



PRC OF GWINNETT CLASS DESCRIPTIONS:

REQUIRED CLASSES:

Intro to Hope:

Come learn about God's saving **Grace** for us. Your life will be changed forever.

God's Best for Your Life:

God created "sex" and has a purpose for it in the lives of His children. This class tells us about this plan and how God wants it to fit into our lives. You will discuss the dangers of taking sex out of God's plan and the blessings of using sex the way God meant it to be used.

CLASSES FOR MEN:

Courageous:

A very inspiring class for men or couples. You will explore God's purpose for the family, and the importance of the Father's role in leading his family.

Kingdom Man:

A class designed by Tony Evans to lead men into the roles which God designed for them as **men of God**.

Authentic Manhood:

A great class for men who are in the **millennial** age group. This class explores the definitions of, and the realities and seasons of manhood in today's world.

MATERNAL/BABY CLASSES:

Beyond Baby's First Year:

Lots of good information about training toddlers. This class covers how to deal with tantrums, toilet training, and in general, teaches parents how to build a loving and respectful relationship with their child.

Bonding with Baby:

New research in brain development reveals the importance of the relationship between caregiver and child in the first years of life. This class demonstrates this relationship in regard to language development, parenting styles, bonding and much more.

Car Seat:

A class designed to cover a variety of safety issues for young children, such as First Aid techniques, the proper use and installation of car seats and more.

Developing Baby:

This is a very informative class which covers many topics related to the development of your baby in the womb and after birth, as well as some very important information on caring for your infant.

Getting Ready for Delivery:

This class covers a variety of subjects related to caring for yourself during pregnancy, transitioning from pregnant to parent, and how to care for your newborn.

Healthy Pregnancy:

This is a set of educational programs to provide you with information about what to expect throughout your pregnancy and after the birth of your child.

How Baby Learns:

Come explore the many facets of how human babies learn and develop through play, exploring and imitating others.

Labor and Delivery/Breast Feeding:

A comprehensive eight- week childbirth class which includes signs of labor, breathing techniques, pain relieving options, induction, vaginal and cesarean delivery as well as breast feeding techniques and instructions.

Layette:

The Layette class provides you with a wealth of information about caring for your new baby, such as First Aid, breast feeding, calming your unsettled baby, understanding your baby's language and much more. You will receive a layette set upon completion of the class.

Healthy Pregnancy:

This is a set of educational programs to provide you with information about what to expect throughout your pregnancy and after the birth of your child.

Resting Baby:

Lots of great information to help you train your baby to sleep through the night, so you can rest also. Don't miss this class.

Safety for Baby:

This class explores the many safety issues which infants and toddlers face, such as electrical hazards, precautions to use in the kitchen, poison, window and pool safety, as well as information about "shaken baby syndrome" and prevention of child abuse. A must for all parents.

MARRIAGE CLASSES:**Experiencing God's Dream for Your Marriage:**

Do you long for a marriage where intimacy and communication are a reality instead of a dream? Join Chip Ingram as he shows us God's design for marriage.

I Marriage:

Do our selfish expectations of each other cause problems in our relationships? Andy Stanley shows us how to transform our expectations and look to God for guidance in improving our relationships with each other.

Love and Respect:

This is an awesome class for couples or singles. It seeks to change the way couples talk to, think about and treat each other, so that their relationships can grow in love and unity the way God intended.

Marriage..... House or Home?:

There is hope for marriage in America. You really can have a great marriage and experience a life-giving home-life with the stability to weather life's storms.

LIFE SKILLS

Life Skills:

Learn skills which will better equip you as a parent to serve your family and your God; skills such as prioritizing time, and organizing your home.

Balancing Life's Demands:

Are you stressed to the max? Does your life seem a little out of control? Learn how to put first things first and find peace in the midst of pressure and adversity.

Biblical Finances:

This class provides you with biblical and practical information about organizing and handling your daily finances.

Health and Nutrition:

Good nutrition is important during and after pregnancy. This class explores the latest research on how nutrition plays a very important role in disease prevention, building a good immune system and overall good health.

