



Monday Night Family Fun

10-14-13 [Game Night](#)

10-21-13 [Dial Down Your Stress/Conscious Discipline](#)

10-28-13 [Common sense](#)

11-4-13 [5 Love Languages](#)

11-11-13 [Cake Decorating and Party Planning](#)

11-18-13 [Couponing](#)

5:30 to 7:30

Dinner at 5:30

**Class starting
at 6:00**

**Free
Child care
provided**

10-14-13 [Games night](#)

Make and take games that you can play with you family for low cost

10-21-13 [Dial Down Your Stress/Conscious Discipline](#)

Learn a unique way to help relieve your stress with EFT (Emotional Freedom Tapping)) a simple but powerful tool to help you dial down that stress response. Conscious Discipline: shows us and enables us to understand better the state of the internal brain-body that most often lead to some specific behaviors both in children and ourselves. We use this awareness to consciously direct our own thoughts as well as emotions.

10-28-13 [Common sense](#)

Simplify your life with low cost ways to make your own products.

11-4-13 [5 Love languages](#)

Learn fun ways to communicate with your family and others

11-11-13 [Cake Decorating and Party Planning](#)

Learn fun and easy ways to decorate cakes and cupcakes, and how to plan a low cost party with lots of ideas

11-18-13 [Couponing](#)