

Individual Classes

Schedule at your convenience. Individual classes are one hour in length and are one-on-one with an advocate. Most are video-based classes. Significant others and family members welcome.

Peer Mentoring

Meet with an advocate and receive peer mentoring about your life situation.

Planning for Baby

Topics Include:

- ~ Basic Decision Making
- ~ Choosing a Home
- ~ Looking at Adoption
- ~ Living Alone
- ~ Sharing an Apartment

Childbirth Class in a Box

Topics Include:

- ~ Breathing, Comfort, Techniques
- ~ Delivery, Medications

Parenting Keys

Topics Include:

- ~ How to Love your Child
- ~ The Key to Discipline
- ~ Power Struggles

Baby Care 101

Topics Include

- ~ Newborn and Infant Care
- ~ Overview of Pediatrician visits
- ~ Breastfeeding and Nutrition
- ~ Hygiene, Sleep, and Coping

Parenting Bible Study

Topics Include:

- ~ Discipline
- ~ Character
- ~ Parental Roles
- ~ Family Security
- ~ Boundaries with Teens

Sex, Love, & Relationships

Topics Include:

- ~ Character & Integrity
- ~ Physical, Emotional, and Spiritual Consequences
- ~ Practical Help on Important Choices

Boundaries Bible Study

- ~ Understanding boundaries
- Christian Growth Studies

Book Studies Include:

- ~ Spirituality: What Does it Mean to Be Spiritual?
- ~ Finding God: How Can We Experience God?
- ~ Following After God: What Difference Does God Make?
- ~ Sex: What's God Got to Do With it

Prenatal Birthing and Fitness Videos

Topics Include:

- ~ Prenatal Yoga, Cardio, Toning
- ~ All About Labor

Relationships Bible Study

A relationship study from attraction to commitment.

Song of Solomon by Tom Nelson

Other class topics available. If you are looking for something specific, just ask us!

Group Classes 2015 - 2016

5:00-7:00 PM at Woman to Woman Pregnancy Resource Center

Taught by a certified childbirth assistant, trained breastfeeding educator, a certified adolescent parenting educator, as well as guest speakers. See below for class schedule.

APRIL

5th—**Childbirth:** Options in Care Providers, Nutrition, & Exercise

12th— **Childbirth:** Phases and Variations of Labor and Birth

19th— **Childbirth:** Routine Procedures/ Interventions in Labor

26th—**Childbirth:** Comfort Techniques/ Labor Positions

MAY

10th—Newborn Care and Breastfeeding

24th—Post-partum Care

JUNE

14th—Love and Relationships

28th—The Father Effect

JULY

5th—**Childbirth:** Options in Care Providers, Nutrition, & Exercise

12th— **Childbirth:** Phases and Variations of Labor and Birth

19th— **Childbirth:** Routine Procedures/ Interventions in Labor

26th—**Childbirth:** Comfort Techniques/ Labor Positions

AUGUST

9th—Newborn Care and Breastfeeding

23rd—The Fatherhood Effect

SEPTEMBER

13th—Ask the OB

27th—Love and Relationships

OCTOBER

4th—**Childbirth:** Options in Care Providers, Nutrition, & Exercise

11th— **Childbirth:** Phases and Variations of Labor and Birth

18th— **Childbirth:** Routine Procedures/ Interventions in Labor

25th—**Childbirth:** Comfort Techniques/ Labor Positions

NOVEMBER

8th—Newborn Care and Breastfeeding

22nd Thanksgiving Holiday (no class)

DECEMBER

13th— Client Christmas Gift Party

***Please Note:

Please obtain childcare for children over 3 months of age. The class schedule is subject to change.

Benefits for You

Taking part in the classes offered by Woman to Woman will not only educate you practically, but will help you financially! For every 30 minutes you participate, you will receive a coupon to redeem for one of the following:

One dozen diapers
One box of baby wipes
One can of baby formula
Six jars of baby food

If you bring your significant other or a family member who will be helping you care for your child, you will receive double the amount of coupons!

Not only that, but for every 3 hours you participate, you will receive a \$20 gift voucher for Twice as Nice Resale that can be used to purchase clothing for women, children, and infants; baby items or household items.

At Woman to Woman, we want you to be educated and capable of making informed decisions about not only your pregnancy, but your role as a mother, wife, or girlfriend. We strive to empower women to make healthy choices and to live abundant, meaningful lives.

Thank you for giving us the opportunity to serve you and your family.

Twice As Nice Resale is located at 413 E. Oak St.

Woman to Woman Pregnancy Resource Center

940.383.4494 | www.dentonprc.org | 521 N. Locust St. (at Congress) in Denton