

## **Monthly Workshop for 2020**

### **Friday Night #girltalk**

*Description: Teen Girl talk series is a monthly event that brings girls in grades 6-12 together to discuss taboo topics and meet other girls their age topics would include:*

**Series one:** Dating and Relationships- What does a healthy relationship look like? What are some warning signs of unhealthy relationships? Internet safety and friendships, gossip and bullying: How to manage your friendships as you grow? Are you showing integrity in your friendships?

**Date:** Friday, February 21<sup>st</sup> 6:00 p.m.- 8:00 p.m.

### **Breast is Best**

*Join Pregnant with Possibilities for an information session on all things lactation. Breastfeed your baby with confidence as we provide you with the tools, tips and support to reach your lactation goals.*

**Date:** Friday, March 14<sup>th</sup> 12:00 p.m.- 2:00 p.m.

### **Stress Management**

*Stress Less: Pregnant with Possibilities as we conclude of 4 series stress management series with food, fun and massages.*

**Date:** Saturday, April 18<sup>th</sup> 12:00 p.m.- 2:00 p.m.

### **Do it For the Kids: (How to Maintain Healthy, Mutual, Co-Parenting Relationships)**

Join us as we have real conversation about the ups and downs of co-parenting and provide tips on how to effectively co-parent.

**Date:** Friday, May 15<sup>th</sup> 6:00 p.m.- 8:00 p.m.

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### ***ElevateHER: How to Use Vision to Take Your Life to The Next Level***

Do you have dreams and vision for your life but are unsure of how to bring your ideas to life? Join us for this mixer where we will discuss dreams, goals and goal setting that will propel you to the next level.

**Date:** Saturday, June 13<sup>th</sup> 6:00 p.m. - 8:00 p.m.

### ***Mommy & Me Meetup: Chocolate & Wine bar***

It's that time again! Join us for our annual #mommyandme meetup as we gear up for up for this year's Mommy and Me Ball. This year we will be learning about chocolate and wine pairings and raffling off a free wine and chocolate basket.

**Date:** Saturday, July 11<sup>th</sup> 6:00 p.m.- 8:00 p.m.

### ***Birthing like a Boss 2.0***

What are the myths about natural birth vs induced labor, epidurals and Pitocin? Come out to get educated on the birthing process and your choices when it comes to labor

**Date:** Saturday, August 21<sup>st</sup> 12:00 p.m.- 2:00 p.m.

### ***Friday Night #girltalk***

**Series two:** Self-esteem and image- Why how we present ourselves matter and how we can build a positive self-image. Understanding that our body is our temple and upkeep of our bodies should be a priority. Learn how we can practice treating our bodies and teach others how to value our bodies.

**Date:** Friday, October 16<sup>th</sup> 6:00 p.m. - 8:00 p.m.

### ***#Baewatch: Signs to Watch for In Your Relationships***

Is your relationship showing tale tale signs of abuse or toxicity? In honor of Domestic Violence Awareness Month, join us as we discuss signs to look for in your partner.

**Date:** Friday, November 6 :00 p.m.- 8:00 p.m.