

## 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 thru October 10th of 2017

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.

### JANUARY

10th—*Fatherhood Effect*

24th—*Life Skills for Families*

### FEBRUARY

14th—*Love and Relationships*

28th—*Parenting/Co-Parenting*

### MARCH

28th—*Ask the OB*

### APRIL

11th—*Childbirth*: Options in care providers, nutrition, & exercise

28th— *Childbirth*: Phases and variations of labor and birth

### MAY

9th— *Childbirth*: Routine procedures/interventions in labor

23rd— *Childbirth*: Comfort techniques/labor positions

### JUNE

13th—*Childbirth*: Newborn care and breastfeeding

27th—*Childbirth*: Post-partum care

### JULY

11th—*Love and Relationships*

25th—*Ask the OB*

### AUGUST

8th—*Childbirth*: Options in care providers, nutrition, & exercise

22nd— *Childbirth*: Phases and variations of labor and birth

### SEPTEMBER

12th— *Childbirth*: Routine procedures/interventions in labor

26th—*Childbirth*: Comfort techniques/labor positions

### OCTOBER

10th—*Childbirth*: Newborn care and breastfeeding

\*\*\*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](http://www.dentonprc.org) | 521 N. Locust St. (at Congress) in Denton