

SATURDAY WORKING MOMS OF LITTLES

mothers of infants through preschoolers

FALL SEMESTER

MOPS INTERNATIONAL GROUP | 8:00-9:45 AM

Cost: \$50 (plus \$5 per child for Kids Ministry)

September 16 – Kick-Off

Join us for our annual kick-off meeting as we jump into the topic of building community as a working mom. Enjoy a yummy breakfast as you meet your Table Leader and get acquainted with the other ladies in your group.

October 7 – *A Grown Up's Guide to Your Kids' Wiring*

Counselor and author Kathleen Edelman unpacks the four temperaments and shows us how each has their own unique strengths and weaknesses and ways they best communicate.

November 4 – *Working Moms Panel*

Bring all of your questions as we hear from other working moms who have been there, done that, when it comes to balancing work and family, marriage, friendships, and the home.

December 2 – *Setting Healthy Boundaries with Family*

In-laws. Grandparents. Boundaries. Family. Chances are at least one of these words has provided some source of conflict in your motherhood journey. Let's dig into this topic together and learn healthy approaches for thriving family relationships.

SPRING SEMESTER

MOPS INTERNATIONAL GROUP | 8:00-9:45 AM

Cost: \$50 (plus \$5 per child for Kids Ministry)

January 13 – *Mom, What's For Dinner?*

"Mom, what's for dinner?" might be the most asked question in history. Let's brainstorm ways to make this easier and more cost-effective for our families.

February 3 – *Working Mom*

Motherhood often brings up questions like: Should I work full-time or part-time? What about volunteering? How do I balance it all? We will hear from author and speaker Meredith King who will help us navigate the unique paths we are each called to.

March 2 – *Mental Health for Mama*

Emotion is both physiological and psychological, and there is science behind why we feel what we feel. Today we will learn more about the science of emotion and anxiety, our somatic responses, and what to do when we feel "activated" from Counselor, Jo Martin, M.A. CMHC, LPC.

April 6 – *Craft Day*

Today is a day to take a deep breath, enjoy some yummy food, and stretch those creative muscles. Alyson Callison from *The Make In Company* will be leading a project for ALL skill levels.

May 4 – *Spring Brunch*

Join us to celebrate with our final Spring brunch! 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.