

# Mommy Moments

## Upcoming Free Events

12310 Bailey Bridge Road, Midlothian, VA 23112 | RSVP at [mylifeinsidethebox.com](http://mylifeinsidethebox.com)

### *"Back to School Basics"*

**September 27 | Monday at 7pm**

Creating Effective Bedtime and Morning routines, Homework Hints or for smaller children. How to create learning away from pre-school or daycare and how to avoid Activity Overload.

### *Experience More Holiday Joy*

**November 15 | Monday at 7pm**

Strategies for a Simpler, Saner Seasons. Cover areas such as, Managing Minutes Wisely, Focus on Giving instead of Getting, How to disconnect with the world and connect with your family.

### *Sibling Rivalry*

**January 10 | Monday at 7pm**

Learn techniques and tips on how to create a family team and strategizing the bumps along the way!

### *Conquering Clutter*

**March 14 | Monday at 7pm**

Learn techniques to help you de-clutter in a day, get a handle on paper clutter for the last time and receive tips on helping your children be clutter free forever! (well, maybe not forever!)

### *Summer Survival*

**May 16 | Monday at 7pm**

When Summer comes around, you have high hopes. But like many moms, around week two, you just want to give up! Let us help! Learn some practical ways to create a plan to succeed, get kids to help around the house, have cheap fun and most importantly- create positive memories. All this is possible!