

# MONDAY MOMS IN THE MIDDLE – EVENING

mothers of school-aged kids + teens

## FALL SEMESTER

**6:30–8:00 PM**

**Cost:** \$20 (plus \$5 per child for Kids Ministry)

### **September 25 – Kick-Off**

Join us for our annual kick-off meeting as we jump into another new year of MomNation. We will hear from Executive Development Coach, Dale Wilsher, who will teach us how to harness our unique personalities to be the very best mom.

### **October 23 – Building Mom Community**

We were designed for relationships, but often our expectations can make it hard to grow real friendships in this stage of life. Counselors (and friends), Amy Whitehouse and Brooke Gage, will dive into this topic together.

### **November 27 – Is This Normal?**

As moms we often just want to know if our experience with our kid is “normal.” Child Psychologist, Dr. Jim Langley, PsyD will join us to share about different emotional and developmental milestones to expect as our kids grow and mature.

### **December 11 – Parenting Out of Confidence and Not Fear**

It can be scary raising kids in today's world. Sara Heim-Smit, Douglas County Schools Psychologist, will share helpful strategies in setting boundaries for kids to protect them from dangers both in person and online.

## SPRING SEMESTER

**6:30–8:00 PM**

**Cost:** \$20 (plus \$5 per child for Kids Ministry)

### **January 22 – Work/Life Balance**

Motherhood often brings up questions like: Should I go back to work outside the home? Part-time or full-time? How do I balance it all? Hear from author and speaker Meredith King who will help us navigate the unique paths we are each called to.

### **February 26 – Communication and Conflict in Marriage**

We are all in the business of conflict. It is part of the human story. Nirup Alphonse, Lead Pastor at LIFEGATE Church, will dive into the topic of conflict resolution, specifically in marriages.

### **March 25 – How to Talk to Your Kids About Drugs and Alcohol**

We will be joined by a Youth Education & Safety in Schools Officer as we jump into this hard topic together. No matter the age of your kids, knowing how and when to have these conversations is vital for your family.

### **April 22 – The Big Bad Wolf**

Raising kids in a world filled with school shootings, online predators, and more social pressures than we can count, it is easy to be consumed by fear. Today we will learn how we can parent with faith, no matter the circumstance.

### **May 13 – Spring Dinner**

Join us for a fabulous Spring dinner to wrap-up and celebrate our year together!