

# Breakout Session I

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## **Sticky Faith For Kids 2A**

Marty and Kathy have seen this struggle up close and personal with their own lives and those of their children. Research shows that almost half of graduating high school seniors struggle deeply with their faith. Discover ideas that will help nurture your child's faith so that it "sticks" after they leave your home (based on the book *Sticky Faith* by Dr. Kara Powell and Dr. Chap Clark).

*Marty & Kathy Ives*

## **Where Do Babies Come From?\* Rm 7**

Discover what it looks like to talk to kids of all ages about healthy sexuality over a lifetime. Based on the work of Jim Burns, founder of *HomeWord*. Learn practical ways to initiate and navigate this tough topic at home.

*Annie Barsch*

## **Boundaries With Teens Rm 1A**

The teen years—relationships, peer pressure, school, dating, character. Learn tools to help you parent your teen to take responsibility for their behavior, values, and lives. Sue and Dave have successfully survived the teen years with their 3 children and are passionate about coaching other parents through these tricky and yet amazing times! Also offered during Breakout Session III.

*Sue and Dave Ferguson*

## **Vaping 101: What Parents Need to Know Rm 5**

Address the health risks facing youth who vape and learn about e-cigarettes, subtle signs of vaping, and tips to help parents talk to teens about making choices when faced with vaping.

*Matt Cassity*

## **Right Click Rm 2B**

Discover what are considered criminal activities online against a child. Gain awareness and knowledge about tactics sexual predators use to offend and lure children in. Being knowledgeable and proactive can help ward off potential abuse. Also offered during Breakout Session II.

*Rachel Rieger*

## **Emotionally Healthy Kids\* Rm 1B**

This engaging session will help equip parents with the tools to respond to their child's feelings in healthy ways so they will be able to grow into emotionally intelligent adults.

*Kathie Hobson*



Marriage



Relationships



Family

### **The Tough Stuff Rm 10**

Suicide is the 2nd leading cause of death for individuals ages 10-24. Depression affects 14% of teens and over 31% of children will meet criteria for an anxiety disorder by the time they are 18. Learn early warning signs and resources to address these hard-to-talk about topics with your children. Also offered during Breakout Session II.

*Jennifer McKay*

### **Lovehacks Rm 201**

Learn practical strategies to create deeper connectedness and intimacy with your spouse. Also offered during Breakout Session II.

*Monica Kannenwischer (Moni)*

### **The 5 Love Languages-Couples Rm 209**

Do you prefer a compliment over a gift? Would you rather spend time with someone over spending money on a gift? Find out what your Love Languages are and learn how to really talk to each other. Also offered during Breakout Session II.

*Tonia Koss*

### **The Art of Forgiveness\* Theater**

Come hear Jon and Lyndsay's powerful story of forgiving one another, and learn how to forgive those who have hurt you deeply.

*Jon and Lindsay Hughes*

### **Marriage: An American Idol Rm 210**

And they lived happily ever after! Let's face it, you're not perfect and neither is your spouse. In this fun breakout, learn how to lower your expectations and have an *un*-amazing marriage to living happily ever after. Also offered during Breakout Session II.

*Haydn Shaw*

### **Talking About The Weather\* Rm 211**

Discover a tool called the CTR (Community Temperature Reading) to take any conversation to the next level. This tool can help you connect with your spouse or children and move past conversations that are just about the weather.

*Amy Plummer*



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### **24/6: Rediscovering Ancient Rhythms of Rest Rm 9**

In a world screaming for “more, more, more!”, God is whispering, “less”. Hear from a family who is navigating the modern world and has rediscovered ancient rhythms of rest. Increased family closeness, spiritual clarity, spontaneous games and genuine joy are some of the gifts they have experienced while observing a Sabbath. Also offered at Breakout Session II.

*Jeff & Geneva Boriss*

### **Dumping Debt Rm 214**

Getting into debt can be easy—banks, credit card companies, and stores are all working hard to push us over the edge. Don’t fall for it! Take the first steps to getting rid of your debt once and for all. Also offered at Breakout Session II.

*Matt Leman*

### **5 Questions Every Person Must Answer\* Rm 11**

The 5 questions at the heart of most struggles we deal with today and how we come to answer them have a direct impact on our spiritual, relational, and psychological development. Discover how to have a thoughtful and positive impact on those around you.

*Jon Hsieh*

### **How to Pray as a Family Rm 17**

Praying together as a family can feel intimidating. Discover how to pray and incorporate prayer into your family life. Learn practical ways to let your kids lead the way in bringing us all back to simple, child-like faith and prayer. This will be fun and you will leave with practical ways to make pray a powerful experience for your family. Also offered during Breakout Session II.

*Katie Purdy*

### **Self-Care Isn’t Selfish Rm 8**

Taking time to take care for ourselves can feel incredibly selfish. Even if we do take the time, we’re often not sure exactly what to do to feel rested and refreshed. But when we don’t engage self-care practices, we reap the negative results in our relationships. Learn simple practices you can incorporate into your life right away and how you can encourage self-care in your marriage and at home. Also offered during Breakout Session II.

