

# BrightCourseLessons

## PREGNANCY ESSENTIALS:

PB-0362	Prenatal Care	18:00 mins.
PB-0370	Eating for Two (2)	23:00 mins.
PB-0004	Your Ultrasound Appointment	18:00 mins.
PB-0007	Emotions of Pregnancy	25:00 mins.
PB-0372	What is Safe in Pregnancy	24:00 mins.
PB-0009	Bonding with Your Unborn Baby	19:00 mins.
PB-0568	Your Unborn Baby's Secret World	18:00 mins.
PB-0014	Big Belly Mom Hacks	28:00 mins.
PB-0319	At Risk Pregnancy	24:00 mins.
PB-0565	Expecting Twins & More	24:00 mins.
PB-0697	Smoking and Alcohol Use During Preg	20:00 mins.
PB-0703	Drug Use During Pregnancy	16:00 mins.
PB-0861	BrightBaby: The Effects of Alcohol	02:00 mins.
PB-0862	BrightBaby: Pregnancy Emotions and	02:00 mins.
PB-0863	BrightBaby: The Effects of Smoking	02:00 mins.

## PREGNANCY OPTIONS:

PO-0141	B&M: Basic Decision Making Part 1	24:00 mins.
PO-0142	B&M: Basic Decision Making Part 2	22:00 mins.
PO-0802	Going It Alone	19:00 mins.
PO-0660	DYSH: I Could Never Do That	15:00 mins.
PO-0661	DYSH: What is Open Adoption	04:00 mins.
PO-0662	DYSH: A Birth Mother's Bill of Righ	10:00 mins.
PO-0663	DYSH: How do I Live With This Decis	13:00 mins.
PO-0664	DYSH: Advice from Birth Moms	10:00 mins.
PO-0665	DYSH: Courtney's Story	15:00 mins.
PO-0666	DYSH: Hillary's Story	16:00 mins.
PO-0667	DYSH: Morgan's Story	12:00 mins.
PO-0668	DYSH: Leah's Story	14:00 mins.

## PREGNANCY MILESTONES:

PM-0371	TRI: Your First Trimester	30:00 mins.
PM-0499	EXP: First Trimester Expectations	21:00 mins.
PM-0373	TRI: Your Second Trimester	25:00 mins.
PM-0500	EXP: Second Trimester Expectations	22:00 mins.
PM-0374	TRI: Your Third Trimester	26:00 mins.
PM-0383	The Final Stretch	21:00 mins.

## PREGNANCY MILESTONES: (cont.)

PM-0501	EXP: Third Trimester Expectations	23:00 mins.
PM-0860	BrightBaby: Stages of Pregnancy	03:00 mins.

## LABOR, DELIVERY, AND FIRST WEEKS:

BB-0566	EXP: Labor Expectations	15:00 mins.
BB-0481	Preparing for a C-Section	25:00 mins.
BB-0363	Getting Ready: Nesting	20:00 mins.
BB-0589	L&D: Labor and Delivery: Getting Re	23:00 mins.
BB-0588	L&D: Labor and Delivery: Natural Co	23:00 mins.
BB-0604	L&D: Labor and Delivery: Medical Pa	21:00 mins.
BB-0610	L&D: Labor and Delivery: Training Y	21:00 mins.
BB-0646	BB: Lesson 1: You Are In Control	24:00 mins.
BB-0647	BB: Lesson 2: Your Body & Birth	24:00 mins.
BB-0648	BB: Lesson 3: Pain & Natural Birth	33:00 mins.
BB-0649	BB: Lesson 4: B.R.A.I.N. & Decision	16:00 mins.
BB-0650	BB: Lesson 5: Medical Pain Relief,	20:00 mins.
BB-0651	BB: Lesson 6: Planning for Birth	13:00 mins.
BB-0652	BB: Lesson 7: Postpartum	14:00 mins.
BB-0024	Taking Care of Yourself after Child	40:00 mins.
BB-0318	Postpartum Depression	28:00 mins.
BB-0639	FYB: Feeding Your Baby: The Bottle	21:00 mins.
BB-0640	FYB: Breastfeeding - Getting Starte	20:00 mins.
BB-0641	FYB: Breastfeeding - Successful Bre	22:00 mins.
BB-0642	FYB: Breastfeeding - Problems and S	18:00 mins.
BB-0643	FYB: Breastfeeding - Weaning	17:00 mins.
BB-0384	Shaken Baby Syndrome	17:00 mins.
BB-0630	Eye Contact Means Love	18:00 mins.
BB-0567	Infant Temperament	21:00 mins.
BB-0535	The Importance of Bonding	21:00 mins.
BB-0021	Infant Expectations	20:00 mins.
BB-0022	Infant Hygiene	22:00 mins.
BB-0023	Simple Infant Care	19:00 mins.
BB-0843	Premature Birth	19:00 mins.
BB-0844	Navigating the NICU	21:00 mins.
BB-0846	Premature Infant Milestones	17:00 mins.

