

BrightCourseLessons

PREGNANCY ESSENTIALS:

PB-0362	Prenatal Care	18.5 mins
PB-0370	Eating for Two (2)	23.5 mins
PB-0004	Your Ultrasound Appointment	18.5 mins
PB-0007	Emotions of Pregnancy	25.5 mins
PB-0372	What is Safe in Pregnancy	24.5 mins
PB-0009	Bonding with Your Unborn Baby	19.5 mins
PB-0568	Your Unborn Baby's Secret World	18.5 mins
PB-0014	Big Belly Mom Hacks	28.5 mins
PB-0319	At Risk Pregnancy	24.5 mins
PB-0565	Expecting Twins & More	24.5 mins
PB-0697	Smoking and Alcohol Use During Preg	20.5 mins
PB-0703	Drug Use During Pregnancy	16.5 mins
PB-0861	BrightBaby: The Effects of Alcohol	2.5 mins
PB-0862	BrightBaby: Pregnancy Emotions and	2.5 mins
PB-0863	BrightBaby: The Effects of Smoking	2 mins

PREGNANCY OPTIONS:

PO-0141	B&M: Basic Decision Making Part 1	24.5 mins
PO-0142	B&M: Basic Decision Making Part 2	22.5 mins
PO-0802	Going It Alone	19.5 mins
PO-0660	DYSH: I Could Never Do That	15.5 mins
PO-0661	DYSH: What is Open Adoption	4.5 mins
PO-0662	DYSH: A Birth Mother's Bill of Righ	10.5 mins
PO-0663	DYSH: How do I Live With This Decis	13.5 mins
PO-0664	DYSH: Advice from Birth Moms	10.5 mins
PO-0665	DYSH: Courtney's Story	15.5 mins
PO-0666	DYSH: Hillary's Story	16.5 mins
PO-0667	DYSH: Morgan's Story	12.5 mins
PO-0668	DYSH: Leah's Story	14.5 mins

PREGNANCY MILESTONES:

PM-0371	TRI: Your First Trimester	30.5 mins
PM-0499	EXP: First Trimester Expectations	21.5 mins
PM-0373	TRI: Your Second Trimester	25.5 mins
PM-0500	EXP: Second Trimester Expectations	22.5 mins
PM-0374	TRI: Your Third Trimester	26.5 mins
PM-0383	The Final Stretch	21.5 mins

PREGNANCY MILESTONES: (cont.)

PM-0501	EXP: Third Trimester Expectations	23.5 mins
PM-0860	BrightBaby: Stages of Pregnancy	3.5 mins

LABOR, DELIVERY, AND FIRST WEEKS:

BB-0566	EXP: Labor Expectations	15.5 mins
BB-0481	Preparing for a C-Section	25.5 mins
BB-0363	Getting Ready: Nesting	20.5 mins
BB-0589	L&D: Labor and Delivery: Getting Re	23.5 mins
BB-0588	L&D: Labor and Delivery: Natural Co	23.5 mins
BB-0604	L&D: Labor and Delivery: Medical Pa	21.5 mins
BB-0610	L&D: Labor and Delivery: Training Y	21.5 mins
BB-0646	BB: Lesson 1: You Are In Control	24.5 mins
BB-0647	BB: Lesson 2: Your Body & Birth	24.5 mins
BB-0648	BB: Lesson 3: Pain & Natural Birth	33.5 mins
BB-0649	BB: Lesson 4: B.R.A.I.N. & Decision	16.5 mins
BB-0650	BB: Lesson 5: Medical Pain Relief,	20.5 mins
BB-0651	BB: Lesson 6: Planning for Birth	13.5 mins
BB-0652	BB: Lesson 7: Postpartum	14.5 mins
BB-0024	Taking Care of Yourself after Child	40.5 mins
BB-0318	Postpartum Depression	28.5 mins
BB-0639	FYB: Feeding Your Baby: The Bottle	21.5 mins
BB-0640	FYB: Breastfeeding - Getting Start	20.5 mins
BB-0641	FYB: Breastfeeding - Successful Bre	22.5 mins
BB-0642	FYB: Breastfeeding - Problems and S	18.5 mins
BB-0643	FYB: Breastfeeding - Weaning	17.5 mins
BB-0384	Shaken Baby Syndrome	17.5 mins
BB-0630	Eye Contact Means Love	18.5 mins
BB-0567	Infant Temperament	21.5 mins
BB-0535	The Importance of Bonding	21.5 mins
BB-0021	Infant Expectations	20.5 mins
BB-0022	Infant Hygiene	22.5 mins
BB-0023	Simple Infant Care	19.5 mins
BB-0843	Premature Birth	19.5 mins
BB-0844	Navigating the NICU	21.5 mins
BB-0846	Premature Infant Milestones	17.5 mins

