BrightCourseLessons

PREGNANCY ESSENTIALS:

PB-0362	Prenatal Care	18:17 mins.
PB-0917	Your Ultrasound Appointment	16:10 mins.
PB-0920	Emotions of Pregnancy	14:04 mins.
PB-0891	Eating for Two: Pregnancy Nutrition	15:37 mins.
PB-0892	Eating for Two: Navigating Nutritio	14:41 mins.
PB-0372	What is Safe in Pregnancy	23:58 mins.
PB-0009	Bonding with Your Unborn Baby	19:03 mins.
PB-0568	Your Unborn Baby's Secret World	17:55 mins.
PB-0014	Big Belly Mom Hacks	28:15 mins.
PB-0909	Your Belly Blueprint	15:22 mins.
PB-0319	At Risk Pregnancy	24:20 mins.
PB-0565	Expecting Twins & More	23:20 mins.
PB-0697	Smoking and Alcohol Use During Preg	20:24 mins.
PB-0703	Drug Use During Pregnancy	16:36 mins.
PB-0861	BrightBaby: The Effects of Alcohol	02:01 mins.
PB-0862	BrightBaby: Pregnancy Emotions and	02:04 mins.
PB-0863	BrightBaby: The Effects of Smoking	02:02 mins.

PREGNANCY OPTIONS:

PO-0141	B&M: Basic Decision Making Part 1	23:37 mins.
PO-0142	B&M: Basic Decision Making Part 2	22:02 mins.
PO-0802	Going It Alone	18:43 mins.
PO-0660	DYSH: I Could Never Do That	15:19 mins.
PO-0661	DYSH: What is Open Adoption	04:31 mins.
PO-0662	DYSH: A Birth Mother's Bill of Righ	10:20 mins.
PO-0663	DYSH: How do I Live With This Decis	13:07 mins.
PO-0664	DYSH: Advice from Birth Moms	07:17 mins.
PO-0665	DYSH: Courtney's Story	15:15 mins.
PO-0666	DYSH: Hillary's Story	15:10 mins.
PO-0667	DYSH: Morgan's Story	11:56 mins.
PO-0668	DYSH: Leah's Story	14:08 mins.

PREGNANCY MILESTONES:

PM-0896	Your First Trimester	16:59 mins.
PM-0897	Your Second Trimester	15:20 mins.
PM-0898	Your Third Trimester	14:49 mins.
PM-0383	The Final Stretch	20:49 mins.

PREGNANCY MILESTONES: (cont.)

PM-0860	BrightBaby: Stages of Pregnancy	03:18 mins.

LABOR, DELIVERY, AND FIRST WEEKS:

BB-0566	EXP: Labor Expectations	14:47 mins.
BB-0481	Preparing for a C-Section	25:23 mins.
BB-0363	Getting Ready: Nesting	19:31 mins.
BB-0589	L&D: Labor and Delivery: Getting Re	23:08 mins.
BB-0588	L&D: Labor and Delivery: Natural Co	24:57 mins.
BB-0604	L&D: Labor and Delivery: Medical Pa	21:25 mins.
BB-0610	L&D: Labor and Delivery: Training Y	21:32 mins.
BB-0646	BB: Lesson 1: You Are In Control	19:28 mins.
BB-0647	BB: Lesson 2: Your Body & Birth	23:13 mins.
BB-0648	BB: Lesson 3: Pain & Natural Birth	31:39 mins.
BB-0649	BB: Lesson 4: B.R.A.I.N. & Decision	15:08 mins.
BB-0650	BB: Lesson 5: Medical Pain Relief,	19:58 mins.
BB-0651	BB: Lesson 6: Planning for Birth	13:10 mins.
BB-0652	BB: Lesson 7: Postpartum	14:01 mins.
BB-0024	Taking Care of Yourself after Child	40:44 mins.
BB-0318	Postpartum Depression	28:10 mins.
BB-0639	FYB: Feeding Your Baby: The Bottle	21:17 mins.
BB-0640	FYB: Breastfeeding - Getting Starte	22:20 mins.
BB-0641	FYB: Breastfeeding - Successful Bre	22:05 mins.
BB-0642	FYB: Breastfeeding - Problems and S	17:50 mins.
BB-0643	FYB: Breastfeeding - Weaning	16:51 mins.
BB-0384	Shaken Baby Syndrome	17:24 mins.
BB-0630	Eye Contact Means Love	17:52 mins.
BB-0567	Infant Temperament	20:58 mins.
BB-0535	The Importance of Bonding	20:46 mins.
BB-0021	Infant Expectations	20:10 mins.
BB-0022	Infant Hygiene	21:49 mins.
BB-0023	Simple Infant Care	18:59 mins.
BB-0326	Newborn Sickness	24:52 mins.
BB-0584	DUN: Dunstan Baby Language 1	10:01 mins.
BB-0585	DUN: Dunstan Baby Language 2	22:43 mins.
BB-0586	DUN: Dunstan Baby Language 3	09:29 mins.
BB-0843	Premature Birth	19:26 mins.
BB-0844	Navigating the NICU	21:01 mins.
BB-0846	Premature Infant Milestones	17:37 mins.