## FIRST YEAR:

FY-0322	Mommy Work	16:00 mins.
FY-0323	Being a Super Mom	19:00 mins.
FY-0033	Car Seat Safety	39:00 mins.
FY-0364	Mommy Nutrition	22:00 mins.
FY-0035	Preventing Child Sexual Abuse	29:00 mins.
FY-0037	SIDS	22:00 mins.
FY-0326	Newborn Sickness	25:00 mins.
FY-0626	Infant Accidents	17:00 mins.
FY-0039	Infant CPR	20:00 mins.
FY-0041	Infant Nutrition	22:00 mins.
FY-0042	Baby On the Move	26:00 mins.
FY-0375	Getting Your Baby to Sleep	18:00 mins.
FY-0492	Crying	24:00 mins.
FY-0448	Quality Child Care	21:00 mins.
FY-0475	Understanding Your Infant	21:00 mins.
FY-0477	INEX: 0-3 Months: Infant Expectatio	24:00 mins.
FY-0478	INEX: 3-6 Months: Infant Expectatio	20:00 mins.
FY-0479	INEX: 6-9 Months: Infant Expectatio	20:00 mins.
FY-0480	INEX: 9-12 Months: Infant Expectati	19:00 mins.
FY-0584	DUN: Dunstan Baby Language 1	10:00 mins.
FY-0585	DUN: Dunstan Baby Language 2	23:00 mins.
FY-0586	DUN: Dunstan Baby Language 3	10:00 mins.
FY-0655	Teething Time	22:00 mins.

## TODDLER:

TP-0111	TMIL: Mommy Milestones	22:00 mins.
TP-0112	TMIL: 12-15 Month Milestones	24:00 mins.
TP-0113	TMIL: 15-18 Month Milestones	19:00 mins.
TP-0114	TMIL: 18-24 Month Milestones	22:00 mins.
TP-0115	TMIL: 24-36 Month Milestones	21:00 mins.
TP-0455	Potty Training	25:00 mins.
TP-0376	Tantrums	19:00 mins.
TP-0365	Whining	18:00 mins.
TP-0119	Siblings	25:00 mins.
TP-0366	Sleeping, Bedtimes, Mornings	18:00 mins.
TP-0377	Bonding with your Toddler	20:00 mins.
TP-0367	Time With Toddler	19:00 mins.
TP-0368	The Importance of Words	19:00 mins.
TP-0369	I Can Do It Myself	20:00 mins.
TP-0493	Toddler Play	22:00 mins.
TP-0327	Toddler Accidents	24:00 mins.
TP-0328	Toddler Safety	22:00 mins.
TP-0329	Toddler Illness	24:00 mins.
TP-0330	Toddler Nutrition	20:00 mins.
TP-0331	Toddler Oral Health	22:00 mins.

## TODDLER: (cont.)

TP-0672 Getting Your Child to Eat 27:00 mins.