FIRST YEAR:

FY-0322	Mommy Work	16.5 mins
FY-0323	Being a Super Mom	19.5 mins
FY-0033	Car Seat Safety	39.5 mins
FY-0364	Mommy Nutrition	22.5 mins
FY-0035	Preventing Child Sexual Abuse	29.5 mins
FY-0105	Childhood Immunizations	21.5 mins
FY-0037	SIDS	22.5 mins
FY-0326	Newborn Sickness	25.5 mins
FY-0626	Infant Accidents	17.5 mins
FY-0039	Infant CPR	20.5 mins
FY-0041	Infant Nutrition	22.5 mins
FY-0042	Baby On the Move	26.5 mins
FY-0375	Getting Your Baby to Sleep	18.5 mins
FY-0492	Crying	24.5 mins
FY-0448	Quality Child Care	21.5 mins
FY-0475	Understanding Your Infant	21.5 mins
FY-0477	INEX: 0-3 Months: Infant Expectatio	24.5 mins
FY-0478	INEX: 3-6 Months: Infant Expectatio	20.5 mins
FY-0479	INEX: 6-9 Months: Infant Expectatio	20.5 mins
FY-0480	INEX: 9-12 Months: Infant Expectati	19.5 mins
FY-0584	DUN: Dunstan Baby Language 1	10.5 mins
FY-0585	DUN: Dunstan Baby Language 2	23.5 mins
FY-0586	DUN: Dunstan Baby Language 3	10.5 mins
FY-0655	Teething Time	22.5 mins

TODDLER:

TP-0111	TMIL: Mommy Milestones	22.5 mins
TP-0112	TMIL: 12-15 Month Milestones	24.5 mins
TP-0113	TMIL: 15-18 Month Milestones	19.5 mins
TP-0114	TMIL: 18-24 Month Milestones	22.5 mins
TP-0115	TMIL: 24-36 Month Milestones	21.5 mins
TP-0455	Potty Training	25.5 mins
TP-0376	Tantrums	19.5 mins
TP-0365	Whining	18.5 mins
TP-0119	Siblings	25.5 mins
TP-0366	Sleeping, Bedtimes, Mornings	18.5 mins
TP-0377	Bonding with your Toddler	20.5 mins
TP-0367	Time With Toddler	19.5 mins
TP-0368	The Importance of Words	19.5 mins
TP-0369	I Can Do It Myself	20.5 mins
TP-0493	Toddler Play	22.5 mins
TP-0327	Toddler Accidents	24.5 mins
TP-0328	Toddler Safety	22.5 mins
TP-0329	Toddler Illness	24.5 mins
TP-0330	Toddler Nutrition	20.5 mins

TODDLER: (cont.)

TP-0331	Toddler Oral Health	22.5 mins
TP-0672	Getting Your Child to Eat	27.5 mins

PARENTING:

