



"Don't Shoot Skinny Rabbits"

If you've not heard Deadra Stanton, you won't want to miss this! She will make you laugh until you cry. Her message of humor and inspiration has been enjoyed by thousands of people across the United States. As she shares her stories of "life lessons", she will inspire you to enjoy life, laugh at life's situations and most of all...

"Don't Shoot Skinny Rabbits".

Deadra Stanton, mother of 2 and owner and presenter for her company Creative Communications, has been a teacher of English, Speech, and Theatre for over 31 years. She is an honor graduate of Mankato State University in Mankato, Minnesota and recently earned her Masters in Education from St. Mary's University. With majors in Speech Communications, Theatre Arts, and Business Administration, she brings a diverse background to the podium.



About the Moms' Expo

Being a mother is one of the most important, rewarding and challenging jobs that most women will ever have. The goal of this Moms' Expo is to help mothers of all stages of parenting to enjoy motherhood and everyday life more: by finding balance, having realistic expectations of themselves and their children, and living in the moment. What better way to accomplish this than to have local mothers share their experience/knowledge in an informal small group setting – where brainstorming is encouraged as mothers come together and share ideas, tips, etc.

Who: Moms (All Ages and Stages: Moms-To-Be, Moms, Grandmothers)

Where: Marshall High School (Main Entrance) ~ 400 Tiger Drive

When: Tuesday, March 29, 2022
 5:00pm-8:40pm

Fee: \$20 if registered by 3/1/22
 \$30 if registered by 3/15/22 includes meal - catered by Hy-Vee

Moms' Expo Schedule

- 5:00-5:20pm Check-in (Itineraries distributed and dinner served.)
- 5:30-6:40pm Keynote Speaker Deadra Stanton
 "Don't Shoot Skinny Rabbits"
- 6:55-7:45pm Session 1
- 7:50-8:40pm Session 2

Call Marshall Community Services at 507-537-6767 with questions or to register. Pre-registration is required!

Visit www.ci.marshall.mn.us for more information
 (click on Moms' Expo under Community Services)

Registration Process

Participants can register in four ways:

Online: bit.ly/MCS2022Registration

Telephone: 507-537-6767

In person/by mail: Marshall Community Services (MCS)
 344 West Main Street
 Marshall, MN 56258

At the Expo, participants will attend two pre-determined small group sessions. Upon pre-registration, please rank the top SIX topics you are interested in attending (using the attached form or by completing the survey that is emailed to you after you register). MCS will determine each participant's two-session itinerary based on those rankings.

Please complete the survey as soon as possible for the best chance at attending topics most desired.

MCS reserves the right to adjust/cancel small group sessions based on registration numbers.

**Sponsored by: MCS, Hy-Vee Food Store, Jana Reilly Home Team - Keller Williams Preferred Realty,
 Visit Marshall, Runnings, Sleep Inn of Marshall, Henle Printing, Panka Insurance Agency and Borch's Sporting Goods**

Presenters/Small Groups

*Presentation is faith based.