FIRST YEAR:

FY-0322	Mommy Work	16:38 mins.
FY-0323	Being a Super Mom	19:30 mins.
FY-0033	Car Seat Safety	38:58 mins.
FY-0901	Mommy Nutrition	15:48 mins.
FY-0035	Preventing Child Sexual Abuse	28:55 mins.
FY-0900	Childhood Immunizations	15:11 mins.
FY-0037	SIDS	21:18 mins.
FY-0626	Infant Accidents	17:30 mins.
FY-0039	Infant CPR	20:09 mins.
FY-0899	Infant Nutrition	14:50 mins.
FY-0042	Baby On the Move	25:52 mins.
FY-0375	Getting Your Baby to Sleep	17:50 mins.
FY-0492	Crying	23:49 mins.
FY-0448	Quality Child Care	20:53 mins.
FY-0475	Understanding Your Infant	21:30 mins.
FY-0477	INEX: 0-3 Months: Infant Expectatio	24:33 mins.
FY-0478	INEX: 3-6 Months: Infant Expectatio	20:14 mins.
FY-0479	INEX: 6-9 Months: Infant Expectatio	19:54 mins.
FY-0480	INEX: 9-12 Months: Infant Expectati	19:10 mins.
FY-0655	Teething Time	21:19 mins.

TODDLER:

TP-0111	TMIL: Mommy Milestones	22:03 mins.
TP-0112	TMIL: 12-15 Month Milestones	24:14 mins.
TP-0113	TMIL: 15-18 Month Milestones	18:51 mins.
TP-0114	TMIL: 18-24 Month Milestones	22:49 mins.
TP-0115	TMIL: 24-36 Month Milestones	21:49 mins.
TP-0455	Potty Training	24:24 mins.
TP-0376	Tantrums	18:49 mins.
TP-0365	Whining	18:24 mins.
TP-0119	Siblings	25:06 mins.
TP-0366	Sleeping, Bedtimes, Mornings	17:59 mins.
TP-0377	Bonding with your Toddler	20:06 mins.
TP-0367	Time With Toddler	18:05 mins.
TP-0368	The Importance of Words	19:03 mins.
TP-0369	I Can Do It Myself	19:40 mins.
TP-0493	Toddler Play	21:47 mins.
TP-0327	Toddler Accidents	24:08 mins.
TP-0328	Toddler Safety	22:12 mins.
TP-0329	Toddler Illness	24:34 mins.
TP-0330	Toddler Nutrition	20:54 mins.
TP-0331	Toddler Oral Health	21:05 mins.
TP-0672	Getting Your Child to Eat	26:03 mins.

PARENTING:

PP-0569	PWS: Parenting Without Shame Ch. 1	20:00 mins.
PP-0570	PWS: Parenting Without Shame Ch. 2	14:38 mins.
PP-0571	PWS: Parenting Without Shame Ch. 3	09:54 mins.
PP-0572	PWS: Parenting Without Shame Ch. 4	09:25 mins.
PP-0573	PWS: Parenting Without Shame Ch. 5	10:37 mins.
PP-0574	PWS: Parenting Without Shame Ch. 6	14:18 mins.
PP-0575	PWS: Parenting Without Shame Ch. 7	11:19 mins.
PP-0576	PWS: Parenting Without Shame Ch. 8	10:37 mins.
PP-0385	CRT: Creating Motivation	18:25 mins.
PP-0386	CRT: Creating Honesty	18:40 mins.
PP-0387	CRT: Creating Courage	18:13 mins.
PP-0388	CRT: Creating Kindness	19:04 mins.
PP-0389	CRT: Creating Confidence	20:54 mins.
PP-0390	ADHD	24:31 mins.
PP-0391	Autism	21:27 mins.
PP-0392	Strong-Willed Children	19:52 mins.
PP-0393	Child Anger	20:24 mins.
PP-0394	Sexual Behavior and Children	25:51 mins.
PP-0136	HNKBF: Monday: Wake Up to Reality	29:43 mins.
PP-0137	HNKBF: Tuesday: Caution: Children G	28:52 mins.
PP-0138	HNKBF: Wednesday: Staying Connected	28:45 mins.
PP-0139	HNKBF: Thursday: Check Your Attitud	32:04 mins.
PP-0140	HNKBF: Friday: The Amazing Race for	30:34 mins.
PP-0438	HNKBF: Funday: Leman Secrets for En	34:43 mins.
PP-0284	Single Parenting During Deployment	20:16 mins.
PP-0285	Reunited Parents: Family Unity On R	21:11 mins.
PP-0468	VPP: The 10 Best Gifts You'll Ever	35:39 mins.
PP-0469	VPP: How to Listen so Kids Will Tal	35:31 mins.
PP-0470	VPP: Discipline Isn't Spelled P-U-N	34:41 mins.
PP-0471	VPP: 10 Ways to Improve Your Child'	33:49 mins.
PP-0472	VPP: Caution: Anger Ahead	37:55 mins.
PP-0473	VPP: Birth Order and What You Need	35:28 mins.
PP-0474	VPP: Standing Up to the New Goliath	35:10 mins.
PP-0505	Co-Parenting	26:43 mins.
PP-0699	WM: Words Matter - Hurtful Words	15:40 mins.
PP-0701	WM: Words Matter - Silent Words	11:59 mins.
PP-0702	WM: Words Matter - No Words	17:41 mins.
PP-0700	WM: Words Matter - Magic Words	24:31 mins.
PP-0755	SPW: Putting First Things First	27:33 mins.
PP-0756	SPW: Healing the Past, Looking to t	26:30 mins.
PP-0757	SPW: Creating Harmony with your Ex-	24:58 mins.
PP-0758	SPW: Helping Children Thrive in a S	24:12 mins.
PP-0759	SPW: Learning to Discipline with Lo	24:12 mins.
PP-0760	SPW: Understanding Your Child's Per	25:58 mins.
PP-0796	RR: Guiding Teens: Know the River	32:22 mins.
PP-0797	RR: Guiding Teens: Know the Raft	31:01 mins.
PP-0798	RR: Guiding Teens: Know the Riders	29:14 mins.
PP-0799	RR: Guiding Teens: Know the Risks	31:23 mins.

PARENTING: (cont.)