PP-0569	PWS: Parenting Without Shame Ch. 1	20.5 mins
PP-0570	PWS: Parenting Without Shame Ch. 2	15.5 mins
PP-0571	PWS: Parenting Without Shame Ch. 3	10.5 mins
PP-0572	PWS: Parenting Without Shame Ch. 4	11.5 mins
PP-0573	PWS: Parenting Without Shame Ch. 5	11.5 mins
PP-0574	PWS: Parenting Without Shame Ch. 6	15.5 mins
PP-0575	PWS: Parenting Without Shame Ch. 7	12.5 mins
PP-0576	PWS: Parenting Without Shame Ch. 8	11.5 mins
PP-0385	CRT: Creating Motivation	18.5 mins
PP-0386	CRT: Creating Honesty	19.5 mins
PP-0387	CRT: Creating Courage	18.5 mins
PP-0388	CRT: Creating Kindness	19.5 mins
PP-0389	CRT: Creating Confidence	21.5 mins
PP-0390	ADHD	25.5 mins
PP-0391	Autism	22.5 mins
PP-0392	Strong-Willed Children	20.5 mins
PP-0393	Child Anger	21.5 mins
PP-0394	Sexual Behavior and Children	26.5 mins
PP-0136	HNKBF: Monday: Wake Up to Reality	30.5 mins
PP-0137	HNKBF: Tuesday: Caution: Children G	29.5 mins
PP-0138	HNKBF: Wednesday: Staying Connected	29.5 mins
PP-0139	HNKBF: Thursday: Check Your Attitud	32.5 mins
PP-0140	HNKBF: Friday: The Amazing Race for	30.5 mins
PP-0438	HNKBF: Funday: Leman Secrets for En	35.5 mins
PP-0284	Single Parenting During Deployment	20.5 mins
PP-0285	Reunited Parents: Family Unity On R	21.5 mins
PP-0468	VPP: The 10 Best Gifts You'll Ever	36.5 mins
PP-0469	VPP: How to Listen so Kids Will Tal	36.5 mins
PP-0470	VPP: Discipline Isn't Spelled P-U-N	35.5 mins
PP-0471	VPP: 10 Ways to Improve Your Child'	34.5 mins
PP-0472	VPP: Caution: Anger Ahead	38.5 mins
PP-0473	VPP: Birth Order and What You Need	35.5 mins
PP-0474	VPP: Standing Up to the New Goliath	35.5 mins
PP-0505	WM: Co-Parenting	27.5 mins
PP-0699	WM: Words Matter - Hurtful Words	15.5 mins
PP-0701	WM: Words Matter - Silent Words	15.5 mins
PP-0702	WM: Words Matter - No Words	18.5 mins
PP-0700	WM: Words Matter - Magic Words	24.5 mins
PP-0755	SPW: Putting First Things First	28.5 mins
PP-0756	SPW: Healing the Past, Looking to t	27.5 mins
PP-0757	SPW: Creating Harmony with your Ex-	25.5 mins

PARENTING: (cont.)

PP-0758	SPW: Helping Children Thrive in a S	24.5 mins
PP-0759	SPW: Learning to Discipline with Lo	24.5 mins
PP-0760	SPW: Understanding Your Child's Per	26.5 mins
PP-0796	RR: Guiding Teens: Know the River	31.5 mins
PP-0797	RR: Guiding Teens: Know the Raft	31.5 mins
PP-0798	RR: Guiding Teens: Know the Riders	29.5 mins
PP-0799	RR: Guiding Teens: Know the Risks	31.5 mins
PP-0800	RR: Guiding Teens: Know the Relatio	31.5 mins
PP-0801	RR: Guiding Teens: Know the Reality	32.5 mins
PP-0150	MCM: Dare to be Courageous	25.5 mins
PP-0151	MCM: Why Kids Misbehave	27.5 mins
PP-0152	MCM: Becoming the Parent that God W	25.5 mins
PP-0153	MCM: Be Your Teenager's Best Friend	25.5 mins
PP-0154	MCM: The ABC'S of Self-Esteem	25.5 mins
PP-0155	MCM: Turning Everyday Hassles Into	25.5 mins

ONE HEART, TWO HOMES:

