



Women's Conference Breakout Session Descriptions

1. **Strengthening your Marriage/ Love Languages** by: *Shellie Leeson*

Join us as we seek to strengthen our marriage relationship by furthering our knowledge of God's design for marriage, "The Five Love Languages," and effective communication.

2. **Finances** by: *Christina Franks*

Join me as we learn about God's and Grandma's ways of handling money. We'll look at the instructions God has laid out for us in His Word (there's more to it than just tithing) and Dave Ramsey's 7 Baby Steps to financial peace (you too can live and give like no one else). These are the same principals our grandmas lived by before student loans and credit cards were a way of life. Learn to be weird in a world built on debt.

3. **Christian Mentoring & Discipleship** by: *Tona Heft*

Seasons: Life is full of them and some are more challenging than others! As women, we are created for community to help each other through these seasons, yet the chaos of daily life often leaves little time for relationships. Join us as we explore the New Testament call to mentor one another so that we can benefit from the wisdom of those ahead of us on this earthly journey, and look for ways to intentionally encourage those who follow!

4. **Mercy for the Working Mom** by: *Joy Edgell*

Some days it's all we can do to take a shower and keep the kids alive... but God's mercies are new each day. How can women build a career, while building a strong family? Let's talk about faith, kids, and balancing work. (Lamentations 3:21-23)

5. **Stay At Home Moms** by: *Leah Norman*

Whether you're a brand-new Mom, have years under your belt, or just interested in learning more, join us as we discuss the topic of being a stay-at-home Mom in today's society.

6. **Single Life/ Dating/ Purity** by: *Hannah Heft Tiell & Katie Newlen*

We often think of sexual purity as just not having sex before marriage. But purity is so much more than that, and we are so much more than that as women. During this session, we want to remove the negativity, the shame, and the confusion around sexual purity. There is a healthier way to think about sex than what we have grown up thinking. This conversation should be open and vulnerable to hopefully build each other up as women, and recognize that life is so much more than saving our virginity for our husband—it's about worshipping God in the church for everybody and in marriage for many.

7. **Healing Through Divorce/ Troubled Marriage** by: *Judy Anderson*

How to Find Hope, Help and Healing after Heartache!

8. **The Blessing of Raising a Difficult Child** *by: Emily Tewanger*

This session will focus on keeping a hopeful mindset through the ups and downs of parenthood. Learn about supportive resources in our area, and ways to feel supported as a parent of a difficult child. We will explore a variety of discipline techniques and parenting resources to keep your faith during the trials of parenting.

9. **Having Difficult Conversations** *by: Brooke Daniell*

How can I speak out against sin without seeming judgmental? What should I say to a non-believer who is especially closed-minded to the gospel? This session is a discussion on the biblical truths about having difficult conversations with both believers and non-believers.

10. **Fear/Anxiety** *by: Mollie Haught*

How do we as Christians deal with debilitating anxiety? The Bible says to not fear, so what do we do with our fears? Led by a licensed Christian counselor, this session will be a discussion on fear and anxiety.

11. **Praise In the Storm/ Grief** *by: Brie Schaad*

Praising the Lord can come naturally when things in life are going the way you planned. But, what do you do when you're thrown a curve ball in life, and trusting God becomes more difficult? Join us as we talk about trusting the Lord and praising Him during the inevitable storms of life.

12. **Fostering & Adopting/ Infertility** *by: Jill Fidurko*

Life throws so many curveballs. Luckily, they are all intended to bring us to God to carry us, and bring us closer to Him, all while bringing glory to our creator! My biggest curveball was for sure my hardest to date and I wouldn't change a thing about it. Join me while I tell you about my God in the middle of my storm with infertility, fostering and adoption! I'll tell you all about what God allowed us to lose in order to gain!

13. **Empty Nesting** *by: Tina Nolan & Julie Eaton*

They have flown the coup... Now what? Looking at marriage life "after" children leave the home.

14. **Spiritual Gifts** *by: Tricia Ball*

There are different kinds of spiritual gifts but the same Spirit is the source of them all.

1 Corinthians 12:4

Spiritual Gifts are something every believer is given when they receive the gift of salvation. In this session, participants will be given tools to help them discover their spiritual gifts and will learn ways to effectively use them to build the Kingdom.

15. **Women In the Bible**

There are numerous stories of women in the Bible. This session will explore a handful of those stories, and what they tell us about God's heart and direction for our lives.

16. **Questions About Faith** *by: Jessica Woods*

What is faith and how can you renew your spiritual understanding of faith? This session is for new believers or those wanting to walk deeper in their faith in Christ.