PP-0800	RR: Guiding Teens: Know the Relatio	31:12 mins.
PP-0801	RR: Guiding Teens: Know the Reality	31:54 mins.
PP-0150	MCM: Dare to be Courageous	25:39 mins.
PP-0151	MCM: Why Kids Misbehave	27:05 mins.
PP-0152	MCM: Becoming the Parent that God W	25:11 mins.
PP-0153	MCM: Be Your Teenager's Best Friend	25:16 mins.
PP-0154	MCM: The ABC'S of Self-Esteem	25:03 mins.
PP-0155	MCM: Turning Everyday Hassles Into	24:42 mins.
PP-0880	ATS: Awakening the Eight Smarts	12:15 mins.
PP-0881	ATS: 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)	29:38 mins.
OH-0506	1H2H: There is Hope! (SMother)	22:27 mins.
OH-0507	1H2H: There is Hope! (StF)	33:35 mins.
OH-0508	1H2H: There is Hope! (StM)	33:35 mins.
OH-0509	1H2H: Stable Parent, Stable Home (S	34:30 mins.
OH-0510	1H2H: Stable Parent, Stable Home (S	29:21 mins.
OH-0511	1H2H: Stable Parent, Stable Home (S	23:23 mins.
OH-0512	1H2H: Stable Parent, Stable Home (S	23:23 mins.
OH-0513	1H2H: Co-parent Communication (SFat	27:09 mins.
OH-0514	1H2H: Co-parent Communication (SMot	27:09 mins.
OH-0515	1H2H: Co-parent Communication (StF)	27:09 mins.
OH-0516	1H2H: Co-parent Communication (StM)	27:09 mins.
OH-0517	1H2H: Meetings & Handoffs (SFather)	28:34 mins.
OH-0518	1H2H: Meetings & Handoffs (SMother)	28:34 mins.
OH-0519	1H2H: Meetings & Handoffs (StF)	28:34 mins.
OH-0520	1H2H: Meetings & Handoffs (StM)	28:34 mins.
OH-0521	1H2H: Risks Children after Div (SFa	38:36 mins.
OH-0522	1H2H: Risks Children after Div (SMo	38:36 mins.
OH-0523	1H2H: Risks Children after Div (StF	38:36 mins.
OH-0524	1H2H: Risks Children after Div (StM	38:36 mins.
OH-0525	1H2H: Holidays, Sp Occ & School (SF	32:24 mins.
OH-0526	1H2H: Holidays, Sp Occ & School (SM	32:24 mins.
OH-0527	1H2H: Holidays, Sp Occ & School (St	32:24 mins.
OH-0528	1H2H: Holidays, Sp Occ & School (St	32:24 mins.
OH-0529	1H2H: Critical Issues (SFather)	35:10 mins.
OH-0530	1H2H: Critical Issues (SMother)	35:10 mins.
OH-0531	1H2H: Critical Issues (StF)	35:10 mins.

ONE HEART, TWO HOMES: (cont.)

OH-0532	1H2H: Critical Issues (StM)	35:10 mins.
OH-0533	1H2H: Abuse, Addict & Aban (SFather	43:46 mins.
OH-0534	1H2H: Abuse, Addict & Aban (SMother	43:46 mins.
OH-0536	1H2H: Abuse, Addict & Aban (StF)	31:47 mins.
OH-0537	1H2H: Abuse, Addict & Aban (StM)	31:47 mins.
OH-0538	1H2H: Dating & Remarriage (SFather)	12:28 mins.
OH-0539	1H2H: Dating & Remarriage (SMother)	12:28 mins.
OH-0540	1H2H: Dating & Remarriage (StF)	29:26 mins.
OH-0541	1H2H: Dating & Remarriage (StM)	26:24 mins.
OH-0542	1H2H: Beyond Child Support (SFather	38:29 mins.
OH-0543	1H2H: Beyond Child Support (SMother	38:29 mins.
OH-0544	1H2H: Beyond Child Support (StF)	38:29 mins.
OH-0545	1H2H: Beyond Child Support (StM)	38:29 mins.

LIFE SKILLS:

LS-0447	Taking Care of Your Hygiene	22:05 mins.
LS-0450	Screen Time and You	20:21 mins.
LS-0451	Depression and Suicide	24:55 mins.
LS-0452	Home Health	17:43 mins.
LS-0453	Anger Management	23:43 mins.
LS-0186	Fighting The Impulse to Spend	18:31 mins.
LS-0187	The Monster of Debt	18:16 mins.
LS-0188	Credit Cards, Friend or Foe?	17:42 mins.
LS-0189	Financial Emergencies	16:16 mins.
LS-0190	Budgeting 101	12:02 mins.
LS-0191	Credit Scores, the Good, the Bad, t	13:40 mins.
LS-0192	Buying a Car	18:56 mins.
LS-0193	Career or Job? Planning for More	15:34 mins.
LS-0194	Staying out of Debt	14:31 mins.
LS-0195	Your Financial Future	14:51 mins.
LS-0312	Helping Children Process Change	17:44 mins.
LS-0313	Family Stability Inside Change	21:06 mins.
LS-0314	Getting Established In a New Area	20:17 mins.
LS-0315	What Is a Family	18:17 mins.
LS-0317	Successful Family Living	22:18 mins.
LS-0494	Preparing for a Job - The Hard Trut	19:25 mins.
LS-0495	Finding a Job	17:54 mins.
LS-0496	Preparing for the Interview	15:55 mins.
LS-0497	At the Interview	17:21 mins.
LS-0498	Success at Work	16:23 mins.
LS-0103	CNFL: Conflict: The Art of Understa	23:49 mins.
LS-0104	CNFL: Conflict: Mastering Communica	19:48 mins.
LS-0811	Beyond Caring: Understanding Compas	15:07 mins.
LS-0812	Caring for Self While You Care for	15:02 mins.

