



PAC
Pregnancy Aid Clinic

Nurturing God's Way

Spring 2024

ZOOM ID: 872 0215 1340
Passcode: Mary

Mondays | 11:00AM | Forest Park Hybrid

Jan 22 The 7 Principles to Nurture God's Way	Mar 18 Trust and Obey, for there's no Other Way
Jan 29 Knowing Children as God Knows us	Mar 25 No Class
Feb 5 Fulfilling your Godly Parenting Role	Apr 1 Feelings – Motivators to our Behavior
Feb 12 Developing Godly Character in Children	Apr 8 Navigate or Negotiate?
Feb 19 Turning Chaos into Confidence (in person)*	Apr 15 Biblical Stress Survival Kit (in person)*
Feb 26 We ARE Loved Unconditionally	Apr 22 Behavior Incentives & Rod of Correction
Mar 4 Nurture Me...Watch Me Grow!	Apr 29 Weathering Life's Storms
Mar 11 God, the Father of Compassion	May 6 Traditions and Class End (in person)*

*in person at Forest Park: 531 Forest Pkwy #100, Forest Park, GA 30297

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



Nurturing Parenting

Spring 2024

ZOOM ID: 763 394 8786
Passcode: Diapers

Mondays | 1:30PM | Virtual

Jan 22	Changes in Body Image/Self Worth	Mar 11	Breastfeeding
Jan 29	Handling Feelings	Mar 18	Health & Nutrition
Feb 5	Communicating with Respect	Mar 25	No Class
Feb 12	Parent-Child Bonding and Attachment	Apr 1	Empathy and Nurturing Self
Feb 19	Fetal & Brain Development/Ages & Stages for Infants & Toddlers	Apr 8	Car Seat Class
Feb 26	Understanding & Developing Family Morals, Values, & Rules	Apr 15	Understanding & Handling Stress
Mar 4	Alternatives to Spanking and Rewards & Punishments		

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

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Nurturing Parenting & Brightcourse in Spanish

Spring 2024

ZOOM ID: 895 6698 0036
Passcode: Panales

Tuesdays | 2:00PM | Virtual

Jan 23	Emotions of Pregnancy/ Las Emociones de Embarazo	Mar 12	Getting your Baby to Sleep/ Como hacer Dormir al Bebe
Jan 30	Emotions of Pregnancy/ Las Emociones de Embarazo	Mar 19	Mommy Nutrition/ Nutricion de la Mama
Feb 6	What is safe during pregnancy/ Que es seguro durante el embarazo	Mar 26	No Class
Feb 13	Simple Infant Care/ Cuidado Infantil Simple	Apr 2	Changes in Body Image/ Cambios en la Imagen Corporal
Feb 20	Infant Nutrition/ Nutricion infantil	Apr 9	Car Safety / Seguridad en el Automóvil
Feb 27	Communicating with Respect/ Comunicandonos con Respeto	Apr 16	Successful Breastfeeding/Lactancia Materna: Exitosa
Mar 5	The Importance of Bonding/La Importancia del Apego	Apr 23	Teething Time/ Tiempo de Denticion

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Mother-Daughter FEMM

Spring 2024

Tuesdays | 3:30PM | In Person

All classes at PAC Atlanta Clinic
(unless noted)
440 Ralph McGill Blvd NE
Atlanta, GA 30312