## PARENTING:

PP-0569 PWS: Parenting Without Shame Ch. 1 20:00 mins.  
 PP-0570 PWS: Parenting Without Shame Ch. 2 15:00 mins.  
 PP-0571 PWS: Parenting Without Shame Ch. 3 10:00 mins.  
 PP-0572 PWS: Parenting Without Shame Ch. 4 11:00 mins.  
 PP-0573 PWS: Parenting Without Shame Ch. 5 11:00 mins.  
 PP-0574 PWS: Parenting Without Shame Ch. 6 15:00 mins.  
 PP-0575 PWS: Parenting Without Shame Ch. 7 12:00 mins.  
 PP-0576 PWS: Parenting Without Shame Ch. 8 11:00 mins.  
 PP-0385 CRT: Creating Motivation 18:00 mins.  
 PP-0386 CRT: Creating Honesty 19:00 mins.  
 PP-0387 CRT: Creating Courage 18:00 mins.  
 PP-0388 CRT: Creating Kindness 19:00 mins.  
 PP-0389 CRT: Creating Confidence 21:00 mins.  
 PP-0390 ADHD 25:00 mins.  
 PP-0391 Autism 22:00 mins.  
 PP-0392 Strong-Willed Children 20:00 mins.  
 PP-0393 Child Anger 21:00 mins.  
 PP-0394 Sexual Behavior and Children 26:00 mins.  
 PP-0136 HNKBF: Monday: Wake Up to Reality 30:00 mins.  
 PP-0137 HNKBF: Tuesday: Caution: Children G 29:00 mins.  
 PP-0138 HNKBF: Wednesday: Staying Connected 29:00 mins.  
 PP-0139 HNKBF: Thursday: Check Your Attitud 32:00 mins.  
 PP-0140 HNKBF: Friday: The Amazing Race for 30:00 mins.  
 PP-0438 HNKBF: Funday: Leman Secrets for En 35:00 mins.  
 PP-0284 Single Parenting During Deployment 20:00 mins.  
 PP-0285 Reunited Parents: Family Unity On R 21:00 mins.  
 PP-0468 VPP: The 10 Best Gifts You'll Ever 36:00 mins.  
 PP-0469 VPP: How to Listen so Kids Will Tal 36:00 mins.  
 PP-0470 VPP: Discipline Isn't Spelled P-U-N 35:00 mins.  
 PP-0471 VPP: 10 Ways to Improve Your Child' 34:00 mins.  
 PP-0472 VPP: Caution: Anger Ahead 38:00 mins.  
 PP-0473 VPP: Birth Order and What You Need 35:00 mins.  
 PP-0474 VPP: Standing Up to the New Goliath 35:00 mins.  
 PP-0505 Co-Parenting 27:00 mins.  
 PP-0699 WM: Words Matter - Hurtful Words 15:00 mins.  
 PP-0701 WM: Words Matter - Silent Words 15:00 mins.  
 PP-0702 WM: Words Matter - No Words 18:00 mins.  
 PP-0700 WM: Words Matter - Magic Words 24:00 mins.  
 PP-0755 SPW: Putting First Things First 28:00 mins.  
 PP-0756 SPW: Healing the Past, Looking to t 27:00 mins.  
 PP-0757 SPW: Creating Harmony with your Ex- 25:00 mins.  
 PP-0758 SPW: Helping Children Thrive in a S 24:00 mins.

## PARENTING: (cont.)

PP-0759 SPW: Learning to Discipline with Lo 24:00 mins.  
 PP-0760 SPW: Understanding Your Child's Per 26:00 mins.  
 PP-0796 RR: Guiding Teens: Know the River 31:00 mins.  
 PP-0797 RR: Guiding Teens: Know the Raft 31:00 mins.  
 PP-0798 RR: Guiding Teens: Know the Riders 29:00 mins.  
 PP-0799 RR: Guiding Teens: Know the Risks 31:00 mins.  
 PP-0800 RR: Guiding Teens: Know the Relatio 31:00 mins.  
 PP-0801 RR: Guiding Teens: Know the Reality 32:00 mins.  
 PP-0150 MCM: Dare to be Courageous 25:00 mins.  
 PP-0151 MCM: Why Kids Misbehave 27:00 mins.  
 PP-0152 MCM: Becoming the Parent that God W 25:00 mins.  
 PP-0153 MCM: Be Your Teenager's Best Friend 25:00 mins.  
 PP-0154 MCM: The ABC'S of Self-Esteem 25:00 mins.  
 PP-0155 MCM: Turning Everyday Hassles Into 25:00 mins.  
 PP-0880 AWS: Awakening the Eight Smarts 12:15 mins.  
 PP-0881 AWS: Reawakening Smarts in Children 10:34 mins.  
 PP-0882 AWS: Growing Maturity in Children 11:12 mins.  
 PP-0883 ATS: Giving Children a Vision for L 09:46 mins.  
 PP-0884 ATS: Guiding Children Toward Maturi 11:07 mins.  
 PP-0885 ATS: Teaching Children How to Think 10:34 mins.  
 PP-0886 ATS: Framing Thinking for Success 11:07 mins.  
 PP-0887 ATS: Graduating Children as Discern 10:34 mins.