OH-0504	1H2H: There is Hope! (SFather)	29.5 mins
OH-0506	1H2H: There is Hope! (SMother)	21.5 mins
OH-0507	1H2H: There is Hope! (StF)	33.5 mins
OH-0508	1H2H: There is Hope! (StM)	33.5 mins
OH-0509	1H2H: Stable Parent, Stable Home (S	35.5 mins
OH-0510	1H2H: Stable Parent, Stable Home (S	30.5 mins
OH-0511	1H2H: Stable Parent, Stable Home (S	24.5 mins
OH-0512	1H2H: Stable Parent, Stable Home (S	24.5 mins
OH-0513	1H2H: Co-parent Communication (SFat	28.5 mins
OH-0514	1H2H: Co-parent Communication (SMot	28.5 mins
OH-0515	1H2H: Co-parent Communication (StF)	28.5 mins
OH-0516	1H2H: Co-parent Communication (StM)	28.5 mins
OH-0517	1H2H: Meetings & Handoffs (SFather)	29.5 mins
OH-0518	1H2H: Meetings & Handoffs (SMother)	29.5 mins
OH-0519	1H2H: Meetings & Handoffs (StF)	29.5 mins
OH-0520	1H2H: Meetings & Handoffs (StM)	29.5 mins
OH-0521	1H2H: Risks Children after Div (SFa	39.5 mins
OH-0522	1H2H: Risks Children after Div (SMo	39.5 mins
OH-0523	1H2H: Risks Children after Div (StF	39.5 mins
OH-0524	1H2H: Risks Children after Div (StM	39.5 mins
OH-0525	1H2H: Holidays, Sp Occ & School (SF	33.5 mins
OH-0526	1H2H: Holidays, Sp Occ & School (SM	33.5 mins
OH-0527	1H2H: Holidays, Sp Occ & School (St	33.5 mins
OH-0528	1H2H: Holidays, Sp Occ & School (St	33.5 mins
OH-0529	1H2H: Critical Issues (SFather)	36.5 mins
OH-0530	1H2H: Critical Issues (SMother)	36.5 mins
OH-0531	1H2H: Critical Issues (StF)	36.5 mins
OH-0532	1H2H: Critical Issues (StM)	36.5 mins

ONE HEART, TWO HOMES: (cont.)

OH-0533	1H2H: Abuse, Addict & Aban (SFather	44.5 mins
OH-0534	1H2H: Abuse, Addict & Aban (SMother	44.5 mins
OH-0536	1H2H: Abuse, Addict & Aban (StF)	32.5 mins
OH-0537	1H2H: Abuse, Addict & Aban (StM)	32.5 mins
OH-0538	1H2H: Dating & Remarriage (SFather)	13.5 mins
OH-0539	1H2H: Dating & Remarriage (SMother)	13.5 mins
OH-0540	1H2H: Dating & Remarriage (StF)	30.5 mins
OH-0541	1H2H: Dating & Remarriage (StM)	27.5 mins
OH-0542	1H2H: Beyond Child Support (SFather	39.5 mins
OH-0543	1H2H: Beyond Child Support (SMother	39.5 mins
OH-0544	1H2H: Beyond Child Support (StF)	39.5 mins
OH-0545	1H2H: Beyond Child Support (StM)	39.5 mins

LIFE SKILLS:

LS-0447	Taking Care of Your Hygiene	22.5 mins
LS-0450	Screen Time and You	21.5 mins
LS-0451	Depression and Suicide	25.5 mins
LS-0452	Home Health	18.5 mins
LS-0453	Anger Management	24.5 mins
LS-0186	Fighting The Impulse to Spend	18.5 mins
LS-0187	The Monster of Debt	18.5 mins
LS-0188	Credit Cards, Friend or Foe?	18.5 mins
LS-0189	Financial Emergencies	16.5 mins
LS-0190	Budgeting 101	14.5 mins
LS-0191	Credit Scores, the Good, the Bad, t	14.5 mins
LS-0192	Buying a Car	19.5 mins
LS-0193	Career or Job? Planning for More	16.5 mins
LS-0194	Staying out of Debt	15.5 mins
LS-0195	Your Financial Future	14.5 mins
LS-0312	Helping Children Process Change	18.5 mins
LS-0313	Family Stability Inside Change	21.5 mins
LS-0314	Getting Established In a New Area	21.5 mins
LS-0315	What Is a Family	18.5 mins
LS-0317	Successful Family Living	22.5 mins
LS-0494	Preparing for a Job - The Hard Trut	19.5 mins
LS-0495	Finding a Job	18.5 mins
LS-0496	Preparing for the Interview	16.5 mins
LS-0497	At the Interview	17.5 mins
LS-0498	Success at Work	16.5 mins
LS-0103	CNFL: Conflict: The Art of Understa	24.5 mins
LS-0104	CNFL: Conflict: Mastering Communica	20.5 mins
LS-0811	Understanding Compassion Fatigue an	15.5 mins
LS-0812	Caring for Self While You Care for	15.5 mins

