

Moms in the Middle AM

Mothers of school aged kids and teens

Morning Group | 9:30-11:30 am

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

FALL SEMESTER

September 14 - Kick Off Meeting

September 28 – Navigating Adult Friendships

October 12 – Let's Ask the Kids panel

October 26 – Five Types of Imposter Syndrome

November 9 – Developing Executive Function in our Kids

November 30 – *No, You're Not Crazy* : A Perimenopause Conversation

December 14 – Christmas Brunch

SPRING SEMESTER

TUESDAY, January 5 – Welcome Back Game Day

January 21 – Date Night meeting with Nirup Alphonse

February 1 – Healthy Lifestyle for Busy Families

February 22 – Culture Translator - Tech Edition

March 8 – What's Next Workshop

April 5 – Connection of Anger and Forgiveness

April 19 – Building and Maintaining Relationships With Our Kids

May 3 – Spring Brunch

Moms in the Middle PM

Mothers of school aged kids and teens

Evening Group | 6:30-8:00 pm

Cost: \$25 (plus \$5 per child for Kids Ministry) per semester

FALL SEMESTER

September 28 - Kick-off Meeting

October 26 – Let's Ask the Kids panel

November 30 – Raising Capable Kids

December 14 – What Works for You? Idea Share Night

SPRING SEMESTER

January 21 – Date Night meeting with Nirup Alphonse

January 25 - Identity Theft

February 22 – No, You're Not Crazy: A Perimenopause Conversation

March 22 – Culture Translator - Tech Edition

April 26 – Outreach Day

May 10 – Spring Celebration Dinner