

# CURRENT EWYL CLASSES

# OCT-DEC 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, OCT 7 - DEC 9**

## MENTORSHIP OPPORTUNITIES

Enroll in a one-on-one mentorship utilizing the “Journey Coaching” curriculum. See the Client Support desk for qualifications and availability.

## PARENTING, RELATIONSHIPS, SPIRITUAL GROWTH, LIFE SKILLS

### WHY FORGIVE?

Learn what forgiveness really means and why it matters. Analyze your personal barriers that make forgiveness difficult and cause spiritual stagnation. Understand the command and benefits of true forgiveness.

- **MON., 10:00 - 11:00 AM, OCT 19 - DEC 14**

### 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 is never worried about a thing. Have you ever thought of Jesus being relaxed?

- **MON., 5:30 - 6:30 PM, OCT 19 - DEC 14**

## **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, OCT 19 - NOV 30**

## **HEALTHY RELATIONSHIPS**

This class helps to understand individual identity, communication strategies, decision making, and stress management. Also discussing character traits for healthy dating and the benefits of commitment and marriage.

- **TUES., 10:00 - 11:00 AM, OCT 20- DEC 8**

## **RECLAIMING MOTHERHOOD**

Being a mom is supposed to be "rewarding," but we often get stuck in a draining, repetitive cycle when it comes to parenting and living our daily lives. Come rediscover the beauty, fun, passion, purpose, and vitality of motherhood!

- **THURS., 10:00 - 11:00 AM, OCT 22 - DEC 17**

## **THE BOOK OF ACTS**

Study the book of Acts and how Jesus led His people to go out into the world and share the gospel message to all nations. Discuss the conversion and impact of the Apostle Paul and the growth of the early church.

- **THUR., 5:30 - 6:30 PM, OCT 22 - DEC 17**

## **DOCTOR DAD: HEALTHY DAD**

This course will help any dad make progress in his personal goals, relationships, finances, and more. Healthy Dad will help dads embrace their irreplaceable role as a father, bringing greater confidence in the fatherhood journey and leading to healthier families and stronger communities.

- **THUR., 5:30 - 6:30 PM, OCT 22 - DEC 17**

## 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**

## SCHOLARSHIP OPPORTUNITIES

The *Kirkwood Scholarship Foundation* provides financial support for parenting college students to fulfill their educational and career goals. **Applicants must be enrolled in our Earn While You Learn (EWYL) program for at least six months before qualifying.** Financial awards are available any time throughout the year.

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



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