



## 2010 FALL / WINTER GEMS CLASS SCHEDULE

Lunch will be provided. Please arrange for off-site childcare, but infants are welcome.



**CALL GEMS COORDINATOR TO REGISTER**

**ALISON MORALES 214-986-1411**

or email to register at [amorales@prolifedallas.org](mailto:amorales@prolifedallas.org)

**September 11, 2010**

**GROOMING, MAKE-UP & DRESS FOR SUCCESS**

11:30 a.m. – 1:00 p.m., Kick-off party

Donna Fossey, Primrose Boutique

1:00 p.m. – 3:00 p.m., Presentation on fashion & self-esteem

Fonda Lash, B.A., M.A.

St. Rita Catholic Church: 12521 Inwood Rd., Dallas 75244 (Pastoral Center)

\*\*\*Come join us for a fun-filled day of pampering with free samples!

\*\*\*Enjoy the presentation on dressing in the work world and learn how to boost your self-esteem.

**September 25, 2010**

**CELEBRATING WOMANHOOD & BUILDING SELF-ESTEEM**

11:30 a.m. – 1:30 p.m., Counseling Session from 1:30 – 3:00

TBD

St. Rita Catholic Church: 12521 Inwood Rd., Dallas 75244 (Sweeney Lounge)

\*\*\*Celebrate the true blessings and gifts of womanhood. Begin the incredibly exciting and enriching journey of self-discovery, self-renewal and self-love. Examine the issues, challenges and steps to take that can help you realize your own self-worth.



October 16, 2010

PRE- & POST- NATAL CARE & NUTRITION

11:30 a.m. – 2:30 p.m., Counseling Session from 2:30 – 3:00  
St. Joseph Catholic Church: 600 S. Jupiter Rd, Richardson (Room 123)

Amy Dorsey, R.N.C.  
Jeannette Goodman, B.A., M.E.C. Ed

\*\*\*Mrs. Dorsey will discuss normal expectations of pregnancy, labor and delivery. Nutrition, fetal development and risky behaviors are just a few topics she will cover. Mrs. Goodman will discuss post-natal care for both mother and baby, including practical tips for feeding, bathing and caring for your newborn.

October 23, 2010 & November 6, 2010

PARENTING: PARTS 3 & 4

11:30 p.m. – 2:00 p.m., Counseling Session from 2:00 – 2:45  
St. Joseph Catholic Church: 600 S. Jupiter, Richardson (Room 123)

Jeannette Goodman, B.A., M.E.C. Ed

\*\*\*These two classes will feature videos, scripture verses and worksheets based on the series "Effective Parenting through Scripture".

December 4, 2010

ADOPTION: A GIFT OF LIFE & LOVE

11:30 a.m. – 2:00 p.m., Counseling Session from 2:00 – 2:30  
St. Rita Catholic Church: 12521 Inwood Rd., Dallas 75244 (Sweeney Lounge)

Carolina Salazar, MSW & GEMS Team

\*\*\*Learn more about the option of adoption, both open and closed. Hear testimonials from a birth mother, an adoptive mother, a foster parent and others that can attest to this ultimate gift of life and love. We invite our moms to bring guests, family members and anyone interested to join us in learning the biblical aspects of this selfless gift.



December 18, 2010

SPIRITUALITY / CHRISTMAS PARTY

11:30 a.m. – 1:00 p.m., Christmas Party to follow until 2:00!

St. Rita Catholic Church: 12521 Inwood Rd., Dallas 75244 (Sweeney Lounge)

To Be Determined

\*\*\*Learn the great things God has in store for you when you live by His grace.

\*\*\*Celebrate the coming of the Christ Child with food, fellowship and song!

January 8, 2011

BUILDING A FINANCIAL FUTURE

11:30 a.m. – 2:00 p.m., Counseling session from 2:00 – 2:30

St. Rita Catholic Church: 12521 Inwood Rd., Dallas 75244 (Sweeney Lounge)

Laura Skalak, B.A.

\*\*\*Learn to budget your monthly finances. Guest speaker Kevin McNevins will discuss deduction tips for your 2010 tax filing.

GEMS Graduation will take place on November 20 at The Holy Christ Child Luncheon Doubletree Hotel Richardson

