behavior               |
| Nov 23  | NO CLASS                                |
| Nov 30  | Weathering Life's Storms                |
| Dec 7   | Traditions & Class End                  |

**\*\*ZOOM ONLY, no in person class this day**

# THURSDAYS AT 4PM

**Forest Park Classroom**

## **Date Parenting 2**

|         |                                      |
|---------|--------------------------------------|
| Sept 15 | First Trimester                      |
| Sept 22 | NO CLASS                             |
| Sept 29 | Safe Sleep/Car Safety                |
| Oct 6   | Bonding with your Unborn and Toddler |
| Oct 13  | Infant Expectations                  |
| Oct 20  | Successful Family Living             |
| Oct 27  | Discipline Isn't Spelled PUNISHMENT  |
| Nov 3   | Fertility Awareness                  |
| Nov 10  | Eating for Two/Mommy Nutrition       |
| Nov 17  | Anger Management                     |
| Nov 24  | NO CLASS - THANKSGIVING              |
| Dec 1   | Fertility and Hormonal Wellness      |
| Dec 8   | Family Stability Inside Change       |

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

**PAC Forest Park: 531 Forest Parkway,  
Forest Park, GA 30297**  
**PAC Roswell: 281 S. Atlanta St,  
Roswell, GA 30075**