SPECIAL CIRCUMSTANCES:

SC-0251	Healing from Abuse	19.5 mins
SC-0252	Post Abortion Healing	22.5 mins
SC-0253	Relationship Loss	21.5 mins
SC-0255	Pregnancy & Infant Loss	21.5 mins
SC-0590 <small>TR</small>	UR: Why am I here?	7.5 mins
SC-0591 <small>TR</small>	UR: The Root of Abandonment	13.5 mins
SC-0592 <small>TR</small>	UR: The Root of Addiction	14.5 mins
SC-0593 <small>TR</small>	UR: The Root of Abuse	13.5 mins
SC-0594 <small>TR</small>	UR: The Root of Codependency	13.5 mins
SC-0595 <small>TR</small>	UR: Where Do I Grow Now?	5.5 mins
SC-0598 <small>TR</small>	AAR: Your Relationship: Healthy, Un	19.5 mins
SC-0599 <small>TR</small>	AAR: Understanding Power and Contro	18.5 mins
SC-0600 <small>TR</small>	AAR: Recognizing the Cycle of Abuse	16.5 mins
SC-0601 <small>TR</small>	AAR: Warning Signs of Unhealthy Peo	18.5 mins
SC-0602 <small>TR</small>	AAR: Can an Abuser Change?	18.5 mins
SC-0603 <small>TR</small>	AAR: Reclaiming Your Value & Experi	18.5 mins
SC-0721	KHH: Acknowledge where you are now	10.5 mins
SC-0722	KHH: You are not alone	9.5 mins
SC-0723	KHH: Freedom from anger through for	8.5 mins
SC-0724	KHH: Moving through grief	11.5 mins
SC-0725	KHH: Walking in confidence and hope	9.5 mins
SC-0726	KHH: Giving hope to others	8.5 mins
SC-0769	MKHH: Acknowledge Where You Are Now	13.5 mins
SC-0770	MKHH: You are not alone	10.5 mins
SC-0771	MKHH: Freedom from anger through fo	12.5 mins
SC-0772	MKHH: Moving through grief	9.5 mins
SC-0773	MKHH: Walking in confidence and hop	13.5 mins
SC-0795	MKHH: Giving hope to others	10.5 mins
SC-0776 <small>TR</small>	UT: Naming Trauma	11.5 mins
SC-0777 <small>TR</small>	UT: Our Trauma is Not our Identity	9.5 mins
SC-0778 <small>TR</small>	UT: Shame and Other Useless Things	10.5 mins
SC-0779 <small>TR</small>	UT: Hard Days: Self-Help is Not Sel	10.5 mins
SC-0780 <small>TR</small>	UT: Boundaries and Seeking Help	14.5 mins
SC-0781 <small>TR</small>	UT: Understanding Trauma - What Doe	9.5 mins
SC-0815	CA: Child Abuse: Navigating Discipl	17.5 mins
SC-0816	CA: Child Abuse: Breaking the Silen	16.5 mins
SC-0817	IPV: IPV- Recognizing and Respondin	24.5 mins
SC-0818	IPV: IPV- Reclaiming Your Identity	16.5 mins
SC-0160 <small>TR</small>	URM: Why Am I Here?	8.5 mins
SC-0161 <small>TR</small>	URM: The Root of Abandonment	16.5 mins
SC-0162 <small>TR</small>	URM: The Root of Addiction	20.5 mins
SC-0163 <small>TR</small>	URM: The Root of Abuse	20.5 mins
SC-0164 <small>TR</small>	URM: The Root of Codependency	15.5 mins
SC-0165 <small>TR</small>	URM: Where Do We Grow From Here	6.5 mins

