

# TUESDAY MOMS OF LITTLES

mothers of infants through preschoolers

## FALL SEMESTER

**MOPS INTERNATIONAL GROUP | 9:30-11:30 AM**

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

### September 12 – Kick-Off

Join us for our annual kick-off meeting as we jump into another new year of MomNation. Enjoy a yummy breakfast as you meet your Table Leader and Mentor Mom, and get acquainted with the other ladies in your group.

### September 26 – Love And Logic

Today we will hear about *Love and Logic* from longtime educator and school administrator, Miki Kellerman. This practical, easy-to-apply parenting advice is great for any stage along your motherhood journey.

### October 10 – Book Worm

Reading specialist, Jordan Hayes, will share practical and easy-to-implement tips to help set up our kids with a strong reading foundation. She will teach strategies that you can use while doing everyday tasks with materials you have.

### October 24 – Big Questions Finally Answered

Let's face it...toddlers can ask the toughest questions. Bring those hard-to-answer faith questions and we will get them answered by Mission Hills Senior Pastor, Craig Smith.

### November 7 – Finding (and Growing) Mom Friendships

We were designed for relationship. But sometimes finding deep, meaningful mom friendships can feel like something just out of our reach. Today we will dive into that topic and explore healthy ways to find and grow your community.

### November 28 – Mental Health For Mama

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

### December 12 – Christmas Brunch

Come for a special holiday brunch along with a devotion to help us to start our Christmas season with the right focus and intention!

## SPRING SEMESTER

**MOPS INTERNATIONAL GROUP | 9:30-11:30 AM**

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

### January 9 – Off-Site Playdate

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.

### January 23 – 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 6 – Parenting Out of Confidence and Not Fear

Conversations about body safety should start with young toddlers and continue throughout their lives. Join us to hear Counselor, Whitney Dittmar MA, LPC, as she shares the kinds of discussions you can start having with your child today.

### February 22 (THURSDAY)\* – Evening Date Night Meeting – Bring Your Hubby!

This is your chance to bring your hubby to a meeting. Together, we will hear about communication and conflict resolution from Nirup Alphonse, Lead Pastor at LIFE GATE Church. **Kids Ministry will be provided.**

### March 5 – Six for Five

We are bringing back one of our favorite events! This will be a fun morning of fellowship, clothes swapping, and giving back to our community. Bring six, go home with five new-to-you items, and we will donate all extras to Love, Inc.!

### March 26 – Setting Healthy Boundaries with Family

Inlaws. Grandparents. Boundaries. Family. Chances are at least one of these words has provided some source of conflict in your motherhood journey. Learn healthy approaches for thriving family relationships.

### April 16 – Let's Give Back

Join us for a morning of stepping out of our own circles and giving back to the community around us. We will hear from Life Center Director, Micah Harrison, and participate in a service project together.

### April 30 – Spring Brunch

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

\*MomNation combined event.