

# CURRENT EWYL CLASSES

# JUNE/JULY 2026

## 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)**

- **WED., 10:00 AM - 11:00 AM, MAY 27 - JULY 22**

## PARENTING, RELATIONSHIPS, SPIRITUAL GROWTH, LIFE SKILLS

### WHO ARE YOU?

Understanding our identity in Christ is crucial. It tells us where we belong, gives confidence to our actions, and clarifies our reason for being. Learn more about why knowing our identity in Christ matters and impacts our daily lives.

- **MON., 10:00 - 11:00 AM, JUNE 1 - JULY 20**

### ALIGNING, REFINING, AND WORKING THE MESSY MIDDLE

Walk through an 8-step “polishing” process to develop better emotional intelligence, spiritual stamina, and relational management to get into alignment of God’s divine patterns. Learn to live, love, and lead from a place of purpose and wholeness.

- **MON., 5:30 - 6:30 PM, JUNE 1 - JULY 20**

### 33 THE SERIES: AUTHENTIC MANHOOD

This series introduces a framework that helps men understand what lies behind the manhood traps and beneath the heart idols that can distract them. It unfolds a biblical battle plan to help men journey toward authentic manhood and become better fathers and husbands.

- **MON, 5:30 - 6:30 PM, JUNE 1 - JULY 13**

## **KNOWING GOD'S WILL FOR YOUR LIFE**

Study scripture and the book of Ruth to uncover valuable aspects in discovering God's will for your life and the importance of surrendering to His perfect plan.

- **TUES., 10:00 - 11:00 AM, JUNE 2 - JULY 21**

## **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.

- **WED., 1:00 - 2:00 PM, JUNE 3 - JULY 22**

## **EMOTIONALLY HEALTHY MOTHER**

Mothers carry so many responsibilities. This class brings clarity to how a mother's emotional health directly impacts relationships and the environment in the home. We will discover the unnecessary weight we may be carrying and learn how to become more self-aware, intentional, and emotionally healthy.

- **THUR., 10:00 - 11:00 AM, JUNE 4 - JULY 23**

## **TACTICS: HOW TO CONFIDENTLY DISCUSS YOUR CHRISTIAN BELIEFS**

Based on a series by Gregory Koukl, this class will help equip you to handle those hard conversations regarding your Christian faith and convictions. With compassion and courage, learn how to graciously and effectively stand firm in your faith and lead others to consider that Christianity is worth thinking about.

- **THUR., 5:30 - 6:30 PM, JUNE 4 - JULY 23**

## **NUEVE LLAVES PARA EL CONTENTAMIENTO *(SPANISH SPEAKERS ONLY)***

Este taller transformador le guiará a través de un viaje práctico y espiritual para encontrar la paz y la verdadera satisfacción, independientemente de sus circunstancias externas. Aprenda a dejar de compararse, reducir la ansiedad y cultivar un corazón agradecido mediante principios probados.

- **THUR., 5:30 - 6:30 PM, JUNE 4 - JULY 23**

## ESL CLASSES

In collaboration with CareNetwork, take English as a Second Language classes at Veritas Church or New City Church and receive credit here in the Earn While You Learn program! Ask for details to enroll.

- **SEVERAL TIME SLOTS AVAILABLE; SEPT - MAY**

## MENTORSHIP OPPORTUNITIES

Enroll in a one-on-one 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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