

# Saturday Working Moms of Littles

*Mothers of infants through preschoolers*

**The MomCo Meetup Group | 8:00-9:45 am**

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

## **FALL SEMESTER**

**September 7** - Kickoff Meeting

**October 12** - Help Your Kids (and You) Sleep Better

**November 2** - Creating Healthy Boundaries in All Relationships

**December 7** - Been There, Done That - Mentor Mom Panel

## **SPRING SEMESTER**

**January 11** - Healthy Rhythms as a Working Mom

**February 1** - Intimacy in Marriage During These Tricky (Sleep-Deprived) Years

**March 1** - Navigating Perinatal Mental Health

**April 5** - Best Practices and Craft Day

**May 3** - Spring Brunch