

**What is Breathe: for Moms?**

Breathe is a program to provide encouragement, support and community for all moms. Each week, moms will spend the first hour hearing a practical, applicable lesson related to parenting and motherhood. The second hour they will split into small groups to discuss the lesson and connect with others in the same stage of life.

**What are the lessons about?**

Topics include; identity, vision, choices, laughter, forgiveness, authority, responsibility, gratitude, honesty, marital issues after kids, child loss & infertility...and more!

**Is there curriculum or homework?**

There is no outside reading or requirements, although we may offer suggestions for additional resources to consult if desired. Many of our lessons will be from Julie Richard, the founder of Fearless Mom. For more info about Julie or Fearless Mom, visit [fearlessmom.com](http://fearlessmom.com).

**How are the small groups chosen?**

Moms will be grouped to foster as many long term relationships as possible. If you have questions about small groups, call the women's ministry office at 713-365-2339.

**Do I have to go to Second Baptist?**

No. All are welcome!

**When is it?**

Mondays 9:30-11:30am

Fall 2019: Sept 9-Nov 11 ~ Spring 2020: Jan 27-Apr 6

**Where do I go?**

E bldg., Room 4012 (or just come to the atrium and we will direct you!)

**Where do my kids go?**

A building – across from the worship center, look for the blue awnings

*Note: For safety reasons, kids will not visit the Second City play area while attending Breathe, but it would be an awesome place to play together afterward!*

**Is there a cost?**

Cost: \$20 for the year – includes all materials

\$10/child (not to exceed \$20)

**Why is there a cost for childcare?**

Children (ages birth-5 years) will participate in a kids' program where they will learn lessons similar to moms throughout the year. (For example: During the series for Mom titled "It's a Big Deal" about laughter, order and forgiveness in the home, kids will learn lessons centered around the main point "Jesus is a Big Deal.") They will enjoy songs, activities, crafts and more designed just for them!