

MONDAY MOMS IN THE MIDDLE – MORNING

mothers of school-aged kids + teens

FALL SEMESTER

9:30–11:30 AM

Cost: \$65 (plus \$5 per child for Kids Ministry)

September 11 – *Kick-Off*

Join us for our annual kick-off meeting as we jump into a 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.

September 25 – *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.

October 9 – *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.

October 23 – *Six for Five*

This will be a fun morning of fellowship, clothes swapping, and giving back to our community. We will also hear from stylist K.C. Ledgerwood on how to build a great capsule wardrobe.

November 6 – *Technology Finally Explained*

This will be a very practical morning focused on the ever-changing world of technology. We will hear from a teenager who will show us all about the most popular apps and how our kids are using them. We will also cover helpful ways to monitor our kids' phones.

November 27 – *Parenting Out of Confidence and Not Fear*

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

December 11 – *Christmas Brunch*

Join us for a special holiday brunch to enjoy some relaxation and casual fellowship before the holiday craziness begins—the perfect way to start the Christmas season!

SPRING SEMESTER

9:30–11:30 AM

Cost: \$65 (plus \$5 per child for Kids Ministry)

January 9 (TUESDAY)* – *Spring Kickoff – Game Day*

After the craziness of the holidays, come back and laugh with us to kick off the new year. Bunco meets Pictionary in this fun game day full of PRIZES!

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 5 – *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.

February 19 – *Women (and Kids) on Mission*

Join us for a special morning designed to help teach our kids about the importance of serving the community around you. Please bring your kids (ages 6 and up) with you to join in this hands-on meeting.

March 4 – *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.

March 25 – *Teacher Panel*

Now is your chance to ask teachers in our area what it is really like to be around the youth of today. What struggles do they face? What are their favorite parts? How can we best support them and each other? Bring your questions!

April 15 – *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.

April 29 – *Spring Brunch*

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