



PAC Youth Workshops

Free, age-appropriate workshops for Catholic schools and parish youth programs

PAC offers engaging, faith-based workshops that support Catholic curricula and parish youth formation. Each workshop can stand alone or be combined for a more comprehensive experience.

Healthy Relationships 101

A faith-centered look at dating, friendship, and preparing for authentic love.

Students explore God's design for relationships, the purpose of dating, the call to marriage, the influence of friendships, and how to recognize unhealthy behaviors. Through interactive discussion and relatable examples, this workshop reinforces Christ-like values and real-life application.

Audience: Co-ed, high school students

Length: 45 minutes (flexible)

Cycle Awareness (teenFEMM)

Helping girls understand and respect the way God designed their bodies.

Using the internationally recognized teenFEMM program, FEMM-certified instructors provide age-appropriate body literacy. Students learn about cycle health, common myths, signs of hormonal imbalance, and how to grow in confidence and respect for their bodies.

Audience: Girls, grades 5–12 (age-specific groups)

Setting: Health or theology classes, after-school clubs, youth groups, or mother-daughter events

Length: 40–90 minutes or a series of shorter sessions.

PAC & You

Understanding pregnancy support, empathy, and how to respond with compassion.

This presentation introduces PAC's mission and equips participants to respond with empathy when someone shares an unexpected pregnancy. Students and staff learn how to listen well and connect others to life-affirming support.

Audience: Co-ed; adaptable for students (grades 8–12), teachers, counselors, and youth ministers

Setting: Youth group, classroom, staff meeting, or special events

Length: 15 or 45 minutes

Guest Speaker Option: Can be paired with pro-life content from Joey Martineck, Director of Respect Life for the Archdiocese (60-minute option)

Contact

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PAC

Pregnancy Aid Clinic