Parenting Class Schedule

Session: Spring 2017
Location: 531 Forest Parkway Suite 200, Forest Park GA 30297
Contact: 404-763-HELP(4357) **Call to register, space is limited.**

Class times: Wed @ 11am-12:30pm OR Thurs @ 5pm–6:30pm
Classes start on time - NO LATE ADMITTANCE

Date	Women & Couples (Wed & Thurs)	Men ONLY (Wed ONLY)
Jan 11 & 12	Intro, Emotionally Healthy Children	
Jan 18 & 19	Loving My Body	Creating My Image
Jan 25 & 26	Car Seat Safety	
Feb 1 & 2	Mother & New Baby	The Dad Difference 1
Feb 8 & 9	Positive Discipline 1 & Shaken Baby Syndrome	
Feb 15 & 16	Baby Milestones	The Dad Difference 2
Feb 22 & 23	Positive Discipline 2	
Mar 1 & 2	Nutrition	Home to Commit Marriage
Mar 8 & 9	Parental Rights & Adoption	
Mar 15 & 16	Breastfeeding	Healthy Relationships
Mar 22 & 23	Home Safety	
Mar 29 & 30	Who Am I?	Who Am I?
Apr 5 & 6	Postpartum: Pregnant to Parent	
Apr 12 & 13	EASTER WEEK – NO CLASS	
Apr 19 & 20	Labor & Delivery	
Apr 26 & 27	Education & Careers	
May 3 & 4	Car Seat Safety	
May 10 & 11	What Will I Say in an Interview?	

Earn baby supplies by attending multiple classes!

Incentives program:	Earn baby supplies
Attend 3 Parenting classes	1 Hooded towel • 2 Pacifiers • 6 Bibs • 4 Burp pads • 6 Washcloths Soap, lotion & shampoo
Attend 10 Parenting classes	9 Onesies • 6 Sleepers (PJs) • 6 Pairs of socks • 4 Hats • 1 Tub 12 Newborn outfits • 6 Small blankets • 2 Large blankets
Attend 12 Parenting classes + Car Seat Safety class	Infant car seat

Incentives program:	Earn additional baby supplies with Men's group attendance
Attend 2 Parenting classes + 1 Men's group	Layette
Attend 3 Parenting classes + 3 Men's group	Choice of high chair, bouncy seat or 8 BabyBucks
Attend 6 Parenting classes + 6 Men's group	Pack n' play or 8 BabyBucks

What will I learn at PAC Parenting Class?

Newborn Care

Breastfeeding

Childhood Nutrition

Single Parenting

Car Seat Safety

Positive Discipline

Emotionally Healthy Children

Healthy Relationships

Building Your Future

And so much more…