

CURRENT EWYL CLASSES

Aug/Sept 2025

PRENATAL AND POSTPARTUM

PRENATAL

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

- **TUES. *VIA ZOOM* 6:30 - 7:30 PM, AUG 5 - SEPT 23**
- **WED, (IN PERSON) 10:00 - 11:00 AM, OCT 1 - NOV 19**

PARENTING, RELATIONSHIPS, SPIRITUAL GROWTH, LIFE SKILLS

TEEN TALK

This class will explore ways to connect and communicate with your teen about social media, anxiety, addiction, dating, and other stressors that teenagers face. Help them effectively navigate these things with care.

- **MON., 10:00 AM - 11:00 AM, AUG 11 - SEPT 29**

FULLY FEMALE - CELEBRATING GOD'S DESIGN

This class will discuss God's image, design, and purpose for the woman's body and health. Topics of discussion will include nutrition, sleep, hormonal health, body image, and holistic harmony.

- **MON., 10:00 AM - 11:00 AM, AUG 11 - SEPT 29**

BEHAVIOR SKILLS THAT WORK

Learn evidence-based interventions and skills to address child behavioral problems and stresses. A curriculum designed by Seattle Children's Hospital.

- **MON., 5:30 - 6:30 PM, AUG 11 - SEPT 29**

PARENTING, RELATIONSHIPS, SPIRITUAL GROWTH, LIFE SKILLS

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 relationships as its foundation.

- **TUES., 10:00 - 11:00 AM, AUG 12 - SEPT 30**

RELAXED

Based on the book by Megan Fate Marshman. Learn spiritual growth practices for your daily life that remove your own anxious striving and center you on the One who was never worried about a thing. Have you ever thought of Jesus being relaxed?

- **WED., 10:00 - 11:00 AM, AUG 13 - OCT 1**

POLISHED AND PREPARED

Your walk with God matters... and so does your daily rhythm. Surrounding Isaiah 49:2, this class will discuss purpose, influence, emotional health, spiritual stamina, communication, healing, and legacy.

- **THUR., 10:00 - 11:00 AM., AUG 14 - OCT 2**

LIES WOMEN BELIEVE

Based on the book by Nancy DeMoss, this study exposes destructive falsehoods that are commonly believed by Christian women and are at the root of most of our struggles. Learn how to fight back with God's word and walk in victorious truth!.

- **THUR., 5:30 - 6:30 PM, AUG 14 - OCT 2**

ECCLESIASTES BIBLE STUDY

Journey through the book of Ecclesiastes to find meaning when life feels meaningless. This bible study explores how to make sense of life in a fallen world, and despite its challenging difficulties, lay hold of what ultimately matters.

- **THUR., 5:30 - 6:30 PM, AUG 14 - OCT 2**

MEN ONLY! 33 THE SERIES: AUTHENTIC MANHOOD (SESSION 4)

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, AUG 11 - SEPT 29**

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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