

## 2017-2018 Programs

Join us for our general meetings in the Meaders Hall at Cochran Chapel United Methodist Church. All daytime meetings include time to socialize with fellow members, light breakfast and coffee, a short business meeting, and informative speaker.

### **Where are meetings held?**

Cochran Chapel - United Methodist Church  
9027 Midway Road, just south of Northwest Hwy.

- Meetings are held in the Chapel building and Nursery is located in a separate building at the bottom of the hill (on your left as you approach the chapel)

\*\*Denotes evening meetings that will be held in other locations, which will be specified with the promotions of each meetings

### **Typical Meeting agenda:**

9:30am Coffee/Light Breakfast

10:00 Business Meeting and/or Speaker

11:30 Conclusion

**\*\*August 21 at 7:30, hosted at Mi Camino \*\*3830 W Northwest Hwy Ste 300. 75220 \*\***

**“Daycare, Pre-School, Kindergarten, Oh My! : Playful strategies to help your child cope with separation”**

**Erica Sewell, LCSW, RPT, CAS**

Separation can be challenging for any child and parent. Join us just before school starts for an engaging lecture on playful strategies to ease separation anxiety and increase coping skills. There will be some appetizers provided. Drinks and dinners are self funded.

**September 8: “Does anyone know what this rash is? Pediatric Health Questions: Answered.”  
Dr. Cassandra Wright**

Dr. Wright will come and address common pediatric health questions, including rashes, fevers, stiches and more.

**October 6: “Am I a bad mom or is this just anxiety?”**

**Madison Duncan, MS, LPC and Michelle Phelan, MS, LPC-Intern, NCC (Supervised by Laura Pace, PhD, LPC-S, RPT)**

We have two therapists coming to talk with us about the surprising ways anxiety and depression can present in moms, particularly immediately postpartum. They will also address some coping strategies and things you can do to combat them and get back to being you.

**November 3: “The Meyers Briggs Type Indicator”**

**Jane Winge, MSA**

Understanding yourself through your personality traits will not only help you relate to others better and know yourself in stressful situations, but it will help you raise your children better. Myers Briggs can help us all understand the strengths and weaknesses in ourselves and others as we work to raise our children and work on PTAs and other various groups.

\*please take this test online before so you know your type

<https://www.16personalities.com/free-personality-test>

**\*\*December 7: Holiday Gift Market**

Come join us at our annual Holiday Gift Market and Auction. We will have yummy bites for you to enjoy while you shop and socialize. The silent auction and raffle benefit the NDECPTA and our community Outreach Partners.

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### **January 12: “Love an Organized Life”**

#### **Lorraine Brock from Get Organized**

What is clutter costing you? Organizing and de-cluttering your home, life, and workplace creates space and time for what’s important. So much time is wasted looking for misplaced things and money is spent on buying items that are located later out of their usual place. Professional Organizer Lorraine Brock with Get Organized! will share her favorite products, hand selected for staying organized and maximizing space, plus systems for keeping cluttered lives under control. Learning to be better organized will save time and money and create a healthy home for families.

### **\*\*February date TBD: “How to eat healthy and develop good habits in our fast paced world.”**

#### **Meridan Zerner, MS, RDN, CSSD, LD Dietician, from the Cooper Fitness Center**

### **March 2: Summer Activities Fair**

Join us for our annual Summer Activities Fair and come get ideas for planning your kids’ summer activities by visiting with local camps, schools, and businesses.

### **April 6: “Find your mommy fitness groove ”**

#### **Cait Dunn**

Our very own member, Cait Dunn, is coming to teach us some simple workouts to build into your routine and ways to build back the strength and look you want.

### **May 4: End of the Year Brunch, Gift Market, and Silent Auction**

Join us for brunch at a local restaurant where we will have a silent auction and raffle full of spring and summer items and activities. This event is a fabulous way to celebrate the “close” of the PTA year and see everyone before the ‘dog days’ of summer.

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