

Breakout Session 1

FAMILY

A BREAKTHROUGH OR A BREAKDOWN?

Annie Barsch MA, LMFT | **2B**

Walk through the most common stressors weighing on ALL middle school and high school-aged kids today and how to understand and best support them through this season of change. Based on a recent article from Psychology Today, “10 Reasons Teens Have So Much Anxiety Today.” Also offered during Breakout Session 2.

BOUNDARIES WITH TEENS

Dave & Sue Ferguson | **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 three children and are passionate about coaching other parents through these tricky yet amazing times!

IT'S JUST A PHASE, SO DON'T MISS IT!

Jason Ishmael | **Rm 2A**

A phase isn't something we should wish away or hurry through. Whether your child is a toddler, an elementary-aged kid, middle or high school student, they're in a phase so don't miss out on what is happening! Also offered during Breakout Session 2.

MARRIAGE

MARRIAGE: AN AMERICAN IDOL

Laurie & Haydn Shaw | **Rm 214**

“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 live happily ever after.

THE ART OF FORGIVENESS*

Jon and Lindsay Hughes | **Rm 201**

Learn how to redeem your relationships in order to live a life of forgiveness, boundaries and healing.

THIS IS US

Ray & Michelle McElroy | **Auditorium**

Maintain togetherness while supporting each other as you evolve into who God created you to be as individuals and as a couple. Also offered during Breakout Session 2.

5 LOVE LANGUAGES

Tonia Koss | **Rm 210**

Are the two of you communicating but not really speaking the same language? Does spending time together mean more to you than receiving a gift? How about a compliment about dinner versus doing the dishes? Find out what your Love Languages are and how to really “talk” to each other! Also offered during Breakout Session 2.



Marriage



Relationships



Family

RELATIONSHIPS

2020 VISION

Tammy Melchien | **Rm 11**

Understanding the roles you play and setting meaningful goals can help clarify the focus of your life. Tammy will introduce you to a simple tool she has used for the last five years that has helped her gain clarity on her priorities. Also offered during Breakout Session 2.

WHAT'S YOUR NUMBER? (ENNEAGRAM)*

Cyndi Farrare | **Theater**

In this session we will begin the process of discovering a path towards unlocking unhealthy patterns in our relationships utilizing the Enneagram. The Enneagram is a personal growth tool that reveals both our blind spots and paths for change that has the potential for improving the way we relate, react and respond to those we love with more awareness, compassion and wisdom.

FIVE SIMPLE PRACTICES FOR SOUL CARE

Amy Jackson | **Rm 7**

Soul care practices place us in a position to receive from God, expectantly inviting him to breakthrough in our lives. Learn five simple practices you can incorporate into your life right away and how regular rhythms of soul care can positively impact your relationships. Also offered during Breakout Session 2.

TALKING ABOUT THE WEATHER

Amy Plummer | **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. Also offered during Breakout Session 2.

24/6: REDISCOVER ANCIENT RHYTHMS OF REST

Jeff & Geneva Borris | **Rm 6**

In a world screaming, "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.

Breakout Session 2

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GROWING KIDS WITH GRIT

Laurie & Haydn Shaw | **Rm 1A**

How to raise gritty kids in a self-indulgent world. Grit is a hot word in schools and businesses. Learn ways to raise kids that can stick with it, deal with disappointments, bounce back and struggle with the goal to creatively overcome obstacles.

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FAMILY iD

Lauren Wise | **Rm 1B**

Family iD (“Intentional Direction”) - Identify your family's God-given values, vision and mission, and discover how together they form your unique “Family-iD.” Begin to live it out in your home in a way that shapes your family now and for generations to come. Also offered during Breakout Session 3.

MARRIAGE



THE ART OF FORGIVENESS*

Jon and Lindsay Hughes | **Rm 201**

Learn how to redeem your relationships in order to live a life of forgiveness, boundaries and healing.

IN THE BEGINNING...

Ian & Katie Simkins | **Rm 214**

The early years of marriage aren't always “Garden of Eden-esque” so what do you do when marriage isn't quite the fairytale you thought it would be? In this session we'll explore some of the complexities of early marriage and ways to navigate in those waters. Also offered during Breakout Session 3.

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Breakout Session 3

FAMILY

SWEET SPOT PARENTING

Laurie & Haydn Shaw | **1A**

He is too tough, she is too accommodating. She sticks to the rules, he thinks tonight it's okay for the kids to stay up later. Even in our own heads we wonder if we are getting it right. It's hard figuring out as parents how to find the balance. Learn how you and your spouse can find the sweet spots between the too much and not enough.

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Together

FEB 2021

MARRIAGE & FAMILY CONFERENCE



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Relationships



Family

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FIGHT FAIR

Dave & Ann Wilson | **Auditorium**

Resolving conflict is one of the most important factors that will determine the health and future of your relationship. No one fought more than we did and we never seemed to get anywhere. If we could learn to fight well, then you can too. Come find out how.



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