LOVE, RELATIONSHIPS, & SEXUAL WHOLENESS

LL-0558	Sex is Awesome!	8.5 mins
LL-0559	Pregnancy is Not a Disease	14.5 mins
LL-0560	STIs	19.5 mins
LL-0561	Character	18.5 mins
LL-0562	Dangers of Porn	17.5 mins
LL-0563	Your Heart	17.5 mins
LL-0564	Protect Yourself	15.5 mins
LL-0378	LL: Sex and You	26.5 mins
LL-0379	LL: The Heart of the Matter	22.5 mins
LL-0380	LL: STD/STI Avoidance	19.5 mins
LL-0381	LL: Choosing Marriage	20.5 mins
LL-0382	Making the Commitment	18.5 mins
LL-0120	TWST: Talking With Kids About Sex	23.5 mins
LL-0121	TWST: Confronting the Past	29.5 mins
LL-0122	TWST: Pregnancy and Abortion	29.5 mins
LL-0123	TWST: Spiritual & Emotional Consequ	33.5 mins
LL-0124	TWST: Dating and Relationships	34.5 mins
LL-0125	TWST: Image Bearers At Heart	40.5 mins
LL-0857	RSIQ: Introduction	11.5 mins
LL-0848	RSIQ: Sex is a Binary - Male and Fe	13.5 mins
LL-0849	RSIQ: What Women Need to Know About	22.5 mins
LL-0850	RSIQ: What Men Need to Know About W	15.5 mins
LL-0851	RSIQ: What We Need to Know About Ou	21.5 mins
LL-0852	RSIQ: Battle FOR the Sexes, Not Aga	20.5 mins
LL-0853	RSIQ: Marriage Matters	14.5 mins
LL-0854	RSIQ: The Blessing of Children	12.5 mins
LL-0855	RSIQ: The Joy of Embracing God's De	13.5 mins

WHOLE-PERSON DESIGN: BIOLOGY WITH PURPOSE:

SW-0143 <small>TR</small>	CW: Cycle Wise: Your Body is Tellin	23.5 mins
SW-0144 <small>TR</small>	CW: Cycle Wise: Hormone Genius	21.5 mins
SW-0145 <small>TR</small>	CW: Cycle Wise: Hack Your Cycle	21.5 mins
SW-0146 <small>TR</small>	CW: Cycle Wise: Cycle Tracking	21.5 mins
SW-0147 <small>TR</small>	CW: Cycle Wise: Period Problems	22.5 mins
SW-0149 <small>TR</small>	CW: Cycle Wise: What Every Guy Need	15.5 mins
SW-0832	PTGC: Gender Dysphoria & Biological	15.5 mins
SW-0833	PTGC: Gender-Affirming Care Isn't W	16.5 mins
SW-0835	PTGC: Gender Affirming Care: Not Wo	22.5 mins
SW-0836	PTGC: Growing Your Relationship wit	12.5 mins
SW-0837	PTGC: Influences on Your Child	16.5 mins
SW-0838	PTGC: Helping child have positive v	19.5 mins
SW-0839	PTGC: Identity in Christ Foundation	19.5 mins

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

SW-0840	PVB: Positive View Body, Gender, an	13.5 mins
SW-0841	PVB: Positive View Body, Gender, an	12.5 mins
SW-0858	TMIS: The Me I See for Him	24.5 mins
SW-0859	TMIS: The Me I See for Her	22.5 mins

POSITIVE PARTNERSHIPS:

