

## Moms@Night 2009-2010 Schedule

We meet the 1st and 3rd Thursday evening of each month during the school year from 7:30 pm to 9:00 pm

September, 17, 2009  
October 1, 2009  
October 15, 2009  
November 5, 2009  
November 19, 2009  
December 3, 2009  
January 7, 2010  
January 21, 2010  
February 4, 2010  
February 18, 2010  
March 4, 2010  
March 18, 2010  
April 15, 2010  
May 6, 2010  
May 20, 2010

(Childcare is available for a nominal fee)

Alpine Chapel  
1180 Heather Lane  
Lake Zurich, IL 60047  
(847) 540-8280  
(Business Office)

Meetings are held at:  
Alpine Chapel  
Miller & Echo Lake Roads  
Lake Zurich, IL 60047

# Attention Moms!

Do you work all day?

Or are your days filled with commitments?

Alpine Chapel, Lake Zurich, IL

## Introducing....

Do you need a break from  
your routine?



Alpine Chapel is excited to announce Moms@Night! This group has been specifically designed to meet the needs of working moms or busy daytime moms who have children ranging in age from infancy through 5th grade.

We will be discussing topics that affect busy moms in today's society. We will look at the delicate balance of work and home, how to create lasting memories with your children and how to define your role as a woman in today's world.

Topics Include:

Time Management

Connecting Working Moms with Stay-at-Home Moms

The Thankless Job: Ways to Deal with Being Overwhelmed

The Family Budget

Loving Your Children

Discipline For Your Children

The Identity Crisis (Mother, Wife, Employee, Etc.)

Any Many More.....

## Interested?

Visit our website at [www.alpinechapel.org/women](http://www.alpinechapel.org/women) and scroll down to Moms@Night and follow the links or email [alpinemomsatnight@sbcglobal.net](mailto:alpinemomsatnight@sbcglobal.net) or you can call (847) 540-8280.