



# Education

## Benefits for You

*How to earn coupons and vouchers through our Client Education Program*

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. Taking part in the client education classes and/or mentoring opportunities will not only educate you practically, but will help you financially!

### COUPONS

For every 30 minutes you participate, you will receive a **coupon** to redeem for one dozen **diapers** OR one package of baby **wipes**.

### VOUCHERS

For every 3 hours you participate, you will receive a **\$20 gift voucher** for Twice As Nice Resale (located at 413 E. Oak St., Denton) that can be used to purchase clothing, baby items or household items.

### CLIENTS NOT NEEDING COUPONS FOR DIAPERS OR WIPES

For every 2 hours of mentoring and/or client education classes, you can earn a **\$20 gift voucher** to Twice As Nice Resale.

### ADDITIONAL REWARDS

- Rewards can also be earned through involvement in other community resources we partner with, ie The Fatherhood Effect, Embrace Grace, First Refuge, Parenting with a Purpose and others. Please call us for more details.
- Not only that, but if you bring a guest, you will receive **double** the coupons!
- Also, receive a Bonus Coupon when you RSVP for a Client Education Class.

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

**Woman to Woman Pregnancy Resource Center**

940.383.4494 | [www.dentonprc.org](http://www.dentonprc.org) | 521 N. Locust St. (at Congress) in Denton

## 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*: Breastfeeding

### SEPTEMBER

12th—*Childbirth*: Phases and Variations of Labor and Birth  
26th—*Childbirth*: Routine Procedures/Interventions in Labor

### OCTOBER

10th—*Childbirth*: Comfort Techniques/Labor Positions  
24th—*Childbirth*: Post-partum and Newborn 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.*