RS-0692	PP: Boundaries	28.5 mins
RS-0775	PP: Unhealthy Boundaries	21.5 mins
RS-0693	PP: Cohabitation	17.5 mins
RS-0694	PP: Making Marriage Choice	24.5 mins
RS-0695	PP: Staying Married	20.5 mins
RS-0696	PP: Single Parenting	17.5 mins
RS-0762	MMM: Designed to be Different	26.5 mins
RS-0763	MMM: Where Have all the Flowers Gon	25.5 mins
RS-0764	MMM: Striking the Perfect Match	25.5 mins
RS-0765	MMM: Looking for Love in Two Specia	24.5 mins
RS-0766	MMM: Don't Rock the Jukebox	31.5 mins
RS-0767	MMM: Sex Begins in the Kitchen	26.5 mins
RS-0768	MMM: Enjoying the Journey	29.5 mins
RS-0126	BPHBF: Before All of Us Say I Do	25.5 mins
RS-0127	BPHBF: With These Kids I Thee Wed	25.5 mins
RS-0128	BPHBF: Blending Without Colliding	26.5 mins
RS-0129	BPHBF: Surviving Birth Order Blende	26.5 mins
RS-0130	BPHBF: Same Language-Different Dial	25.5 mins
RS-0131	BPHBF: Look at Life Through Mate's	26.5 mins

BEING A FATHER:

PF-0489	TFA: Taking Care During Pregnancy	27.5 mins
PF-0490	TFA: Taking Care During Birth	26.5 mins
PF-0491	TFA: Taking Care them Postpartum	26.5 mins
PF-0698	TFA: Baby Care Basics for Dads	19.5 mins
PF-0482	BAF: The Two Questions	24.5 mins
PF-0483	BAF: Real Time	25.5 mins
PF-0484	BAF: Being a Role Model	22.5 mins
PF-0485	BAF: Being a Leader	23.5 mins
PF-0486	BAF: Being Consistent	18.5 mins
PF-0487	BAF: Loving Discipline	22.5 mins
PF-0488	BAF: Practical Discipline	23.5 mins
PF-0794	BAF: Respect for Mothers	24.5 mins
PF-0866	BTL: Hero, Villain, or Ghost?	11.5 mins

BEING A FATHER: (cont.)

PF-0867	BTL: What Are You Aiming For?	9.5 mins
PF-0868	BTL: He Sees You Today	10.5 mins
PF-0869	BTL: You're Still on the Clock	10.5 mins
PF-0870	BTL: Fighting the Right Battles	11.5 mins
PF-0871	BTL: Legacy Through Presence	10.5 mins
PF-0872	BTL: Built to Lead	10.5 mins

CLIENT PROMOTIONAL ITEMS:

CP-0503	Promo (All Lessons, English)	1.5 mins
CP-0596	Promo & Lesson List - Public	1.5 mins

BIBLE STUDY:

BS-0577 <small>TR</small>	GGYW: Offering Our Worst to God	18.5 mins
BS-0578 <small>TR</small>	GGYW: The Painful Truth and Forgive	19.5 mins
BS-0579 <small>TR</small>	GGYW: From Sinner to Saint	15.5 mins
BS-0580 <small>TR</small>	GGYW: The Truth Shall Set You Free	23.5 mins
BS-0581 <small>TR</small>	GGYW: Surrendering Our Weakness	18.5 mins
BS-0582 <small>TR</small>	GGYW: Gaining Victory	20.5 mins
BS-0607	UDL: The Bible	14.5 mins
BS-0606	UDL: Grace & Commands	13.5 mins
BS-0628	UDL: The King Among the Cows	13.5 mins
BS-0631	UDL: The Faithful Fishermen	13.5 mins
BS-0633	UDL: The Servant Above the Served	14.5 mins
BS-0634	UDL: The Greatest Dying for the Lea	11.5 mins
BS-0637	UDL: The Guilty in Heaven	12.5 mins
BS-0623 <small>TR</small>	UTG: Identity Matters - The Key Exi	18.5 mins
BS-0624 <small>TR</small>	UTG: Receiving Jesus as My Savior	14.5 mins
BS-0625 <small>TR</small>	UTG: Recognizing Satan	20.5 mins
BS-0613 <small>TR</small>	DS: Your Unwritten Autobiography	31.5 mins
BS-0614 <small>TR</small>	DS: How the Story Starts	32.5 mins
BS-0615 <small>TR</small>	DS: A True Story	30.5 mins
BS-0616 <small>TR</small>	DS: The Story of the World	31.5 mins
BS-0617 <small>TR</small>	DS: The Story of the Flesh	26.5 mins
BS-0618 <small>TR</small>	DS: The Story of the Devil	28.5 mins
BS-0619 <small>TR</small>	DS: Truth and Emotions	29.5 mins
BS-0620 <small>TR</small>	DS: Forgiving From the Heart	33.5 mins
BS-0621 <small>TR</small>	DS: Walking Into the Next Chapter	33.5 mins
BS-0622 <small>TR</small>	DS: Action Story	32.5 mins
BS-0820	NM: Introduction	7.5 mins
BS-0821	NM: Pregnancy	12.5 mins
BS-0822	NM: Growing in Confidence	18.5 mins
BS-0823	NM: Embracing Change	20.5 mins
BS-0824	NM: Comparison	11.5 mins
BS-0825	NM: Surrender Unpredictability	14.5 mins
BS-0826	NM: Postpartum Body Image	10.5 mins
BS-0827	NM: Who to Listen To	23.5 mins
BS-0828	NM: What I Wish	20.5 mins
BS-0829	NM: Unseen Holiness of Motherhood	20.5 mins

