

Viral Parenting: helping your family safely navigate the internet and social media

(Perfect for: parents of late elementary - high school students)

(Michael and Carol Leitz)

The entire world is available to our kids via the internet, and while there are benefits to this, there are also drawbacks. Statistics tell us that our kids are incredibly vulnerable to danger online - cyber bullying, pornography, the far reaching affects of what you post, online predators... there are so many things to prepare our kids for and it changes every day. We can't keep our kids in a bubble forever, so what are some basic principles we can apply to keep our kids safe online or while using smartphones/tablets? Join Michael and Carol Leitz, parents to 3 kids from middle school-college, as they invite parents to wrestle with this tough topic together.

Merciful Parenting

(perfect for: parents of infants - elementary students)

(Laura Goding)

What does it look like to hold mercy and truth for our kids as they grow up? How do we take a balanced approach, showing mercy when appropriate but speaking truth when needed? Join Laura Goding, mom to 3 preschool/elementary kids as she leads a discussion and resource-based conversation about practical ways to bring God's love, mercy, and truth into parenting our kids.

How to Survive (and thrive) The Early Years

(perfect for: parents of infants - elementary students)

(Erikka Coletta)

We've all heard the phrase "the days are long and the years are short," and in the midst of the long days, we can struggle with uncertainty and doubt, wondering if the hard work will pay off. How can we thrive in the middle of sleepless nights and tantrums and trying to keep up with school and activities? Join Erikka Coletta, mother of middle school triplets (yes, that's 3 kids born at the same time) as she shares how developing consistency, family time, communication and family discipleship helped their family navigate those early years and form strong family bonds.

Crucial Conversations: Navigating tough topics with confidence

(Perfect for: parents of late elementary - high school students)

(Heidi and Brian Rotert)

Kids ask tough questions, often as a bedtime stall tactic, and almost always when we're unprepared. Kids today face really tough things and they need our help. But how DO we help them face everything from playground bullies, to active shooter drills, to peer pressure? How (and when) do we talk to them about sex, gender identity, at-risk behaviors, body image....? (Hint: it's sooner than you think) Heidi and Brian, parents of 4 kids in middle school-college will lead this discussion-based conversation for parents.

Marriage Beyond Parenting

(Perfect for: all parents)

(Mike and Stacy Riley)

First comes love, then comes marriage, then comes a baby, or two or three... and before you know it, the date nights are fewer and farther apart and in the midst of diaper changes and carpool and keeping up with sports and activities, it can be difficult to focus on your relationship with the one person you promised to spend the rest of your life with. Someday our kids will leave the nest (it really will happen), and we all want our marriages to be strong and healthy enough to not only survive until then, but thrive throughout the parenting years and beyond. How do you create the marriage you want now AND prepare your marriage for the years beyond parenting? Mike and Stacy Riley are a Northeast marriage mentor couple and also parents of 3 young women who have all (successfully) left the nest. They'll facilitate this open conversation, sharing the joys and challenges of creating a healthy marriage in the midst of parenting.

How to Stay Sane When Parenting Makes You Feel Crazy

(Perfect for: parents of elementary-high school students)

(Lindsey McClanathan and Amy Hultman)

Parenting is hard work, and all of us at some point along the journey feel like we are losing our mind. You are not alone! And it's ok to ask for help - asking for help doesn't mean you are failing or crazy. Lindsey McClanathan and Amy Hultman are both Licensed Clinical Social Workers and bring both professional and personal experience to the table as they help families navigate challenges from a strengths-based perspective. Join them as they offer both content and conversation with time to problem-solve and discuss how to make strategies shared in the breakout practical and helpful for your family.

God's Gold – Trauma-Informed Families

(Perfect for: parents and grandparents)

(Kris Wagner)

As parents, we love our kids and pray that they make healthy choices and flourish all the days of their lives. But even if we're believers, we live in a broken world and we enter into parenting with our own brokenness. Sometimes our brokenness and trauma can be passed down through the generations. And sometimes our kids experience trauma and toxic stress from circumstances at school or within the community. Research reveals that childhood trauma, toxic stress, and adverse childhood experiences (ACEs) affect brain science and can be linked to health issues, school failure, substance abuse, mental illness, and adult health problems. The Good News is that God can heal our trauma and pain and use it to refine us as gold. It turns out that the single most effective "vaccine" to ACEs is one loving, safe adult in a child's life. How can we be that adult in our own kids' lives? How can we instill resilience in our families and help prevent substance abuse/delinquency? How can we be that adult for other precious children in our community? Facilitator, Kris Ducett Wagner has dedicated her career to education, behavioral health and social emotional learning. A substance abuse preventionist in IL for 10

years, she's developed and facilitated delinquency early intervention programs for parents/teens, and is the CEO of embrACEstory,LLC.

From Parent to Grandparent - Embracing Your Changing Roles

(Perfect for: grandparents)

(Dawn Pennington)

As your kids leave the nest and begin having their own children, your role evolves and changes. You transition from parenting a child to being a parent of an adult, and then a grandparent of your own child's children... and suddenly the relationship dynamics shift. How do you create and support healthy boundaries in multi-generational families? How can you pass on your faith to your grandchildren, especially when your adult children are not following God? How do you navigate these dynamics in a blended family? Join Dawn, who with her husband Keith has a combined 5 children and 9 grandchildren, for this interactive breakout geared specifically for grandparents.

Legacy Grandparenting: Building relationships that will impact the next generation and beyond

(Perfect for: grandparents)

Deb and Bob Harris, Cindy and Bob Denen

As grandparents, we understand the far-reaching impact of our relationships with our families. The perspective gained from raising kids into adulthood lays the foundation for the importance of investing our time and energy into the next generation, and the work we began with our kids only continues with our grandkids. Scripture's call to pass on faith to the next generation requires that we build strong relationships with our grandchildren and through those relationships, help our grandchildren begin their own faith journey. This is the legacy that sisters Cindy and Deb along with their husbands strive to leave for their combined 7 children and 13 grandchildren. Together they'll share some simple and creative ways they've formed strong bonds and encouraged faith in their grandchildren.

Hurts, Hangups and Habits - Recovery for the Whole Family

(Perfect for: parents of elementary - high school students)

(Rob and Traci Davis)

When people think of Recovery, they assume recovery from addictions. However, addictions are just one of many habits which were brought in as a way to cope with Hurts and Hangups. The Celebrate Recovery program delves deep over the period of a year into what causes those root issues and helps us build healthy coping skills based around the Beatitudes. This seminar will highlight some of the teaching methods we use at Celebration Place (for elementary kids) and The Landing (for middle and high school students) as well as introduce Celebrate Recovery for adults.