

# Mom's Ministries

available Wednesday's throughout Lighthouse Church campus

## 1st Period

Join Caitlin Brown for a Barre workout each Wednesday in the Gym. Barre focuses on low impact, high intensity moves that improve strength, flexibility and mobility. Babies + littles are welcome to tag along with Mom. Drop in is \$5/week. First class is free!

## 2nd Period

Sit down, sip a beverage + unwind while we catch up. Sharing what's been on our hearts, brainstorming homeschool projects + seeing how we can pray for one another. There will be laughs, and opportunities to introduce yourself and connect with the other ladies. Warning: There may be scrumptious treats to taste on!

## 2nd - 5th Periods

We are so excited to once again offer a fun, designated space in the lobby for parents with littles. This is a great space for Moms to connect, and for their babies + young children to play!

## 3rd Period

Prayer group is a time for Moms and guardians to get together to cover needs in prayer and to fellowship. Join us during 3<sup>rd</sup> Period in the Office Lounge for this special time of prayer and connection!

## Special Events

Mom's events are designed with the intention to connect fellow Mamas to each other in fellowship, sharing life and sharing skills as a community. We have gatherings just to hang out or workshops to learn new skills. Please join us!

## 5th Period

Fifth Hour moms can join Pat Polstra and the Yarn Club in the Office Lounge. Bring your own craft! Students are only allowed in this area if they are with their parent or a member of the Yarn Club class.