## ONE HEART, TWO HOMES:

OH-0504 1H2H: There is Hope! (SFather) 29:00 mins.  
 OH-0506 1H2H: There is Hope! (SMother) 21:00 mins.  
 OH-0507 1H2H: There is Hope! (StF) 33:00 mins.  
 OH-0508 1H2H: There is Hope! (StM) 33:00 mins.  
 OH-0509 1H2H: Stable Parent, Stable Home (S 35:00 mins.  
 OH-0510 1H2H: Stable Parent, Stable Home (S 30:00 mins.  
 OH-0511 1H2H: Stable Parent, Stable Home (S 24:00 mins.  
 OH-0512 1H2H: Stable Parent, Stable Home (S 24:00 mins.  
 OH-0513 1H2H: Co-parent Communication (SFat 28:00 mins.  
 OH-0514 1H2H: Co-parent Communication (SMot 28:00 mins.  
 OH-0515 1H2H: Co-parent Communication (StF) 28:00 mins.  
 OH-0516 1H2H: Co-parent Communication (StM) 28:00 mins.  
 OH-0517 1H2H: Meetings & Handoffs (SFather) 29:00 mins.  
 OH-0518 1H2H: Meetings & Handoffs (SMother) 29:00 mins.  
 OH-0519 1H2H: Meetings & Handoffs (StF) 29:00 mins.  
 OH-0520 1H2H: Meetings & Handoffs (StM) 29:00 mins.  
 OH-0521 1H2H: Risks Children after Div (SFa 39:00 mins.  
 OH-0522 1H2H: Risks Children after Div (SMo 39:00 mins.  
 OH-0523 1H2H: Risks Children after Div (StF 39:00 mins.  
 OH-0524 1H2H: Risks Children after Div (StM 39:00 mins.  
 OH-0525 1H2H: Holidays, Sp Occ & School (SF 33:00 mins.

## ONE HEART, TWO HOMES: (cont.)

OH-0526 1H2H: Holidays, Sp Occ & School (SM 33:00 mins.  
 OH-0527 1H2H: Holidays, Sp Occ & School (St 33:00 mins.  
 OH-0528 1H2H: Holidays, Sp Occ & School (St 33:00 mins.  
 OH-0529 1H2H: Critical Issues (SFather) 36:00 mins.  
 OH-0530 1H2H: Critical Issues (SMother) 36:00 mins.  
 OH-0531 1H2H: Critical Issues (StF) 36:00 mins.  
 OH-0532 1H2H: Critical Issues (StM) 36:00 mins.  
 OH-0533 1H2H: Abuse, Addict & Aban (SFather 44:00 mins.  
 OH-0534 1H2H: Abuse, Addict & Aban (SMother 44:00 mins.  
 OH-0536 1H2H: Abuse, Addict & Aban (StF) 32:00 mins.  
 OH-0537 1H2H: Abuse, Addict & Aban (StM) 32:00 mins.  
 OH-0538 1H2H: Dating & Remarriage (SFather) 13:00 mins.  
 OH-0539 1H2H: Dating & Remarriage (SMother) 13:00 mins.  
 OH-0540 1H2H: Dating & Remarriage (StF) 30:00 mins.  
 OH-0541 1H2H: Dating & Remarriage (StM) 27:00 mins.  
 OH-0542 1H2H: Beyond Child Support (SFather 39:00 mins.  
 OH-0543 1H2H: Beyond Child Support (SMother 39:00 mins.  
 OH-0544 1H2H: Beyond Child Support (StF) 39:00 mins.  
 OH-0545 1H2H: Beyond Child Support (StM) 39:00 mins.

