



Oak Park Our Whole Lives

1st Grade Schedule Fall 2026

The class has 1 Family Information Meeting and 8 regular sessions.

Family Information Meeting—Choose One. (Required, meets on Zoom)

Tuesday	9/22	7:00-8:00 pm
Wednesday	9/23	7:00-8:00 pm

Regular sessions (In Person):

Sunday	09/27 - 11/22 (Class Does Not Meet 10/11)	3:15-4:15
--------	--	-----------

9/27	Session 1	Child Orientation and Welcome to Our Whole Lives <i>Parents are expected to stay for the first 30 min.</i>
10/04	Session 2	Our Wonderful Bodies
10/18	Session 3	Bodies and Gender
10/25	Session 4	Body Boundaries
11/01	Session 5	Families
11/08	Session 6	How Babies Begin
11/15	Session 7	Caring for Babies
11/22	Session 8	Celebration (<i>Parents expected to stay for the whole session</i>)

Session Topics

Participants are expected to attend all sessions in order to build and maintain group trust and cohesion. We understand that the unexpected happens, but please plan to be there for every session.