

NGM

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Title: What's Stress Got to Do with it?

Acts 2 Model: GROW

Description: Stress has a significant effect on the body and is one of the leading causes of other medical problems. Uncover the body's physiological response to stress, how to determine if stress has you down, and ways to cope with life's events in a better way.

Taught by: Sonja O'Bryan

Location: Jefferson E

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Title: Practical Purity

Acts 2 Model: GROW

Description: Learn tips on teaching your girls how to commit their lives to total purity. Topics include dating, how far is too far, and the influence of the media. Get tips on the best approach, scriptures, and creative tools for teaching on the topic of purity.

Taught by: Ashley Hicks

Location: Jefferson D

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Title: From Booties to High Heels

Acts 2 Model: GROW

Description: With Ashley Jacobs. Your daughter goes from pigtails, lace, and looking up to you to dating, loud music, and incessantly rolling eyes in what can seem like a few days. Identify your daughter's stages of development and how to effectively relate to her.

Taught by: Lori VanVeen

Location: Jefferson C

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Title: The Prims Club

Acts 2 Model: SERVE

Description: TBA

Taught by: Diana Brower

Location: Jefferson B