

# THURSDAYS AT 11AM

ZOOM ID: 87202151340

PASSWORD: Mary

| Date   | Biblical Women of Courage                       |
|--------|---|
| Jan 12 | In His Image, Covenant Keepers, Courage         |
| Jan 19 | NO CLASS  |
| Jan 26 | Mary, Mother of Jesus - Grace and Dignity       |
| Feb 2  | Mary Magdalene - Freedom, Service, Ministry*    |
| Feb 9  | The Samaritan Woman - From Shame to Fame        |
| Feb 16 | Woman with a Hemorrhage - Desperation           |
| Feb 23 | A Widow and 2 Mites - Sacrificial Giving        |
| Mar 2  | Let the Children Come - Bring them to God       |
| Mar 9  | Stones and an Alabaster Jar - Forgiveness, Hope |
| Mar 16 | Mary and Martha of Bethany - Friendship         |
| Mar 23 | Mary, Martha, Lazarus - Disappointment, Grief   |
| Mar 30 | Women of Passion - At the Foot of the Cross*    |
| Apr 6  | NO CLASS  |
| Apr 13 | Women of Acts: Tabitha, Lydia, Phoebe           |
| Apr 20 | Women of Acts: Priscilla and Aquila             |
| Apr 27 | Courage for Today's World                       |
| May 4  | Biblical Women of Courage Wrap Up**             |

\*in person at PAC Roswell

\*\*in person at PAC Forest Park

# SPRING 2023 CLASS SCHEDULES

MONDAYS AT 1:30PM

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

PASSWORD: Diapers

| Date   | Parenting 1*                       |
|--------|------------------------------------|
| Jan 23 | Intro to PAC Programs              |
| Jan 30 | Eating for Two                     |
| Feb 6  | Safe Sleep/Car Safety              |
| Feb 13 | Bonding with Your Unborn           |
| Feb 20 | Infant Expectations                |
| Feb 27 | Successful Family Living           |
| Mar 6  | Prenatal Care                      |
| Mar 13 | Postpartum Depression              |
| Mar 20 | Fertility Awareness: 30-Day Review |
| Mar 27 | Emotions of Pregnancy              |
| Apr 3  | NO CLASS                           |
| Apr 10 | Fertility and Hormonal Wellness    |
| Apr 17 | Black Maternal Health Week         |

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

# WEDNESDAYS AT 10AM

**ZOOM ID: 87202151340**

**PASSWORD: Mary**

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

|        |  |
|--------|--|
| Jan 25 | The 7 Principles to Nurture God's Way  |
| Feb 1  | Knowing Children as God Knows Us       |
| Feb 8  | Fulfilling Your Godly Parenting Role   |
| Feb 15 | Developing Godly Character in Children |
| Feb 22 | Turning Chaos into Confidence          |
| Mar 1  | We ARE Loved Unconditionally*          |
| Mar 8  | Nurture Me...Watch Me Grow!            |
| Mar 15 | God, the Father of Compassion          |
| Mar 22 | Trust & Obey, There's No Other Way     |
| Mar 29 | Feelings - Motivators of Our Behavior  |
| Apr 5  | NO CLASS                               |
| Apr 12 | Navigate or Negotiate?                 |
| Apr 19 | Biblical Stress Survival Kit           |
| Apr 26 | Help Kids Manage Behavior              |
| May 3  | Weathering Life's Storms               |
| May 10 | Traditions & Class End*                |

**\*in person at PAC Forest Park**

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

# THURSDAYS AT 4PM

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

**PASSWORD: Diapers**

## **Date**      **Parenting 2**

|        |                                      |
|--------|--------------------------------------|
| Jan 26 | Welcome to PAC                       |
| Feb 2  | First Trimester                      |
| Feb 9  | Safe Sleep/Car Safety                |
| Feb 16 | Bonding with your Unborn and Toddler |
| Feb 23 | Infant Expectations                  |
| Mar 2  | Successful Family Living             |
| Mar 9  | Discipline Isn't Spelled PUNISHMENT  |
| Mar 16 | Eating for Two/Mommy Nutrition       |
| Mar 23 | Fertility Awareness                  |
| Mar 30 | Anger Management                     |
| Apr 6  | NO CLASS                             |
| Apr 13 | Labor and Delivery: Getting Ready*   |
| Apr 20 | Fertility and Hormonal Wellness      |

**\*in person at PAC Forest Park**

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