

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

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
Apr 24	Hope for the Future
May 1	Hope for the Future
May 8	Life Skills
May 15	NO CLASS
May 22	Beekeeping

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

WEDNESDAYS AT 10AM

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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

THURSDAYS AT 4PM

ZOOM: 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
Apr 27	Life and Career
May 4	TBD
May 11	Life Skills II
May 18	TBD
May 25	TBD

*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