Jan 23 Your Anatomy and Hormones

Jan 30 Charting your Cycle

Feb 6 No Class

Feb 13 Puberty and a Healthy Cycle

Feb 20 Healthy Dating Relationships

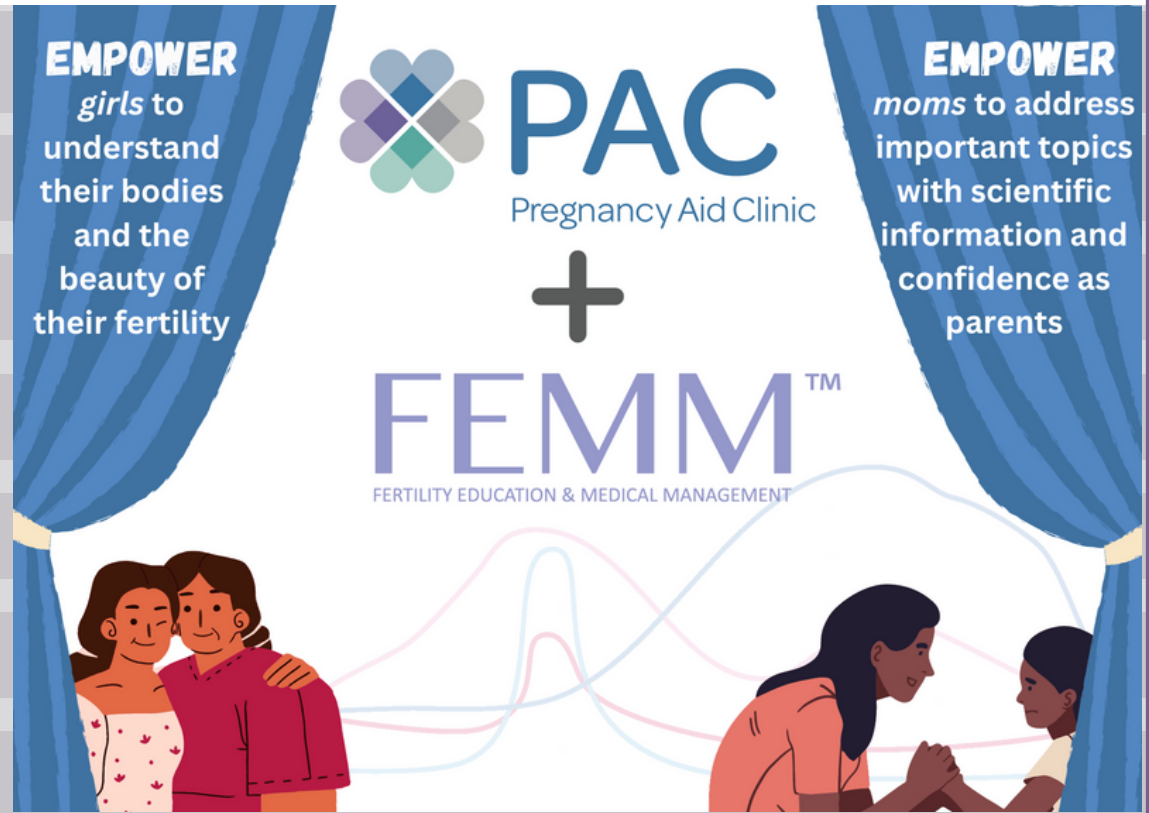
Feb 27 Healthy Habits

Mar 5 Brain, Emotions, and Lifestyle

Mar 16 The Beginning of Life* (Sat @ 11:30am)

Mar 23 Family Planning* - parents ONLY (Sat @ 11:30am)

*in person at Forest Park: 531 Forest Pkwy #100, Forest Park, GA 30297



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Fatherhood Mentoring

Spring 2024

Wednesdays | 4:00PM | Virtual

ZOOM ID: 814 7219 7990
Passcode: DADication

Jan 24 Real Time / Real Dad

Mar 27 No Class

Jan 31 The Two Questions

Apr 3 Taking Care of her during Birth

Feb 7 Being a Role Model

Apr 10 NO CLASS

Feb 14 Being a Leader

Apr 17 Co-parenting

Feb 21 Being Consistent

Apr 24 Taking Care of her during Pregnancy

Feb 28 Loving Discipline

May 1 Father Presence

Mar 6 Practical Discipline

May 8 Marriage / Relationships

Mar 13 Respect for Mothers

May 15 Incarceration Re-entry

Mar 20 Baby Care Basics for Dads

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

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Nurturing Parenting in Spanish

Spring 2024

*St. Brendan the Navigator
4633 Shiloh Rd*

Thursdays | 10:00AM | In person *Cumming, GA 30040*

Jan 25	Prenatal Care/ Atencion Prenatal	Mar 14	Infant Expectations/ Expectativas Infantiles
Feb 1	Emotions of Pregnancy/ Las Emociones de Embarazo	Mar 21	Mommy Nutrition/ Nutricion de la Mama
Feb 8	Car Safety / Seguridad en el Automóvil	Mar 28	No Class
Feb 15	Understanding your Infant/ Entender a su Hijo	Apr 4	Being a Super Mom/ Ser una Super Mama
Feb 22	Infant Nutrition/ Nutricion Infantil	Apr 11	Getting your Baby to Sleep/ Como Hacer Dormir al Bebe
Feb 29	The Importance of Words/ La Importancia de las Palabras	Apr 18	Getting Started with Breastfeeding/ Lactancia Materna: Comenzando
Mar 7	The Importance of Bonding/ La Importancia del Apego	Apr 25	Mommy Milestones/ Hitos de Mami

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Biblical Women of Courage

Spring 2024

Thursdays | 11:00AM | Virtual

ZOOM ID: 872 0215 1340
Passcode: Mary

Jan 11	In His Image, Covenant Keepers, Courage	Mar 14	Mary and Martha of Bethany: Friendship, Priority of Presence
Jan 18	No Class	Mar 21	Mary, Martha, Lazarus: Disappointment, Grief, Death and Life
Jan 25	Mary, Mother of Jesus (Part 2): Grace & Dignity	Mar 28	NO CLASS
Feb 1	Mary Magdalene: Freedom, Service, Ministry	Apr 4	Women of Passion: At the Foot of the Cross to Pentecost
Feb 8	The Samaritan Woman: From Shame to Fame	Apr 11	Women of Acts (Part 1) Tabitha, Lydia, Phoebe
Feb 15	Woman with a Hemorrhage: Desperation, Determination, Faith	Apr 18	Women of Acts (Part 2) Priscilla and Aquila
Feb 22	A Widow and 2 Mites: Sacrificial Giving, Single Moms	Apr 25	Ongoing Acts of the Holy Spirit: Courage for Today's World
Feb 29	Let the Children Come: Bring them to God, Become Childlike (in person)*	May 2	Biblical Women of Courage Wrap up: Our Heritage and Destiny
Mar 7	Stones and an Alabaster Jar: Forgiveness, Hope, New Purpose		

*in person at PAC Roswell Clinic - 281 S Atlanta St - Roswell, GA 30075

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