## LIFE SKILLS:

LS-0447 Taking Care of Your Hygiene 22:00 mins.  
 LS-0450 Screen Time and You 21:00 mins.  
 LS-0451 Depression and Suicide 25:00 mins.  
 LS-0452 Home Health 18:00 mins.  
 LS-0453 Anger Management 24:00 mins.  
 LS-0186 Fighting The Impulse to Spend 18:00 mins.  
 LS-0187 The Monster of Debt 18:00 mins.  
 LS-0188 Credit Cards, Friend or Foe? 18:00 mins.  
 LS-0189 Financial Emergencies 16:00 mins.  
 LS-0190 Budgeting 101 14:00 mins.  
 LS-0191 Credit Scores, the Good, the Bad, t 14:00 mins.  
 LS-0192 Buying a Car 19:00 mins.  
 LS-0193 Career or Job? Planning for More 16:00 mins.  
 LS-0194 Staying out of Debt 15:00 mins.  
 LS-0195 Your Financial Future 14:00 mins.  
 LS-0312 Helping Children Process Change 18:00 mins.  
 LS-0313 Family Stability Inside Change 21:00 mins.  
 LS-0314 Getting Established In a New Area 21:00 mins.  
 LS-0315 What Is a Family 18:00 mins.  
 LS-0317 Successful Family Living 22:00 mins.  
 LS-0494 Preparing for a Job - The Hard Trut 19:00 mins.  
 LS-0495 Finding a Job 18:00 mins.  
 LS-0496 Preparing for the Interview 16:00 mins.  
 LS-0497 At the Interview 17:00 mins.

## LIFE SKILLS: (cont.)

LS-0498	Success at Work	16:00 mins.
LS-0103	CNFL: Conflict: The Art of Understa	24:00 mins.
LS-0104	CNFL: Conflict: Mastering Communica	20:00 mins.
LS-0811	Beyond Caring: Understanding Compas	15:00 mins.
LS-0812	Caring for Self While You Care for	15:00 mins.

## SPECIAL CIRCUMSTANCES:

SC-0251	Healing from Abuse	19:00 mins.
SC-0252	Post Abortion Healing	22:00 mins.
SC-0253	Relationship Loss	21:00 mins.
SC-0255	Pregnancy & Infant Loss	21:00 mins.
SC-0590	UR: Why am I here?	07:00 mins.
SC-0591	TR UR: The Root of Abandonment	13:00 mins.
SC-0592	TR UR: The Root of Addiction	14:00 mins.
SC-0593	TR UR: The Root of Abuse	13:00 mins.
SC-0594	TR UR: The Root of Codependency	13:00 mins.
SC-0595	TR UR: Where Do I Grow Now?	05:00 mins.
SC-0598	TR AAR: Your Relationship: Healthy, Un	19:00 mins.
SC-0599	TR AAR: Understanding Power and Contro	18:00 mins.
SC-0600	TR AAR: Recognizing the Cycle of Abuse	16:00 mins.
SC-0601	TR AAR: Warning Signs of Unhealthy Peo	18:00 mins.
SC-0602	TR AAR: Can an Abuser Change?	18:00 mins.
SC-0603	TR AAR: Reclaiming Your Value & Experi	18:00 mins.
SC-0721	KHH: Acknowledge Where You Are Now	10:00 mins.
SC-0722	KHH: You Are Not Alone	09:00 mins.
SC-0723	KHH: Freedom From Anger Through For	08:00 mins.
SC-0724	KHH: Moving Through Grief	11:00 mins.
SC-0725	KHH: Walking in Confidence and Hope	09:00 mins.
SC-0726	KHH: Giving Hope to Others	08:00 mins.
SC-0769	MKHH: Acknowledge Where You Are Now	13:00 mins.
SC-0770	MKHH: You Are Not Alone	10:00 mins.
SC-0771	MKHH: Freedom From Anger Through Fo	12:00 mins.
SC-0772	MKHH: Moving Through Grief	09:00 mins.
SC-0773	MKHH: Walking in Confidence and Hop	13:00 mins.
SC-0795	MKHH: Giving Hope to Others	10:00 mins.
SC-0776	TR UT: Naming Trauma	11:00 mins.
SC-0777	TR UT: Our Trauma is Not Our Identity	09:00 mins.
SC-0778	TR UT: Shame and Other Useless Things	10:00 mins.
SC-0779	TR UT: Hard Days: Self-Help is Not Sel	10:00 mins.
SC-0780	TR UT: Boundaries and Seeking Help	14:00 mins.
SC-0781	TR UT: Understanding Trauma - What Doe	09:00 mins.
SC-0815	CA: Child Abuse: Navigating Discipl	17:00 mins.
SC-0816	CA: Child Abuse: Breaking the Silen	16:00 mins.
SC-0817	IPV: IPV- Recognizing and Respondin	24:00 mins.
SC-0818	IPV: IPV- Reclaiming Your Identity	16:00 mins.