*Amy Jackson*

# Breakout Session II

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## **For Your Own Good Rm 2A**

Kathy and Marty have raised 6 of their own children. They will discuss how boundaries, consequences and accountability are powerful values parents must teach their kids if they want to help them develop integrity and strength. Learn ways to discipline your kids that will speak to their hearts and develop their future as we imagine our kids as the adults they will be. Also offered at Breakout Session III.

*Marty & Kathy Ives*

## **Where Do Babies Come From?\* Rm 7**

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*Annie Barsch*

## **Creating a Close-Knit Family Rm 1A**

Family relationships can be fun and rewarding today and for a lifetime, but it takes intentional investment. Discover ways to invest in the relationships that matter most and reap the benefits for years to come!

*Sue and Dave Ferguson*

## **Strong Families and Special Needs Rm 5**

Participants will discuss the impact of caring for a loved one with special needs on the family system and learn how to continue to strengthen each member. This session will be interactive with discussion and skill building in a reflective workshop-style format.

*Carie Johnstone*

## **Right Click Rm 2B**

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*Rachel Rieger*

## **Blended Families Rm 6**

Julie and Mike will share some of their personal journey and prefer an interactive style with opportunity for Q&A. They will discuss common co-parenting issues such as differing family expectations, parental roles, communication, and loyalty conflicts. Included will be a discussion of differing faith backgrounds and church traditions.

*Dr. Julie Nelson Kuna (& husband)*

### **Emotionally Healthy Kids\* Rm 1B**

This engaging session will help equip parents with the tools to respond to their child's feelings in healthy ways so they will be able to grow into emotionally intelligent adults.

*Kathie Hobson*

### **The Tough Stuff Rm 10**

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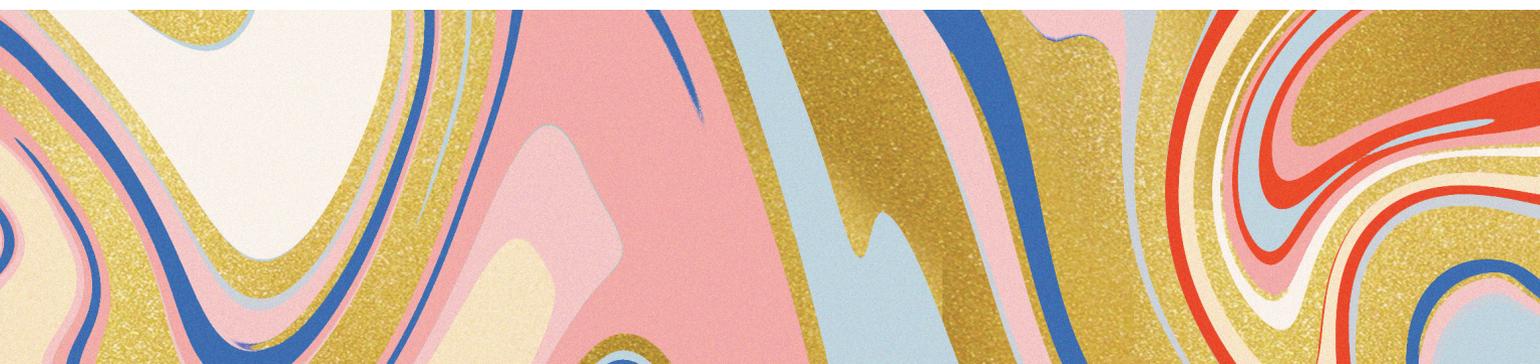
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*Annie Barsch*

## **Sex, Lies, & Media Rm 2B**

This cutting-edge, multi-media presentation will educate parents on the online recruitment tactics of predators and equip them with practical ways to discuss this issue, protect themselves online, and be a part of the solution.

*Kara Thompson*

## **The 5 Love Languages-Children Rm 209**

Discover your child's primary love language and learn what you can do to effectively convey unconditional feelings of respect, affection, and commitment that will resonate in your child's emotions and behavior (adapted from Gary Chapman's book *The 5 Love Languages*). Each child and teen expresses and receives love through one of five communication styles. And when children and teens feel loved, they do their best.

*Tonia Koss*

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*Kathie Hobson*



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### **Passing the Baton of Faith Rm 210**

It is no harder to pass on your faith today than it was forty years ago. You just have to know what to do. A monumental 40-year study found that statistics on the success rate is exactly the same today as it was then. The families that are over 70% successful in passing on their faith do four things consistently. Learn how the very best research matches the Bible's instructions and double your likelihood of raising children who believe.

*Haydn Shaw*

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*Jon Hsieh*

### **Six Things All Families Need Over Time Auditorium**

Whether your family is traditional, a single parent, a blended family or another makeup altogether, there are six things every family needs over time. In this session we'll look at these six things and spend time talking about the implications for your unique family.

*Geoff & Sherry Surratt*