SPECIAL CIRCUMSTANCES:

SC-0251	Healing from Abuse	19:26 mins.
SC-0252	Post Abortion Healing	21:19 mins.
SC-0253	Relationship Loss	20:57 mins.
SC-0255	Pregnancy & Infant Loss	21:40 mins.
SC-0590TR	UR: Why am I here?	07:29 mins.
SC-0591TR	UR: The Root of Abandonment	13:01 mins.
SC-0592TR	UR: The Root of Addiction	14:05 mins.
SC-0593TR	UR: The Root of Abuse	12:57 mins.
SC-0594TR	UR: The Root of Codependency	12:30 mins.
SC-0595TR	UR: Where Do I Grow Now?	04:52 mins.
SC-0598TR	AAR: Your Relationship: Healthy, Un	18:44 mins.
SC-0599TR	AAR: Understanding Power and Contro	17:51 mins.
SC-0600TR	AAR: Recognizing the Cycle of Abuse	15:39 mins.
SC-0601TR	AAR: Warning Signs of Unhealthy Peo	18:02 mins.
SC-0602TR	AAR: Can an Abuser Change?	17:39 mins.
SC-0603TR	AAR: Reclaiming Your Value & Experi	18:28 mins.
SC-0721	KHH: Acknowledge Where You Are Now	10:27 mins.
SC-0722	KHH: You Are Not Alone	09:03 mins.
SC-0723	KHH: Freedom From Anger Through For	07:50 mins.
SC-0724	KHH: Moving Through Grief	10:34 mins.
SC-0725	KHH: Walking in Confidence and Hope	09:27 mins.
SC-0726	KHH: Giving Hope to Others	07:41 mins.
SC-0769	MKHH: Acknowledge Where You Are Now	13:19 mins.
SC-0770	MKHH: You Are Not Alone	09:34 mins.
SC-0771	MKHH: Freedom From Anger Through Fo	12:16 mins.
SC-0772	MKHH: Moving Through Grief	09:28 mins.
SC-0773	MKHH: Walking in Confidence and Hop	12:57 mins.
SC-0795	MKHH: Giving Hope to Others	10:11 mins.
SC-0776TR	UT: Naming Trauma	10:46 mins.
SC-0777TR	UT: Our Trauma is Not Our Identity	08:55 mins.
SC-0778TR	UT: Shame and Other Useless Things	09:32 mins.
SC-0779TR	UT: Hard Days: Self-Help is Not Sel	10:25 mins.
SC-0780TR	UT: Boundaries and Seeking Help	14:23 mins.
SC-0781TR	UT: Understanding Trauma - What Doe	08:58 mins.
SC-0815	CA: Child Abuse: Navigating Discipl	16:53 mins.
SC-0816	CA: Child Abuse: Breaking the Silen	16:02 mins.
SC-0817	IPV: IPV- Recognizing and Respondin	24:30 mins.
SC-0818	IPV: IPV- Reclaiming Your Identity	15:34 mins.
SC-0160TR	URM: Why Am I Here?	07:31 mins.
SC-0161TR	URM: The Root of Abandonment	16:01 mins.
SC-0162TR	URM: The Root of Addiction	20:10 mins.
SC-0163TR	URM: The Root of Abuse	19:43 mins.
SC-0164TR	URM: The Root of Codependency	15:08 mins.
SC-0165TR	URM: Where Do We Grow From Here	05:48 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	YANA: When He Needs What You Can't	10:03 mins.

SPECIAL CIRCUMSTANCES: (cont.)

