2026 Mini Sessions & Descriptions

Caring for your Body: Pelvic Health for Every Season: Session Leader Dr. Brenna: In this mini session, we'll break the silence around common women's pelvic health concerns that are often overlooked or not discussed. You'll learn about the important connection between the diaphragm, core, and pelvic floor and participate in a simple guided exercise to better engage these muscles. This session is intended to educate, support, and empower women in every phase of life.

Your Body, Your Birth: Understanding Labor and the Support That Helps
Session Leader: Grace Akinsanya: Birth can often feel mysterious or even intimidating, especially when women are not given the opportunity to understand what their bodies are actually doing during labor. In this session, we will explore the physiology of birth in a simple and empowering way looking at how the uterus works, the hormones that guide labor, and why a supportive environment plays such an important role in the birth experience.
We will also discuss practical insights every expectant mother should know before labor begins, including how movement supports labor progress, how the mind and body work together during birth, and why continuous support can make a meaningful difference. This session is designed to help women feel more informed, confident, and encouraged as they prepare for birth or support someone on that journey.

Calming Your Anxious Heart: Session Leader: Kristen Reiten:_When life feels hard, we can rely on God to be with us. Learn how to shift your focus from the storm to His steady presence to turn anxiety and fear into peace.

Having a Mary Heart: Seeking God When Life Keeps You Busy: Session Leader Suzi Smith: In this session, we'll revisit the story of Mary and Martha and explore what it means to pursue the "One thing needful" in the midst of busy schedules and daily responsibilities. Together we'll compare their characteristics, reflect on the challenges that keep us distracted, and consider how Jesus' words apply to our modern busy lives. We'll also discover practical ways to create meaningful time with God during demanding seasons without adding more pressure to our day. Come be encouraged to cultivate a "Mary heart" that seeks Christ first, even when life is full.

Ungunk Your Thoughts: Session Leader Shelley Leenhouts: Are you feeling stuck in your life or in your relationships? Do you notice you're repeating unhealthy thought patterns? Are you sick of feeling like you're not enough? Then this session is for you! Adult educator and certified life coach Shelley Leenhouts will share practical insights on how to take every thought captive. Together, you will identify the emotions that may be sabotaging you, uncover the thoughts that are creating them, and learn how to change those patterns. Peace and relief are possible.

Back to Basics: Sourdough & Canning: Session Leader: Kelly Youngblom: Come learn about some favorite traditional kitchen skills! With so much information available—and plenty of conflicting opinions—it can be hard to know where to start. This breakout session covers the basics of sourdough bread, water bath canning, and pressure canning, along with go-to resources and practical tips for success (and a few lessons learned from kitchen failures along the way).

Obsessive Comparison Disorder: Session Leader: Molly Sandborn: The compulsion to compare is stronger than ever. Whether you're comparing your curves, your car, or your kids, it's time to admit the struggle and seek the solution. If you think you might fall anywhere on the spectrum, don't miss this opportunity to hear from someone who can relate. Molly shares candidly and comically about her bout with Obsessive Comparison Disorder and offers hope and help with the Christ-centered cure—because comparison steals our joy, but Christ restores it.

Better with a Mentor: Unpacking the Heart of Titus 2: Session Leaders Beth Crosby and LaDonna Alvarado: We love the Titus 2 vision of women supporting women, but how do we make it happen in our busy lives? Join our panel as we dive into the beautiful "life-on-life" model of mentoring, sharing how we can show up and encourage each other in every season.

Let Everything that has Breath Dance (Silent Disco): Session Leaders Crystal Hiniker and Ashlynn Montgomery: Take a joyful break and experience worship in a whole new way! In this fun and energizing mini session, participants will put on wireless headphones and step into a silent disco where music fills your ears but the room stays quiet. Dance, move, and celebrate in freedom as you connect with God. Whether you want to worship with full-out dance or simply enjoy the

moment and reflect, this lighthearted session is all about joy, connection, and praising God together in a unique way. No dance experience required, just bring your energy and your heart!

Oh, for Praying Out Lord!: Session Leader: Audra Shaneman: Do you say "I can do all things in Christ" - except pray out loud? Do you look at the carpet when the leader says, "does anyone want to lead us in prayer"? Do you say "I'll pray for you" then go eat ice cream and feel like you blew it? Do we say "Send Me, Lord - but don't make me pray out loud"? Whether you've been a Christian for 3 months or 30 years, your voice carries weight and this world needs women who will step up and pray, out loud. With no pressure, judgement or shame, we'll look at why our "out loud" prayers matter to God and His plan. You'll learn some new tools and tricks to build confidence and be led by God. Join us!

Walking With Those We Love: Supporting Others Through Illness and Caregiving: Session Leader: Darla Makela This workshop offers a compassionate, faith-centered space for women who are caring for aging parents, spouses, children with complex needs, or loved ones with chronic illness or dementia. In this session, Darla will share gentle guidance and encouragement for those supporting loved ones during difficult seasons of life. Drawing from her work companioning individuals and families through illness, dementia, and end-of-life transitions, Darla will offer insights on how to care for others while also tending to your own heart.

Step into Craft Alley—the most colorful corner of the conference! This hands-on mini session is the perfect place to relax, laugh, and let your creativity shine. Whether you consider yourself crafty or can barely draw a stick figure, there's something here for everyone. Choose from eight different craft options, each designed to be simple, fun, and meaningful. You'll have the chance to create sharing conversation, and enjoying a little creative escape from the busyness of life.

** A few more yet to come……