

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**

FALL 2022 CLASS SCHEDULES

MONDAYS AT 1:30PM

**ZOOM: 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 Morals, Values and Rules
Oct 24	Alternatives to Spanking & Rewards & Punishments
Oct 31	Fertility Awareness
Nov 7	Health and Nutrition/ 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**