

## FALL SEMESTER

**SEPTEMBER 13–DECEMBER 6 | 9:30–11:30 AM**

**Cost:** \$85 (plus \$5 per child for childcare)

### **September 13 – Kick-Off**

Join us for our annual kick-off meeting as we introduce this year's theme: **"We Go Together."** Enjoy a yummy breakfast as you meet your table leader and mentor mom, and get acquainted with the other ladies in your group.

### **September 27 – A Grown-Up's Guide to Your Kids' Wiring**

Counselor and author Kathleen Edelman unpacks four temperaments and shows us that each has their own unique strengths and weaknesses and ways they best communicate. Kathleen has one goal in life: to help people learn to speak kindly to one another. She has spent 30 years counseling and coaching kids and families on the art of communication, using the four temperaments as a foundation.

### **October 11 – Getting Rid of The Coulda, Woulda, Shouldas**

Join us as we hear from Kim Raemdonck, owner and managing attorney for *Legacy Planning and Probate*. As a former MOPS mom, Kim has a passion for helping young families prepare for their legacies. She knows that planning for tomorrow, though sometimes an uncomfortable topic, is best done today. She will help us lay out Estate Planning in simple terms so you can "set it and forget it" and live your life with one less worry.

### **October 18 – A Playdate To Remember (Off-site)**

We have picked a special place for a fun playdate. Enjoy getting to know the ladies at your table and other moms in the group better while the kids play.

### **November 1\* – You Are Not Alone**

Loneliness is a struggle for so many of us, especially during dark times that force us into isolation. But the truth is, we are never alone. Elisa Morgan, author, *God Hears Her* podcast host, and President Emerita of MOPS International, will be speaking at this special combined MomNation morning. She will remind us of God's plan, presence, provision, and promise. You will not want to miss this morning of encouragement and community.

### **November 15 – Mental Health For Mama**

Our guest speaker Kimberly Britt, Executive Director of *My Quiet Cave*, will be sharing her personal story and struggles with mental health. She will also share practical ways of dealing with the stress and anxiety that can come with motherhood in a culture that seems to constantly change and ways to recognize when stress/worry become areas that need professional help.

### **December 6 – Christmas Brunch**

A special holiday brunch will be served along with music and a devotion, helping us to start our Christmas season with the right focus and intention!

\*MomNation combined event.

## SPRING SEMESTER

**JANUARY 10–MAY 2 | 9:30–11:30 AM**

**Cost:** \$85 (plus \$5 per child for childcare)

### January 10\* – *Just For Fun: Game Day*

Post-holiday life can feel a little exhausting so let's ease into it together. Wear your comfy clothes and join us for a fun game day with lots of door prizes and laughter. It will be an entertaining morning to start off your New Year.

### January 24 – *Workshop Day*

This morning will be a "Choose Your Own Adventure" style meeting. You will get to move through different stations to learn more about topics like photography, flower arranging, cake decorating, cleaning tips, how to create a capsule wardrobe, and more. Get ready to walk away better equipped in many different areas.

### February 7 – *Communication and Conflict in Marriage*

Marriage is such an amazing gift from God, but let's face it...sometimes the day-to-day parts of being married can be challenging or even painful. Brad and Caren Nixon have been married for 40 years and after owning and running several local businesses together, they have learned a LOT along the way. They will share some of their story and tips for a healthy marriage.

### February 21\* – *Dad Panel*

This is your chance to ask questions that you may have about parenting from a man's perspective. We have an awesome group of dads willing to share their thoughts and ideas about fatherhood and their role of being a husband.

### March 7 – *We Go Together*

Freedom comes from knowing and accepting that we are exactly who God created us to be and how that fits together with the kids He has gifted to us. Using the StrengthsFinder assessment as a guide, Janis Kugler (Gallup Certified StrengthsFinder Coach) will help us discover our strengths and our kids' tendencies so that we can parent more joyfully and effectively.

### March 21 – *Health and Wellness*

A day for the girls! Take a step away from the fast pace of life and enjoy a morning of fun and relaxation. We will have practical tips on nutrition with fitness instructor Madison Pollex and healthy movement focused on the postpartum body with our very own CorePower Yoga instructor, Christine Nappo. ***Come dressed in comfy clothes that allow for movement!***

### April 18 – *What's Next in This Motherhood Journey?*

While it is so helpful to learn information for your current stage of motherhood, we also want to help you be proactive and continue to look ahead. We will bring in several moms currently parenting the next stage of kids who will help you determine what priorities to set, questions to ask, and prayers to pray in the journey ahead.

### May 2 – *Spring Brunch*

A beautiful morning dedicated to celebrating our MOPS community! Come enjoy a yummy breakfast and time to reflect on what a great year it has been!

\*MomNation combined event.