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!	07:20 mins.
LL-0559	Pregnancy is Not a Disease	13:58 mins.
LL-0560	STIs	18:15 mins.
LL-0561	Character	18:11 mins.
LL-0562	Dangers of Porn	16:54 mins.
LL-0563	Your Heart	16:39 mins.
LL-0564	Protect Yourself	14:46 mins.
LL-0378	LL: Sex and You	26:09 mins.
LL-0379	LL: The Heart of the Matter	22:06 mins.
LL-0380	LL: STD/STI Avoidance	18:54 mins.
LL-0381	LL: Choosing Marriage	19:36 mins.
LL-0382	Making the Commitment	17:46 mins.
LL-0120	TWST: Talking With Kids About Sex	23:07 mins.
LL-0121	TWST: Confronting the Past	29:10 mins.
LL-0122	TWST: Pregnancy and Abortion	29:21 mins.
LL-0123	TWST: Spiritual & Emotional Consequ	32:51 mins.
LL-0124	TWST: Dating and Relationships	33:36 mins.
LL-0125	TWST: Image Bearers At Heart	39:57 mins.
LL-0857	RSIQ: Introduction	11:20 mins.
LL-0848	RSIQ: Sex is a Binary - Male and Fe	13:37 mins.
LL-0849	RSIQ: What Women Need to Know About	22:29 mins.
LL-0850	RSIQ: What Men Need to Know About W	15:40 mins.
LL-0851	RSIQ: What We Need to Know About Ou	21:20 mins.
LL-0852	RSIQ: Battle FOR the Sexes, Not Aga	20:06 mins.
LL-0853	RSIQ: Marriage Matters	13:56 mins.
LL-0854	RSIQ: The Blessing of Children	12:42 mins.
LL-0855	RSIQ: The Joy of Embracing God's De	13:01 mins.

WHOLE-PERSON DESIGN: BIOLOGY WITH PURPOSE:

SW-0143TR	CW: Cycle Wise: Your Body is Tellin	23:38 mins.
SW-0144TR	CW: Cycle Wise: Hormone Genius	21:15 mins.
SW-0145TR	CW: Cycle Wise: Hack Your Cycle	20:40 mins.
SW-0146TR	CW: Cycle Wise: Cycle Tracking	20:49 mins.
SW-0147TR	CW: Cycle Wise: Period Problems	21:31 mins.
SW-0148TR	CW: Cycle Wise: Family Planning 101	21:35 mins.

WHOLE-PERSON DESIGN: BIOLOGY WITH PURPOSE: (cont.)

SW-0149TR	CW: Cycle Wise: What Every Guy Need	15:17 mins.
SW-0832	PTGC: Gender Dysphoria & Biological	15:35 mins.
SW-0833	PTGC: Gender-Affirming Care Isn't W	16:58 mins.
SW-0835	PTGC: Gender Affirming Care: Not Wo	22:35 mins.
SW-0836	PTGC: Growing Your Relationship wit	12:08 mins.
SW-0837	PTGC: Influences on Your Child	15:55 mins.
SW-0838	PTGC: Helping child have positive v	19:05 mins.
SW-0839	PTGC: Identity in Christ Foundation	19:36 mins.
SW-0840	PVB: Positive View Body, Gender, an	12:57 mins.
SW-0841	PVB: Positive View Body, Gender, an	12:02 mins.
SW-0858	TMIS: The Me I See for Him	24:31 mins.
SW-0859	TMIS: The Me I See for Her	21:35 mins.

POSITIVE PARTNERSHIPS:

RS-0692	PP: Boundaries	28:25 mins.
RS-0775	PP: Unhealthy Boundaries	21:10 mins.
RS-0693	PP: Cohabitation	16:58 mins.
RS-0694	PP: Making Marriage Choice	23:23 mins.
RS-0695	PP: Staying Married	19:31 mins.
RS-0696	PP: Single Parenting	16:34 mins.
RS-0762	MMM: Designed to be Different	26:19 mins.
RS-0763	MMM: Where Have all the Flowers Gon	24:52 mins.
RS-0764	MMM: Striking the Perfect Match	25:20 mins.
RS-0765	MMM: Looking for Love in Two Specia	24:14 mins.
RS-0766	MMM: Don't Rock the Jukebox	31:03 mins.
RS-0767	MMM: Sex Begins in the Kitchen	25:32 mins.
RS-0768	MMM: Enjoying the Journey	28:52 mins.
RS-0126	BPHBF: Before All of Us Say I Do	25:01 mins.
RS-0127	BPHBF: With These Kids I Thee Wed	25:20 mins.
RS-0128	BPHBF: Blending Without Colliding	26:12 mins.
RS-0129	BPHBF: Surviving Birth Order Blende	25:53 mins.
RS-0130	BPHBF: Same Language-Different Dial	24:52 mins.
RS-0131	BPHBF: Look at Life Through Mate's	26:07 mins.

