



Sign-up Online @: <https://embracewichita.org/parenting-classes/>

### Done with Drama\*

This **6-week** class covers components of a healthy and intimate couple relationship; however application can be applied to a variety of relationships.

Class explores:

- How to effectively handle conflict
- Foundations of a healthy relationship
- The 5 Love Languages (by Gary Chapman)
- Components of healthy communication
- Developing emotional intimacy with your partner

#### Next Available Class Start Dates:

- Monday, Jan. 6, 5:30-7 PM
- Tuesday, Jan. 7, 2-3:30 PM
- Monday, Feb. 24, 5:30-7 PM
- Tuesday, Feb. 25, 2-3:30 PM
- Monday, April 13, 5:30-7 PM
- Tuesday, April 14, 2-3:30 PM
- Monday, June 1, 5:30-7 PM
- Tuesday, June 2, 2-3:30 PM
- Monday, July 20, 5:30-7 PM
- Tuesday, July 21, 2-3:30 PM
- Monday, Sept. 28, 5:30-7 PM
- Tuesday, Sept. 29, 2-3:30 PM

### Parenting Pays\*

This **6-week** class is based on research finding that children who acknowledge, label and work with their emotions:

- Perform better in school
- Demonstrate increased communication skills; and
- Maintain higher-quality peer and family relationships

Participants will identify their parenting style, and learn key principles for emotional coaching.

#### Next Available Class Start Dates:

- Monday, Jan. 6, 2-3:30 PM
- Tuesday, Jan. 7, 5:30-7 PM
- Thursday, Jan. 9, 5:30-7 PM
- Monday, Feb. 24, 2-3:30 PM
- Tuesday, Feb. 25, 5:30-7 PM
- Thursday, Feb. 27, 5:30-7 PM
- Monday, April 13, 2-3:30 PM
- Tuesday, April 14, 5:30-7 PM
- Thursday, April 16, 5:30-7 PM
- Monday, June 1, 2-3:30 PM
- Tuesday, June 2, 5:30-7 PM
- Thursday, June 4, 5:30-7 PM
- Monday, July 20, 2-3:30 PM
- Tuesday, July 21, 5:30-7 PM
- Thursday, July 23, 5:30-7 PM
- Monday, Sept. 28, 2-3:30 PM
- Tuesday, Sept. 29, 5:30-7 PM
- Thursday, Oct. 1, 5:30-7 PM

**\* Incentive Earned for taking this 6 week class**

## Childbirth Education

Childbirth Education classes are a one-day class designed for first-time mothers, but anyone is welcome to attend. Class is on a **Thursday from 10am-4pm** with a break for lunch. This is the place to get answers to common questions and information about your concerns regarding labor and delivery. We discuss:

- Labor Anatomy and Terminology
- The Process of Labor and Delivery
- Pain Management During Labor – Relaxation, Breathing, Positioning, Medications
- Cesarean Birth and Other Labor Interventions
- Information about Your Newborn
- Personal Care after Delivery of Your Baby
- The Role of the Support Person in Labor and Delivery

Classes are taught by a Certified Women's Health Care Nurse Practitioner and are available eight times per year. Bring a pillow or two for labor practice. You are encouraged to bring **one** support person with you to class & **you will need to sign them up on a separate registration.**

Next available dates:

- **Jan. 23**
  - due dates Feb. 16-March 31
- **March 19**
  - due dates April 1-May 31
- **May 7**
  - due dates June 1-July 25
- **June 25**
  - due dates July 26-Sept. 30
- **Aug. 20**
  - due dates Oct. 1-Nov. 15
- **Oct. 15**
  - due dates Nov. 16-Dec. 31
- **Dec. 3**
  - due dates Jan 1-Feb. 15, 2021

## Love Connections Group

**BYOB (BRING YOUR OWN BABY), SIGN-UP FOR A DATE AFTER THE BABY IS BORN (& within their first year)**

Love Connections is a unique 4 session group involving hands on training and practice with parents (or caregivers) and their babies. Each session will help baby form a **secure attachment** with parents. The theme of each session includes:

- **Neurological benefits**
- **Attachment theory**
- **Baby Massage**
- **Literacy Research**

Attendees will receive incentive materials to be used during the session and later with attachment activities at home. This group offers research, ideas and practical guidance to new parents who desire to have their baby form a secure, healthy attachment with them.

Next available dates:

- Feb. 17, 18, 19 & 20 from 4-5 PM
- Mondays beginning Nov. 16, 4-5 PM