

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!

2017 Group Classes for

Client Education Classes

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

APRIL

11th—*Childbirth*: Phases and variations of labor and birth
25th—*Ask the OB*

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
24th—*Childbirth*: Post-partum Care

November

14th—*Love and Relationships*
28th—*Fatherhood Effect*

December

12th—*Client Christmas Party*

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