Abbreviations

1H2H - One Heart, Two Homes	KHH - Keys to Hope and Healing: Men
1H2H-S - One Heart Two Homes Spanish	L&D - Labor and Delivery
AAR - Abuse Awareness and Recovery	L&D-S - Labor de Parto y Nacimiento
ARMS - Abuse Awareness and Recovery	LL - Love Lessons
B&M - Baby and Me	MCM - Making Children Mind without Losing Yours
BAF - Being a Father	MKHH - Men's Keys to Hope and Healing
BB - BrightBirth	MMM - Making the Most of Marriage
BBA - BrightBirth Academy	NM - Navigating Motherhood
BPHBF - Bringing Peace and Harmony to the Blended Family	OBT - Board Training
BSS - Breaking the Shackles of Shame	PCI - Practicality of Client Interactions
BTL - Built to Lead	POCI - Philosophy of Client Interactions
CA - Child Abuse	PP - Positive Partnership
CCRA - Courageous Conflict Resolution	PTGC - Parenting Through Gender Confusion
CGH - Client Greeting & Handling	PVB - Positive View Body
CNFL - Conflict	PWS - Parenting Without Shame
CRT - Creating	RAMV - Running the AM/AV Visit
CTIE - Creating a Trauma Informed Environment	RR - Running the Rapids
CW - Cycle Wise	RSIQ - Raise Your Sex IQ
CYC - The Culture of Your Center	RTEV - Running the Educational Visit
DDYH - Do You See Her?	SHARE - Sexual Health and Relationship Education
DS - Disciple	SPW - Single Parenting that Works
DUN - Dunstan	TFA - The Fatherhood Adventure
DYSH - Do You See Her?	TMIL - Toddler Milestones
EFBSF - Empowering Fathers	TMIS - The Me I See
EXP - Expectations	TMLS-S - Toddler Milestones Spanish
EXPT-S - Expectations Spanish	TRI - Trimester
EYC - Elevate Your Center	TWST - The Whole Sex Talk
FCIM - Unlocking the Gospel	UDL - Upside Down Love
FYB - Feeding Your Baby	UR - Unraveled Roots
FYB-S - Feeding Your Baby Spanish	URM - Unraveled Roots for Men
GGYW - Giving God Your Worst	US - Understanding Shame in Your Client's Lives
HNKBF - Have A New Kid by Friday	UT - Understanding Trauma
HOSS - The Heart of Safety & Security	UTG - Unlocking the Gospel
HOSSA - The Heart of Safety & Security: Administrator	VPP - Value Packed Parenting
INEX - Infant Expectations	WM - Words Matter
IPV - Intimate Partner Violence	WYIOH - When You are In Over Your Head
KHH - Keys to Hope and Healing	

List updated 12/17/2025

TR=Training Required