## SPECIAL CIRCUMSTANCES: (cont.)

SC-0160	TR URM: Why Am I Here?	08:00 mins.
SC-0161	TR URM: The Root of Abandonment	16:00 mins.
SC-0162	TR URM: The Root of Addiction	20:00 mins.
SC-0163	TR URM: The Root of Abuse	20:00 mins.
SC-0164	TR URM: The Root of Codependency	15:00 mins.
SC-0165	TR URM: Where Do We Grow From Here	06:00 mins.
SC-0874	YANA: You're Not Alone in This	09:12 mins.
SC-0875	YANA: What He Needs Most from You	08:40 mins.
SC-0876	YANA: The Power of Your Words	09:17 mins.
SC-0877	When He Needs What You Can't Give	10:03 mins.
SC-0878	YANA: Strength in the Struggle	11:40 mins.
SC-0879	YANA: Legacy Starts Now	09:31 mins.

## LOVE, RELATIONSHIPS, & SEXUAL WHOLENESS:

LL-0558	Sex is Awesome!	08:00 mins.
LL-0559	Pregnancy is Not a Disease	14:00 mins.
LL-0560	STIs	19:00 mins.
LL-0561	Character	18:00 mins.
LL-0562	Dangers of Porn	17:00 mins.
LL-0563	Your Heart	17:00 mins.
LL-0564	Protect Yourself	15:00 mins.
LL-0378	LL: Sex and You	26:00 mins.
LL-0379	LL: The Heart of the Matter	22:00 mins.
LL-0380	LL: STD/STI Avoidance	19:00 mins.
LL-0381	LL: Choosing Marriage	20:00 mins.
LL-0382	Making the Commitment	18:00 mins.
LL-0120	TWST: Talking With Kids About Sex	23:00 mins.
LL-0121	TWST: Confronting the Past	29:00 mins.
LL-0122	TWST: Pregnancy and Abortion	29:00 mins.
LL-0123	TWST: Spiritual & Emotional Consequ	33:00 mins.
LL-0124	TWST: Dating and Relationships	34:00 mins.
LL-0125	TWST: Image Bearers At Heart	40:00 mins.
LL-0857	RSIQ: Introduction	11:00 mins.
LL-0848	RSIQ: Sex is a Binary - Male and Fe	13:00 mins.
LL-0849	RSIQ: What Women Need to Know About	22:00 mins.
LL-0850	RSIQ: What Men Need to Know About W	15:00 mins.
LL-0851	RSIQ: What We Need to Know About Ou	21:00 mins.
LL-0852	RSIQ: Battle FOR the Sexes, Not Aga	20:00 mins.
LL-0853	RSIQ: Marriage Matters	14:00 mins.
LL-0854	RSIQ: The Blessing of Children	12:00 mins.
LL-0855	RSIQ: The Joy of Embracing God's De	13:00 mins.

## WHOLE-PERSON DESIGN: BIOLOGY WITH PURPOSE:

SW-0143	TR CW: Cycle Wise: Your Body is Tellin	23:00 mins.
SW-0144	TR CW: Cycle Wise: Hormone Genius	21:00 mins.
SW-0145	TR CW: Cycle Wise: Hack Your Cycle	21:00 mins.
SW-0146	TR CW: Cycle Wise: Cycle Tracking	21:00 mins.
SW-0147	TR CW: Cycle Wise: Period Problems	22:00 mins.
SW-0148	TR CW: Cycle Wise: Family Planning 101	22:00 mins.
SW-0149	TR CW: Cycle Wise: What Every Guy Need	15:00 mins.
SW-0832	PTGC: Gender Dysphoria & Biological	15:00 mins.
SW-0833	PTGC: Gender-Affirming Care Isn't W	16:00 mins.
SW-0835	PTGC: Gender Affirming Care: Not Wo	22:00 mins.
SW-0836	PTGC: Growing Your Relationship wit	12:00 mins.
SW-0837	PTGC: Influences on Your Child	16:00 mins.
SW-0838	PTGC: Helping child have positive v	19:00 mins.
SW-0839	PTGC: Identity in Christ Foundation	19:00 mins.
SW-0840	PVB: Positive View Body, Gender, an	13:00 mins.
SW-0841	PVB: Positive View Body, Gender, an	12:00 mins.
SW-0858	TMIS: The Me I See for Him	24:00 mins.
SW-0859	TMIS: The Me I See for Her	22:00 mins.

