



# What topics will be covered in A Year of Encouragement?

**Trust us!** We've talked to lots and lots and lots of moms. And then we talked to a whole bunch more! We discovered what they wanted most from a moms' ministry, what topics they wanted to talk about, and what issues are relevant. And in this year's curriculum, the focus is on encouraging moms in all that life has to bring!

(The sessions with this  icon use DVD content found in the kit.)

Session #	Topic	Focus of the Topic
1	The Courage to Encourage	Learn what it means to be an encouraging person.
2	Lighten Up! De-stress and Lift Your Spirits 	Find ways to de-stress your life and add a bit of laughter.
3	Praying for and With Your Children	Discover creative ways to use your senses to experience time with God in new ways—alone and with your kids.
4	Does God Have a Plan for You? 	Discover the story of a woman who became an amazing part of history, and consider God's plan for your own life.
5	Creating Balance	Find the balancing point between living a life that's super simple or super complicated.
6	Dealing With Loneliness 	Through the story of hostage Tom Sutherland, discover how to deal with times of loneliness.
7	Affordable Fun for Families	Find ways to build memories and traditions with your family in ways anyone can afford.
8	Financial Freedom 	Get needed guidance on this delicate topic to keep your budget in tip-top shape.
9	Holiday Traditions	Be intentional about creating traditions that have meaning and are fun for everyone—and remembered for years to come!
10	The Bible 	Learn how the Bible came to us and how reliable and relevant it is. Includes interviews with experts!
11	Discipline for All Ages	Find practical tips on how to create and stick with boundaries, no matter how young or old your kids are.
12	Overcoming Hardship 	Meet a family faced with incredible hardship, and find encouragement and support in your own hardships.
13	Help Me Get Organized!	Reduce stress and frazzled nerves by finding practical ways to add organization to your daily life.
14	Keeping Secrets 	Keep gossip and misunderstandings under wraps, and learn when to keep secrets—and when to open up instead.
15	Family Mealtimes	Learn the value of eating together, and find ways to make mealtimes fun!
16	Confronting Bullies 	Discover how to help if your child is being bullied.
17	Encouragement for Single or Lonely Moms	This session isn't just for single moms! All moms find ideas for reaching out and supporting those who are single or in a difficult marriage.
18	Overwhelmed by Life 	Learn how to reach out to God, no matter what life brings.