

# Upcoming Classes

FALL 2024

## PRENATAL AND POSTPARTUM

### PRENATAL

An 8-week class using the InJoy curriculum which covers pregnancy, labor, birth stories, comfort techniques, medical procedures, cesarean birth, and newborn and postpartum care. **(Appropriate at 22 weeks)**

- **TUES.**, 6:30 PM - 7:30 PM, OCT 1 - NOV 19 -- VIA ZOOM
- **WED.**, 10:00 AM - 11:00 AM, OCT 9 - NOV 27

## PARENTING AND RELATIONSHIPS

### MOTHERHOOD

REAL Essentials Motherhood helps moms explore their role as daughters, partners, and mothers. Applying the skills found throughout this curriculum helps moms fuel themselves and set patterns in motion for a legacy built with healthy relationship as its foundation.

- **MON.**, 10:00 AM - 11:00 AM, OCT 14 - DEC 2

### ALL MY FRIENDS HAVE ISSUES

See the potential in healthy relationships while freeing yourself from unhealthy ones.

- **MON.**, 5:30 PM - 6:30 PM, OCT 14 - DEC 2

### BABY BASICS

A 8-week class covering topics such as bonding, introducing foods, teething, physical and social development, infant massage, sign language, safe ride, safe sleep practices, and baby proofing. **For parents with children ages 0-12 months.**

- **TUE.**, 10:00 AM - 11:00 AM, OCT 15 - DEC 3

## LIFE SKILLS

### FINANCIAL LITERACY

Finances can be overwhelming. Get a handle on budgeting, saving, investing and other basic financial principles to activate your full financial potential and find freedom from financial stress.

- **THUR., 5:30 PM - 6:30 PM, OCT 17 - DEC 5**

## SPIRITUAL GROWTH

### FORGIVENESS

Learn the truth about what forgiveness really is, why Jesus commanded us to forgive, how to forgive others and ourselves from past hurts, pains, wounds, scares etc.

- **MON., 10:00 AM - 11:00 AM, OCT 14 - DEC 2**

### BECOMING A WOMAN OF GRACE

See what the Bible says about the type of woman to aspire to be.

- **WED., 10:00 AM - 11:00 AM, OCT 16 - DEC 4**

### THE GOD YOU MAY NOT KNOW

Come learn about the God you may not know— His knowledge, holiness, all-pervasive presence, unlimited power, love, and the other qualities that make Him who He is.

- **THUR., 10:00 AM - 11:00 AM, OCT 17 - DEC 5**

### JESUS' FINAL WEEK

Walk through the events that led up to the crucifixion of Jesus.

- **THUR., 5:30 PM - 6:30 PM, OCT 17 - DEC 5**

## **MEN ONLY! 33 THE SERIES: AUTHENTIC MANHOOD (SESSION 2)**

A series designed to inspire and equip men to pursue authentic manhood as modeled by Jesus Christ in His 33 years on earth. Learn the four “faces” of manhood and how to anticipate and transition through the specific seasons of life.

- **MON., 5:30 PM - 6:30 PM, OCT 14 - DEC 2**

## **MENTORSHIP OPPORTUNITIES**

Enroll in a 1:1 mentorship, utilizing the “Journey Coaching” curriculum. See the Client Support desk for qualifications and availability.

## **SCHOLARSHIP OPPORTUNITIES**

The Kirkwood Scholarship Foundation provides financial and emotional support for parenting college students to fulfill their educational and career goals. Applicants must be enrolled in our Earn While You Learn program for at least six months before qualifying.

Financial awards are available any time throughout the year.

<https://bridgehavencr.org/support-for-parenting-students/> for application and to learn more



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