## POSITIVE PARTNERSHIPS:

RS-0692	PP: Boundaries	28:00 mins.
RS-0775	PP: Unhealthy Boundaries	21:00 mins.
RS-0693	PP: Cohabitation	17:00 mins.
RS-0694	PP: Making Marriage Choice	24:00 mins.
RS-0695	PP: Staying Married	20:00 mins.
RS-0696	PP: Single Parenting	17:00 mins.
RS-0762	MMM: Designed to be Different	26:00 mins.
RS-0763	MMM: Where Have all the Flowers Gon	25:00 mins.
RS-0764	MMM: Striking the Perfect Match	25:00 mins.
RS-0765	MMM: Looking for Love in Two Specia	24:00 mins.
RS-0766	MMM: Don't Rock the Jukebox	31:00 mins.
RS-0767	MMM: Sex Begins in the Kitchen	26:00 mins.
RS-0768	MMM: Enjoying the Journey	29:00 mins.
RS-0126	BPHBF: Before All of Us Say I Do	25:00 mins.
RS-0127	BPHBF: With These Kids I Thee Wed	25:00 mins.
RS-0128	BPHBF: Blending Without Colliding	26:00 mins.
RS-0129	BPHBF: Surviving Birth Order Blende	26:00 mins.
RS-0130	BPHBF: Same Language-Different Dial	25:00 mins.
RS-0131	BPHBF: Look at Life Through Mate's	26:00 mins.

## BEING A FATHER

PF-0489	TFA: Taking Care During Pregnancy	27:00 mins.
PF-0490	TFA: Taking Care During Birth	26:00 mins.
PF-0491	TFA: Taking Care them Postpartum	26:00 mins.
PF-0698	TFA: Baby Care Basics for Dads	19:00 mins.
PF-0482	BAF: The Two Questions	24:00 mins.
PF-0483	BAF: Real Time	25:00 mins.
PF-0484	BAF: Being a Role Model	22:00 mins.
PF-0485	BAF: Being a Leader	23:00 mins.
PF-0486	BAF: Being Consistent	18:00 mins.
PF-0487	BAF: Loving Discipline	22:00 mins.
PF-0488	BAF: Practical Discipline	23:00 mins.
PF-0794	BAF: Respect for Mothers	24:00 mins.
PF-0866	BTL: Hero, Villain, or Ghost?	11:00 mins.
PF-0867	BTL: What Are You Aiming For?	09:00 mins.
PF-0868	BTL: He Sees You Today	10:00 mins.
PF-0869	BTL: You're Still on the Clock	10:00 mins.
PF-0870	BTL: Fighting the Right Battles	11:00 mins.
PF-0871	BTL: Legacy Through Presence	10:00 mins.
PF-0872	BTL: Built to Lead	10:00 mins.

## BIBLE STUDY:

BS-0577 TR	GGYW: Offering Our Worst to God	18:00 mins.
BS-0578 TR	GGYW: The Painful Truth and Forgive	19:00 mins.
BS-0579 TR	GGYW: From Sinner to Saint	15:00 mins.
BS-0580 TR	GGYW: The Truth Shall Set You Free	23:00 mins.
BS-0581 TR	GGYW: Surrendering Our Weakness	18:00 mins.
BS-0582 TR	GGYW: Gaining Victory	20:00 mins.
BS-0607	UDL: The Bible	14:00 mins.
BS-0606	UDL: Grace & Commands	13:00 mins.
BS-0628	UDL: The King Among the Cows	13:00 mins.
BS-0631	UDL: The Faithful Fishermen	13:00 mins.
BS-0633	UDL: The Servant Above the Served	14:00 mins.
BS-0634	UDL: The Greatest Dying for the Lea	11:00 mins.
BS-0637	UDL: The Guilty in Heaven	12:00 mins.
BS-0623 TR	UTG: Identity Matters - The Key Exi	18:00 mins.
BS-0624 TR	UTG: Receiving Jesus as My Savior	14:00 mins.
BS-0625 TR	UTG: Recognizing Satan	20:00 mins.
BS-0613 TR	DS: Your Unwritten Autobiography	31:00 mins.
BS-0614 TR	DS: How the Story Starts	32:00 mins.
BS-0615 TR	DS: A True Story	30:00 mins.
BS-0616 TR	DS: The Story of the World	31:00 mins.
BS-0617 TR	DS: The Story of the Flesh	26:00 mins.
BS-0618 TR	DS: The Story of the Devil	28:00 mins.
BS-0619 TR	DS: Truth and Emotions	29:00 mins.
BS-0620 TR	DS: Forgiving From the Heart	33:00 mins.

