FALL SEMESTER

SEPTEMBER 11–DECEMBER 11 | 8:00–9:45 AM
Cost: $45* (plus $5 per child for childcare)
*Continental breakfast will be provided.

September 11 – Kick-Off
Join us for our annual kick-off as we introduce this year’s theme, “All For Love.” Meet your table hostess and get acquainted with the other ladies in your group.

October 9 – Loving Our Kids Through Big Emotions
All kids experience big emotions, and sometimes those come out in unhealthy or destructive ways. Legacy Comprehensive Counseling and Consulting Clinical Director, Molly White, Ph.D., BCBA-D and Kara Knox, LPC, BCBA will be with us to share their expertise in Zones of Regulation. Their services aim at helping kids decrease negative, unwanted behaviors as well as increasing positive, socially appropriate behaviors.

November 6 – Marriage: The Importance of Couch Time
Our guest speakers, Rich and Shelly Howard with OneFamily, firmly believe that healthy, thriving families need healthy marriages. They will share practical strategies to protect and guard time with your spouse to help keep your marriage a priority.

December 11 – Been There, Done That: Holiday Edition
A fun question and answer time with our own mentor moms who have truly “been there and done that.” They will share their best advice on thriving (and not just surviving) this holiday season and raffle off some fun giveaways, too. This is a great opportunity to be mentored by some amazing, godly women.

SPRING SEMESTER

JANUARY 8–MAY 14 | 8:00–9:45 AM
Cost: $45* (plus $5 per child for childcare)
*Continental breakfast will be provided.

January 8 – Self Care/Health Care Panel
Finding time to take care of yourself can be daunting with all the demands of life. Too often, we don't even stop to make an appointment. We will have a panel of health care professionals who can help us talk through a wide variety of health-related topics. This is your opportunity to ask questions about how your body and mind continue to change after having babies. Questions can be submitted anonymously as well as in person.

February 12 – Love and Logic Workshop
Miki Kellerman is a long-time educator and school administrator in the Denver area who also teaches Love and Logic curriculum. This practical, easy-to-apply parenting advice is great for any stage along your motherhood journey. A significant question and answer time will be provided.

March 5 – 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. As a professional who works with students and families, she knows that awareness is a crucial resource to being able to parent out of confidence and not fear.

April 9 – Working Moms Best Practices
Come enjoy a fun, interactive morning designed to tap into each mom’s own area of expertise. This will be a unique and valuable networking time as well.

May 14 – What Is Your Legacy?
We have a fabulous Spring brunch planned to celebrate our year together. Joining us will be retired Executive Vice President of The Dow Chemical Company, Carol Williams. Drawing on decades of working in the male-dominated field of engineering, Carol will share her thoughts on how to create a lasting difference through your leadership in both your career and your home.