

to the full

2019-2020 Beaverton MOPS & MOMSnext Meeting Topics

- **September 13, 2019** - Welcome Meeting
 - "To The FULL"
- **September 27, 2019** - Understanding Your Child's Temperament: Speaker: Kim DeMarchi
 - "Respect-FUL (of all temperaments)"
- **October 11, 2019*** - Find Your People: The Importance of Female Friendships: Video & Activity
 - "Joy-FUL (in making new friends)"
 - *MOMSnext - Moms & Kids and our Emotional Triggers: Working Together (Trish Thompson)
- **October 25, 2019** - Mental Health & Self Care: Speaker: Tara Cook
 - "Hope-FUL (even in dark times)"
- **November 15, 2019*** - Have More Fun- with your kids! Speaker: Leslie Hanscom
 - "Play-FUL (even on rainy days!)"
 - *MOMSnext breakout - Creating a culture of fun as a family as they grow (Speaker: TBA)
- **December 6, 2019** - Bazaar
 - "Wonder-FUL (time of the year!)"
- **January 10, 2020*** - We Are All Creatives: Video & Activity
 - "Purpose-FUL (in all we do)"
 - *MOMSnext breakout - Technology Masterclass Videos (MOPS International - mops.org)
- **January 24, 2020** - Marriage & Togetherness: Video & Activity
 - "Fruit-FUL (in our relationships)"
- **February 14, 2020*** - Children's Five Love Languages: Speaker: Keri Lyda
 - "Thought-FUL (in how we show our love)"
 - *MOMSnext - Faith-FUL Kids: Answering Big ?'s/Teaching How to Pray & Read the Bible (Speaker: TBA)
- **February 28, 2020** - Is My Child On Track? Video & Discussion
 - "Success-FUL (on every path)"
- **March 13, 2020*** - Finding Balance as a Mom While Maintaining a Healthy Lifestyle: Speaker: Megan Caldwell
 - "Health-FUL (in mind and body)"
 - *MOMSnext breakout - MomsNext MM Panel
- **April 3, 2020** - Beaverton MOPS turns 25! Have More Fun Video
 - "Glee-FUL" (let's celebrate!)
- **April 17, 2020** - Parenting As A Team: Speaker: Kim DeMarchi
 - "Trust-FUL (work together!)"
- **May 8, 2020** - All About Mom
 - "Beauti-FUL (inside and out)"

to the full

The thief comes only to steal and kill and destroy; I have come that they may have life, and have it TO THE FULL.

- John 10:10 -