



PAC
Pregnancy Aid Clinic

Nurturing God's Way

Fall 2023

ZOOM ID: 872 0215 1340
Passcode: Mary

Mondays | 11:00AM | Forest Park Hybrid

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| Aug 21 The 7 Principles to Nurture God's Way | Oct 23 Trust and Obey, for there's no Other Way |
| Aug 28 Knowing Children as God Knows us | Oct 30 Feelings - Motivators to our Behavior |
| Sept 4 NO CLASS | Nov 6 Navigate or Negotiate? |
| Sept 11 Fulfilling Your Godly Parenting Role | Nov 13 Biblical Stress Survival Kit (in person) |
| Sept 18 Developing Godly Character in Children | Nov 20 NO CLASS |
| Sept 25 Turning Chaos into Confidence (in person) | Nov 27 Behavior Incentives & Rod of Correction |
| Oct 2 We ARE Loved Unconditionally | Dec 4 Weathering Life's Storms |
| Oct 9 Nurture Me...Watch Me Grow! | Dec 11 Traditions and Class End (in person) |
| Oct 16 God, the Father of Compassion | |

Sign up and more info at pac-woman.com/classes

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



Nurturing Parenting

Fall 2023

ZOOM ID: 763 394 8786
Passcode: Diapers

Mondays | 1:30PM | Virtual

Sept 11	Family Planning	Oct 30	Fertility & Hormal Wellness
Sept 18	Handling Feelings	Nov 6	Health & Nutrition
Sept 25	Car Seat Education - SafeKids (in person at PAC Atlanta clinic)	Nov 13	Communicating with Respect
Oct 2	Parent-Child Bonding and Attachment	Nov 20	NO CLASS
Oct 9	Fetal & Brain Development/Ages & Stages for Infants & Toddlers	Nov 27	Fertility Awareness: 30 Day Review
Oct 16	Understanding & Developing Family Morals, Values, & Rules	Dec 4	Understanding & Handling Stress
Oct 23	Alternatives to Spanking and Rewards & Punishments		

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PAC
Pregnancy Aid Clinic

Mother-Daughter FEMM

Fall 2023

Mondays | 7:00PM | Virtual

ZOOM ID: 859 2085 5272
Passcode: FEMMinity

September 11

Your Anatomy and Hormones

September 18

Charting your Cycle

September 25

Puberty and a Healthy Cycle

October 2

The Beginning of Life

October 9

Brain, Emotions, and Lifestyle

October 16

Healthy Habits

October 23

Family Planning

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Spanish-Virtural

Fall 2023

Tuesdays | 2:00PM

ZOOM ID: 895 6698 0036
Passcode: panales

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| Sept 12 Prenatal Care/Atencion Prenatal | Nov 7 Mommy Nutrition/Nutricion de la Mama |
| Sept 19 Manejo de Sentimientos | Nov 14 Cambios en la Imagen Corporal |
| Sept 26 Car Safety / Seguridad en el Automóvil | Nov 21 NO CLASS |
| Oct 3 Understanding your Infant/Entender a su Hijo | Nov 28 Getting your Baby to Sleep/Como Hacer Dormir al Bebe |
| Oct 10 Infant Nutrition/Nutricion Infantil | Dec 5 Fertility session |
| Oct 17 Comunicandonos con Respeto | Dec 12 Mommy milestones/Hijitos de mami |
| Oct 24 The Importance of Bonding/La Importancia del Apego | |
| Oct 31 Infant Expectations/Expectativas infantiles | |

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Fatherhood Classes and Mentoring

Fall 2023

ZOOM ID: 814 7219 7990

Passcode: DADication

Wednesdays | 4:00PM | Virtual

Aug 23	Real Time / Real Dad	Oct 25	Taking Care of her During Pregnancy
Aug 30	The Two Questions	Nov 1	Taking Care of her During Birth
Sept 6	NO CLASS	Nov 8	Co-parenting
Sept 13	Being a Leader	Nov 15	Child Support
Sept 20	Being Consistent	Nov 22	NO CLASS
Sept 27	Loving Discipline	Nov 29	Father Presence
Oct 4	Practical Discipline	Dec 6	Marriage/Relationships
Oct 11	Respect for Mothers	Dec 13	Incarceration Re-entry
Oct 18	Baby Care Basics for Dads		

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Spanish-in person at St. Brendan Church

Fall 2023

ZOOM ID: 763 394 8786

Passcode: Diapers

Thursdays | 10:00AM | 4633 Shiloh Rd, Cumming GA 30040

Sept 14	Prenatal Care/Atencion Prenatal	Nov 2	Infant Expectations/Expectativas Infantiles
Sept 21	Emotions of Pregnancy/Las Emociones de Embarazo	Nov 9	Mommy Nutrition/Nutricion de la Mama
Sept 28	Car Safety / Seguridad en el Automóvil	Nov 16	Being a Super Mom/Ser una Super Mama
Oct 5	Understanding your Infant/ Entender a su Hijo	Nov 23	NO CLASS
Oct 12	Infant Nutrition/Nutricion Infantil	Nov 30	Getting your Baby to Sleep/Como Hacer Dormir al Bebe
Oct 19	The Importance of Words/ La Importancia de las Palabras	Dec 7	Fertility Session
Oct 26	The Importance of Bonding/ La Importancia del Apego	Dec 14	Mommy Milestones/Hitos de Mami

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Biblical Women of Courage

Fall 2023

ZOOM ID: 872 0215 1340

Passcode: Mary

Thursdays | 11:00AM | Hybrid Roswell

Aug 17 Eve: Defining Motherhood

Oct 19 Ruth: Faithful Love

Aug 24 NO CLASS

Oct 26 Deborah and Jael (Judges): Motivation, Leadership

Aug 31 Sarah: Learning to Trust

Nov 2 Hannah: Letting Go

Sept 7 NO CLASS

Nov 9 Abigail and Bathsheba, Women of Kings: The Power of Influence (in person)

Sept 14 Rebekah: Knowing Your Children

Nov 16 The Widow of Zarephath (Elijah) and The Shunamite Woman (Elisha)

Sept 21 Rachel: Handling Disappointment

Nov 23 NO CLASS

Sept 28 NO CLASS

Nov 30 Judith: Women of the Exile (Part 1)

Oct 5 Jochebed: Wisdom and Faith

Dec 7 Esther: Women of the Exile (Part 2) "For such a Time as This"

Oct 12 Rahab: Risking it All

Dec 14 Mary, Mother of Jesus (Part 1): Selfless Love (in person)

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Brightcourse **Fall 2023**

ZOOM ID: 763 394 8786
Passcode: Diapers

Thursdays | 4:00PM | Virtual

Sept 14	Family Planning	Nov 2	Fertility & Hormonal Wellness
Sept 21	Boundaries	Nov 9	Mommy Nutrition
Sept 28	Car Seat Education - SafeKids (in person at PAC Atlanta)	Nov 16	Anger Management
Oct 5	First Trimester	Nov 23	NO CLASS
Oct 12	Infant Expectations	Nov 30	Fertility Awareness: 30 Day Review
Oct 19	Successful Family Living	Dec 7	Family Stability Inside Change
Oct 26	Discipline isn't Spelled PUNISHMENT		

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