

## 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 Counseling

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

### Planning for Baby

Topics Include:

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

### Parenting Keys

Topics Include:

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

### Relationships Bible Study

A relationship study from attraction to commitment.

Song of Solomon by Tom Nelson.

### Early Child Development

Topics Include:

- ~Newborn and Infant Care
- ~Overview of Pediatrician visits
- ~Breastfeeding and Nutrition
- ~Bonding, Playtime, & Family

### 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

Topic Includes:

- ~Understanding Boundaries

### GED Preparation

~Prepare for the GED exam by studying and practicing all the topics covered in the GED. Testing not offered at WWPRC.

### Christian Growth Studies

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?

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

## Group Classes

### Client Education Classes

Tuesdays 5:00-7:00 pm

Taught by a certified childbirth assistant and trained breastfeeding educator, and a certified adolescent parenting educator, as well as guest speakers.

See below for class schedule.

### Bible Study

Thursdays 1:00-3:00 pm.

Bible studies cover a variety of relevant, biblically-based topics, including relationship with God, relationships with others, and more.

## Client Education Class Schedule

### JANUARY

Jan 10	Parenting - Baby Basics
Jan 17	Parenting - Health and Safety
Jan 24	Parenting - Infant Development
Jan 16	Parenting - Experiences and Expectations
Jan 31	Parenting - Tips and Tools

### FEBRUARY

Feb 7	Parenting - Infant Milestones
Feb 14	Parenting Topics and Discussion
Feb 21	Parenting - Toddler Development
Feb 28	Guest Speaker

### MARCH

Mar 6*	Keys to Birthing - Intro to Childbirth
Mar 13*	Birth Planning & Labor Interventions
Mar 20	CLOSED FOR SPRING BREAK
Mar 27*	Pain Management & Postpartum Care

### APRIL

Apr 3*	Labor - Is It Time?
Apr 10*	Comfort Measures & Relaxation
Apr 17*	Birthing & Breastfeeding
Apr 24	Guest Speaker

### MAY

May 1	Guest Speaker
May 8	Parenting - Baby Basics
May 15	Parenting - Health and Safety
May 22	Parenting - Infant Development
May 29	Parenting - Experiences & Expectations

### JUNE

June 5	Guest Speaker
June 12*	Keys to Birthing - Intro to Childbirth
June 19*	Birth Planning & Labor Interventions
June 26*	Pain Management & Postpartum Care

\*Childbirth classes