

Anchored in Christ: Parenting on a Biblical Foundation

Breakout Sessions

Time of Session	Title & Description	Who is this for?	Speaker
Breakout Session 3 1:45pm	Tethered Teenage Hearts <i>Maintaining Connection during the Teen Years</i> This session will provide an exploration of adolescent development, offering parents strategies to maintain emotional proximity and relationship trust during the teen years. Hear a real-life story of walking alongside your teenager when they choose to walk away.	Parents of pre-teens and teenagers	Becky and Dave Furst
Breakout Session 1 10:30am	Co-Captaining the Ship <i>Unified Parenting in Marriage</i> This session focuses on building a unified household culture by aligning co-parenting strategies and fostering sibling relationships. Parents will learn how to resolve disagreements, establish consistent rules, and structure shared family values.	Married couples and co-parents at all stages	Joey and Katherine Vegerano
Breakout Session 2 1:00pm	Riding out the Waves <i>Handling Hardship and Adversity Together</i> When your child receives a life-altering diagnosis or lives with a disability, parent-hood can suddenly feel like navigating uncharted waters. You don't have to sail it alone. Learn practical ways to maintain stability and build resilience when life gets hard.	Anyone, especially those who are experiencing hardships or looking to build resilience	Fred and Kim Neal

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Breakout Session 2 1:00pm	Charting a Biblical Course <i>Navigating Media and Culture in Your Home</i> This session addresses the realities of social media and digital culture. Parents will learn how to help their children think critically, resist negative influences, and confidently navigate modern culture with a biblical worldview.	Anyone, especially those with school-aged children/teens	Chris Clinch
Breakout Session 3 1:45pm	Calming the Shallow Waters <i>Raising Young Children & Navigating Postpartum Depression</i> This workshop offers compassionate, faith-centered encouragement and practical support for new and soon-to-be mothers navigating young children and postpartum depression. Moms will learn coping strategies to manage stress and emotions, care for themselves, build healthy support systems, and approach motherhood with hope and resilience.	Parents of infants, toddlers, and early elementary children	Megan Caporali
Breakout Session 1 10:30am	Sole Captain, Sovereign God <i>Building Community as a Single Parent</i> This session addresses time management, financial pressures, and emotional stamina required in single-parent	Single parents; solo primary caregivers	John Roofner

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	homes while emphasizing community resource utilization.		
Breakout Session 1 10:30am	Safe Harbors <i>Setting Boundaries and Rebuilding Trust</i> When trust is compromised, knowing where to draw the line can feel impossible. This session provides practical, grace-filled strategies for re-establishing healthy boundaries after a breach of trust. Learn how to communicate clear expectations, handle pushback, and protect your family's peace while fostering a path toward healing and restoration.	Anyone, especially families navigating broken trust or strained relationships within their families	Monica Clinch
Breakout Session 2 1:00pm	Weathering the Internal Storm <i>Biblical Principles for Parental Self-Regulation</i> When tensions rise at home, a parent's emotional response can either de-escalate the room or fuel the fire. This practical session focuses on the heart of the parent, offering tools to identify emotional triggers, practice healthy self-soothing, and respond with patience rather than anger.	Anyone	Katy Wayne