BEING A FATHER:

PF-0489	TFA: Taking Care of Her During Preg	26:37 mins.
PF-0490	TFA: Taking Care of Her During Birt	27:13 mins.
PF-0491	TFA: Taking Care of them Postpartum	26:14 mins.
PF-0698	TFA: Baby Care Basics for Dads	18:42 mins.
PF-0482	BAF: The Two Questions	24:06 mins.

BEING A FATHER: (cont.)

PF-0483	BAF: Real Time	25:17 mins.
PF-0484	BAF: Being a Role Model	22:27 mins.
PF-0485	BAF: Being a Leader	23:10 mins.
PF-0486	BAF: Being Consistent	18:11 mins.
PF-0487	BAF: Loving Discipline	22:16 mins.
PF-0488	BAF: Practical Discipline	23:21 mins.
PF-0794	BAF: Respect for Mothers	24:00 mins.
PF-0866	BTL: Hero, Villain, or Ghost?	11:01 mins.
PF-0867	BTL: What Are You Aiming For?	09:09 mins.
PF-0868	BTL: He Sees You Today	09:36 mins.
PF-0869	BTL: You're Still on the Clock	10:21 mins.
PF-0870	BTL: Fighting the Right Battles	11:07 mins.
PF-0871	BTL: Legacy Through Presence	09:45 mins.
PF-0872	BTL: Built to Lead	09:39 mins.

BIBLE STUDY:

BS-0577	TR	GGYW: Offering Our Worst to God	17:20 mins.
BS-0578	TR	GGYW: The Painful Truth and Forgive	18:56 mins.
BS-0579	TR	GGYW: From Sinner to Saint	14:26 mins.
BS-0580	TR	GGYW: The Truth Shall Set You Free	23:03 mins.
BS-0581	TR	GGYW: Surrendering Our Weakness	17:16 mins.
BS-0582	TR	GGYW: Gaining Victory	19:50 mins.
BS-0607		UDL: The Bible	14:27 mins.
BS-0606		UDL: Grace & Commands	13:09 mins.
BS-0628		UDL: The King Among the Cows	12:50 mins.
BS-0631		UDL: The Faithful Fishermen	12:48 mins.
BS-0633		UDL: The Servant Above the Served	14:21 mins.
BS-0634		UDL: The Greatest Dying for the Lea	11:11 mins.
BS-0637		UDL: The Guilty in Heaven	11:39 mins.
BS-0623	TR	UTG: Identity Matters - The Key Exi	18:18 mins.
BS-0624	TR	UTG: Receiving Jesus as My Savior	13:32 mins.
BS-0625	TR	UTG: Recognizing Satan	19:56 mins.
BS-0613	TR	DS: Your Unwritten Autobiography	31:24 mins.
BS-0614	TR	DS: How the Story Starts	32:11 mins.
BS-0615	TR	DS: A True Story	29:49 mins.
BS-0616	TR	DS: The Story of the World	31:17 mins.
BS-0617	TR	DS: The Story of the Flesh	26:27 mins.
BS-0618	TR	DS: The Story of the Devil	27:52 mins.
BS-0619	TR	DS: Truth and Emotions	28:57 mins.
BS-0620	TR	DS: Forgiving From the Heart	33:21 mins.
BS-0621	TR	DS: Walking Into the Next Chapter	33:31 mins.
BS-0622	TR	DS: Action Story	03:33 mins.
BS-0820		NM: Introduction	07:27 mins.
BS-0821		NM: Pregnancy	12:10 mins.
BS-0822		NM: Growing in Confidence	17:39 mins.

BIBLE STUDY: (cont.)

BS-0823	NM: Embracing Change	20:11 mins.
BS-0824	NM: Comparison	10:43 mins.
BS-0825	NM: Surrender Unpredictability	13:31 mins.
BS-0826	NM: Postpartum Body Image	09:32 mins.
BS-0827	NM: Who to Listen To	22:54 mins.
BS-0828	NM: What I Wish	19:36 mins.
BS-0829	NM: Unseen Holiness of Motherhood	07:17 mins.

CLIENT PROMOTIONAL ITEMS:

CP-0503	Promo (All Lessons, English)	01:04 mins.
CP-0596	Promo & Lesson List - Public	01:04 mins.

Abbreviations

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

List updated 10/28/2026

TR=Training Required