<p>Cindy Bader Mother of 3 biological children, 8 international students, and 1 precious pup. Has enjoyed teaching ages 3-18 in multiple settings over the past 15 years</p>	<p>Appealing to Your Child's Learning Style As parents know well, every child is different. Not only does this uniqueness apply to visible things like hobbies and attitude, but also invisible things like learning styles. Making adjustments for learning styles improves learning, memory, and even enjoyment of learning. In this session we will discuss several different learning styles and ways to apply them to your child's advantage.</p>	<p>Alanna Dah Wife, mom to 10 month old daughter, Bachelor's degree in Community Psychology and Human Relations, Master's Certificate in Biblical Counseling, has worked at Hope Harbor for 3 years</p>	<p>Basics of Parenting with Love & Logic Love & Logic teaches practical ways to respond to kids (or coworkers/family members/friends) when we aren't sure what to say or do. Empathy and controlling what we can control helps us stay calm, even when others are displaying tough behaviors. These techniques teach others we love them but will also hold them accountable when needed.</p>
<p>Melissa Bruns Site Director of Hope Harbor in Marshall, mother of one with over 14 years of experience working with teens/families in a ministry setting with a focus of building safer communities and stronger families</p> <p>Ashley Potter Owner of The Escape Spa, mom of 2 teenagers, has a passion for working with teens and young adults teaching work ethic and responsibility for successful employment and entrepreneur goals</p>	<p>Responsible Kids, Responsible Relationships* We all want to raise responsible kids who become responsible adults, right!? Teaching our kids to have responsible and safe relationships is key. Join us for a discussion on teaching your kids about healthy friendships and safe relationships both online and in person. We also will be discussing strategies on instilling personal responsibility and ethics in our children through adulthood. We don't have all the answers, but we do have tried and true parenting strategies that will help structure responsibility, honesty, boundaries and safety for your kid's relationships and lives.</p>	<p>Angela Fahl Stay at home mom to 4 active children, has a passion for organization and teaches an organization class at Gold College to senior citizens, shares tips on Instagram (Angela.Fahl)</p>	<p>Organization Made Easy Raising a family while working and managing a home is stressful. Organization and simplifying can be easy once you put your mind to it. Come learn some tips and tricks to make organizing a part of your daily routine. Simplifying your surroundings will not only make your day to day easier to manage, it will also make you feel better.</p>
<p>Katie Brusven Mother of 3, Bachelor of Science from UMN in Family Social Sciences, Program Specialist at Marshall Adult Community Center</p>	<p>School Memory Boxes Learn to create a "one stop" memory box for your child's school years. Include yearly interviews, projects, photobooks, school photos, certificates/awards, and other items you want to save. A school memory box will be given away to one lucky mom!</p>	<p>Casey Paluch Mom of two, chiropractor</p>	<p>Simple Ways to Improve Your Health This session is all about how your body works, the immune system, supplements that help support your body, and self-care tips for moms.</p>
<p>Kris Campion Mother of 4, MHS FACS teacher</p>	<p>Understanding Birth Order & Sibling Rivalry: The More the Merrier, Unless it Comes to Siblings! First born, only child, middle child? Birth order can influence an individual's personality and the way they react to sibling rivalry. This session will analyze birth order and its impact on personality, as well as evaluating how children respond to their birth order in their family. We will discuss the psychology of birth order, sibling rivalry, and the unique personality of each child in the family.</p> <p>MORE Quick Meals for Busy Moms Learn about quick, healthy and easy meals you make in your everyday routine (includes different recipes from previous sessions).</p>	<p>Deadra Stanton Mother of 2, Moms' Expo keynote speaker, owner and presenter for her company Creative Communications</p>	<p>Fines Double in Road Construction Today's work world needs to be ready for any change in the road. The paths of meeting personal and professional needs are often bumpy and filled with obstacles. What we need to remember is we are all on this trip together and we must make sure to buckle up and be ready!</p>
		<p>The Nurturey Parenting Studio Founded in 2021 by Jess and Jenna to better serve families throughout Southwest Minnesota</p> <p>Jess Dressen LPN, lactation counselor, doula, mom of 2 (ages 3 & 8)</p> <p>Jenna Erickson RN, lactation consultant, doula, founded Southwest MN Lactation & Beyond, mom to 2 boys (ages 3 & 6)</p>	<p>When a Baby is Born, So is a Mother The birth of a baby physically, emotionally, and spiritually changes you as a woman - you are not the same person as you were before, and that's ok! Understanding and embracing these changes and knowing how to support your mind and body through pregnancy, birth, and the postpartum period can fundamentally change the way you step into motherhood. Join us as we explore this transition and help you step into motherhood with confidence whether this is your 1st or 5th baby!</p>

2022 Moms' Expo Registration Form

Name: _____

Address: _____

City/State/Zip: _____

Phone: Home _____ Cell _____

Email: _____

Special Dietary Needs: _____

Payment: **\$20 if paid by 3/1/22**

\$30 if paid by 3/15/22

Check enclosed (payable to City of Marshall)

Credit Card (Visa, MasterCard, Discover)

Name as it appears on credit card:

Credit Card Number:

Expiration Date: ____/20____

Signature: _____

You will attend TWO (2) sessions at the Moms' Expo. Please rank top **SIX (6)** sessions you are interested in attending (with 1 being most interested). MCS will prepare an itinerary for you - to be distributed upon arrival at the Moms' Expo on Tuesday, March 29, 2022.

- ____ 1 Appealing to Your Child's Learning Style (Cindy Bader)
- ____ 2 Responsible Kids, Responsible Relationships* (Melissa Bruns/Ashley Potter)
- ____ 3 School Memory Boxes (Katie Brusven)
- ____ 4 Understanding Birth Order & Sibling Rivalry: The More the Merrier, Unless it Comes to Siblings! (Kris Campion)
- ____ 5 MORE Quick Meals for Busy Moms (Kris Campion)
- ____ 6 Basics of Parenting with Love & Logic (Alanna Dah)
- ____ 7 Organization Made Easy (Angela Fahl)
- ____ 8 Simple Ways to Improve Your Health (Casey Paluch)
- ____ 9 Fines Double in Road Construction (Deadra Stanton)
- ____ 10 When a Baby is Born, So is a Mother (Jess Dressen/Jenna Erickson)

***Presentation is faith based.**

Please keep in mind that schedules are determined by topic rankings. Moms that submit their rankings early have a better chance of getting into their most desired topics. Register early and submit your rankings right away!

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Ways to Register

- Online
- Telephone
- In Person
- By Mail