## BIBLE STUDY: (cont.)

BS-0621 TR	DS: Walking Into the Next Chapter	33:00 mins.
BS-0622 TR	DS: Action Story	32:00 mins.
BS-0820	NM: Introduction	07:00 mins.
BS-0821	NM: Pregnancy	12:00 mins.
BS-0822	NM: Growing in Confidence	18:00 mins.
BS-0823	NM: Embracing Change	20:00 mins.
BS-0824	NM: Comparison	11:00 mins.
BS-0825	NM: Surrender Unpredictability	14:00 mins.
BS-0826	NM: Postpartum Body Image	10:00 mins.
BS-0827	NM: Who to Listen To	23:00 mins.
BS-0828	NM: What I Wish	20:00 mins.
BS-0829	NM: Unseen Holiness of Motherhood	07:00 mins.

## CLIENT PROMOTIONAL ITEMS:

CP-0503	Promo (All Lessons, English)	01:00 mins.
CP-0596	Promo & Lesson List - Public	01:00 mins.

## Abbreviations

1H2H - One Heart, Two Homes	HOSS - The Heart of Safety & Security	UT - Understanding Trauma
1H2H-S - One Heart Two Homes Spanish	HOSSA - The Heart of Safety & Security: Administrator	UTG - Unlocking the Gospel
AAR - Abuse Awareness and Recovery	INEX - Infant Expectations	VPP - Value Packed Parenting
ARMS - Abuse Awareness and Recovery	IPV - Intimate Partner Violence	WM - Words Matter
ATS - Awakening the Smarts	KHH - Keys to Hope and Healing	WYIOH - When You are In Over Your Head
AWS - Awakening the Smarts	KHHM - Keys to Hope and Healing: Men	YANA - You Are Not Alone: A Study for Single Moms Raising Sons
B&M - Baby and Me	L&D - Labor and Delivery	
BAF - Being a Father	L&D-S - Labor de Parto y Nacimiento	
BB - BrightBirth	LL - Love Lessons	
BBA - BrightBirth Academy	MBL - Marked by Love	
BPHBF - Bringing Peace and Harmony to the Blended Family	MCM - Making Children Mind without Losing Yours	
BSS - Breaking the Shackles of Shame	MKHH - Men's Keys to Hope and Healing	
BTL - Built to Lead	MMM - Making the Most of Marriage	
CA - Child Abuse	NM - Navigating Motherhood	
CCRA - Courageous Conflict Resolution	OBT - Board Training	
CGH - Client Greeting & Handling	PCI - Philosophy of Client Interactions	
CKT - C.A.R.E Kit Training	POCI - Practicality of Client Interactions	
CNFL - Conflict	PP - Positive Partnership	
CRT - Creating	PTGC - Parenting Through Gender Confusion	
CTIE - Creating a Trauma Informed Environment	PVB - Positive View Body	
CW - Cycle Wise	PWS - Parenting Without Shame	
CYC - The Culture of Your Center	RAMV - Running the AM/AV Visit	
DDYH - Do You See Her?	RR - Running the Rapids	
DS - Disciple	RSIQ - Raise Your Sex IQ	
DUN - Dunstan	RTEV - Running the Educational Visit	
DYSH - Do You See Her?	SHARE - Sexual Health and Relationship Education	
EFBSF - Empowering Fathers	SPW - Single Parenting that Works	
EMSL - Engaging Men, Saving Lives	TFA - The Fatherhood Adventure	
EXP - Expectations	TMIL - Toddler Milestones	
EXPT-S - Expectations Spanish	TMIS - The Me I See	
EYC - Elevate Your Center	TMLS-S - Toddler Milestones Spanish	
FCIM - Unlocking the Gospel	TRI - Trimester	
FOS - Faithful, Ongoing Support for Undeserved Communities	TWST - The Whole Sex Talk	
FYB - Feeding Your Baby	UDL - Upside Down Love	
FYB-S - Feeding Your Baby Spanish	UR - Unraveled Roots	
GGYW - Giving God Your Worst	URM - Unraveled Roots for Men	
HNKBF - Have A New Kid by Friday	US - Understanding Shame in Your Client's Lives	

List updated 3/23/2026

TR=Training Required