Job Search:

Looking for a job? Come join this class. Our instructor will provide you with great information related to finding the right job for you. It covers filling out forms, hints about how to handle interviews, do's and don'ts etc.

PARENTING CLASSES

Balancing Act:

Do you want your home to be full of peace and joy? Learn how to love and train your child in the way God instructs us.

Grace Based Parenting:

Doctor Tim Kimmel will help you create an atmosphere of grace in our homes, where both children and parents can thrive.

Magic 1 2 3 Parenting:

A very practical guideline which will help your children follow your directions without all of the negative behaviors and strife.

Single Parenting:

Come explore what God says to single parents, and discover how to be a *thrifer* as a single parent instead of just a *survivor* .

Effective Parenting :

You *CAN* raise successful children in this fallen world. God has a plan that will be effective in any generation.

Parenting.....House or Home:

Our children can be our greatest source of pride and joy and sometimes a source of agonizing sorrows. It's an adventure and a challenge to be good parents, but it is possible with God.

Parental Guidance:

A study to help parents prepare their children for the future. We all want our children to become well-adjusted adults who are successful in their relationships and endeavors in life.

BIBLE STUDIES**Rebuilding Your Broken World:**

Many lives today are filled with pain; due to stress, pressure, unfortunate circumstances or bad decisions. This series from the book of James chapter 1 will help you begin to rebuild your broken world.

Why Worry:

We all worry at times, yet **Jesus** said we should **NOT worry** . So how do we stop worrying? Andy Stanley explores this topic and how to be set free from our constant worrying and rely on Him to meet our needs.

Your Move:

Andy Stanley explores the biblical way to make important decisions in life, which will bring us joy, peace and fulfillment, instead of trouble regret and misery.

Embraced by God:

Babbie Mason brings us a simple message of God's love and His plan for us to be victorious. She uses song and personal testimony, as well as teachings from God's word to point the way to an abundant life.

Gideon (God's strength when we are weak):

Pricilla Shirer reveals to us how our weakness reveals God's mighty strength through the biblical story of Gideon.

Pause:

Andy Stanley teaches us to **PAUSE** before we make decisions, and consider what God says, and what the future consequences of our decisions will be. He discusses what is at stake when we are tempted. He shows us how to have the confidence and respond as Jesus would in any situation when we are tempted.

When God:

This is a bible study which deals with those times when God seems to be inattentive, uncooperative or late with answers to our prayers.

One in a Million:

This bible study teaches us about why God sometimes chooses the **wilderness** for us because He wants to develop our character and our walk with Him as we yield to His will.

Five Lies Which Will Ruin Relationships:

This bible study deals with five lies which many people believe, and which will ultimately ruin our relationships.

Brave:

A bible study that will help women deal with the pressures and disappointments of life; and help them to realize that the answer comes when we are in God's presence.

This I Know for Sure:

Babbie Mason invites you to join other women on a journey toward a deeper relationship with our Lord and a stronger faith in Him.

Jonah:

Journey with Jonah (an old testament character) in his struggles to trust and obey his God even when it is inconvenient or challenging. God's greatness and power is revealed when we hear and obey Him.

Destinations:

We all have places we want to end up in life. Yet the paths we choose often lead us away from our intended destinations. Join us in a study that will help lead you to where you want to go.

Discerning the Voice of God:

God is speaking to us. But how do we recognize His voice? Pricilla Shirer gives us a clear picture of how God leads us and how to recognize when He is speaking.

True Spirituality:

How does Jesus define *true spirituality* ? How do we form a relationship with Him? Chip Ingram walks us through the answers to these questions.

Taking Responsibility for Your Life:

Andy Stanley shows us how to take authentic responsibility for the things in our lives, according to God's **WORD** .

PLEASE CALL 770.338.1680 TO SCHEDULE YOUR CLASS. MONTHLY CALENDARS ARE LOCATED AT THE PRC OF GWINNETT • 337 WEST PIKE STREET • LAWRENCEVILLE, GA • 30046

YOU MUST BE A PATIENT TO TAKE PART IN OUR CLASSES.