



### "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, April 7, 2020

5:00pm-8:40pm

**Fee:** \$20 if registered by 3/9/20 (includes hot meal - catered by Hy-Vee)  
\$30 if registered by 3/24/20 (includes hot 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](http://www.ci.marshall.mn.us) for more information  
(click on Moms' Expo under Community Services)

### Registration Process

Participants can register in four ways:

Online:	<a href="http://www.ci.marshall.mn.us">www.ci.marshall.mn.us</a>
Telephone:	507-537-6767
In person or 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,  
Runnings and Panka Insurance Agency**

# Presenters/Small Groups

\*Presentation is faith based.

<b>Joy Boerboom</b> Holistic Health Educator, Personal Trainer, Fitness Instructor & Natural Health Professional	<b>Finding Time for Exercise and Self Care</b> Experts insist exercise and self care is a physical and mental must, but how do you make time for it? Find out tips, tricks and programs that can help. We'll also do some interactive examples of exercises and self care you can do at home!	<b>Pat Mellenthin</b> Mother of 3, grandmother of 7, Prairie Home Hospice & Community Care CEO	<b>Giving Back to Your Community</b> As a busy mom the last thing you want to do is to volunteer or fundraise... more than you already do for your kid's activities and schools. However, it is something that each of us, as mothers, should really want to teach our children to want to do; and we need to lead by example. In these ever-changing times, lifestyles, economies, and communities, volunteers are at the heart of any real change, organizational sustainability, random act of kindness, and/or hope... for many local, community organizations. There are many different ways to volunteer with or without your children and give back to this community. We would like to talk to moms about how to do that, and why it can be the most rewarding thing that you ever do.
<b>Katie Brusven</b> Mother of 3, Bachelor of Science from UMN in Family Social Sciences, an in-home family childcare provider	<b>School Memory Boxes</b> 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!	<b>Tara Plante</b> Mother of 2, Prairie Home Hospice & Community Care Marketing and Development Director	<b>Giving Back to Your Community</b> As a busy mom the last thing you want to do is to volunteer or fundraise... more than you already do for your kid's activities and schools. However, it is something that each of us, as mothers, should really want to teach our children to want to do; and we need to lead by example. In these ever-changing times, lifestyles, economies, and communities, volunteers are at the heart of any real change, organizational sustainability, random act of kindness, and/or hope... for many local, community organizations. There are many different ways to volunteer with or without your children and give back to this community. We would like to talk to moms about how to do that, and why it can be the most rewarding thing that you ever do.
<b>Kris Campion</b> Mother of 4, MHS FACS teacher	<b>Understanding Birth Order &amp; Sibling Rivalry: The More the Merrier, Unless it Comes to Siblings!</b> 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.	<b>Dr. Jessica Peterson</b> Family & Pediatric Chiropractor; Owner of Elysian Chiropractic Center	<b>Women's Anxiety &amp; Wellness</b> Chances are as a mom you have felt the weight of the world a time or two. It can be difficult to make time for yourself in a busy world while balancing caring for your family. Dr. Jess will be sharing her tried & true ways to decrease feelings of anxiety and overwhelm so you can be the best mom you can be! We will be diving into natural solutions as well as how our nervous system plays a role in our overall wellbeing.
<b>MORE Quick Meals for Busy Moms</b> Learn about quick, healthy and easy meals you make in your everyday routine (includes different recipes from last year's session).		<b>Ashley Potter</b> Mom of 2 teenagers, owns The Escape Spa in Marshall, has a passion for helping youth & young adults with leadership, entrepreneurship skills and work ethic	<b>Raising Kids to Be Responsible Adults</b> We all want our kids to be good responsible adults when they grow up, right!? How do we as parents get them there? I may not have all the answers, but I do have some pointers and strategies that will help you to be able to structure responsibility, honesty, and good work ethic into your children from youngsters to older teenagers. Parenting works, join me to learn more.
<b>Angela Fahl</b> Stay at home mom to 4 active children, has a passion for organization and teaches an organization class at Gold College to senior citizens	<b>Organization Made Easy</b> 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.	<b>Kim Sanow</b> Licensed Marriage and Family Therapist, trained Trust-based Relational Intervention® therapist, married for over 37 years, has four adult daughters and four grandchildren	<b>Love and Logic® Basics</b> Kim is a certified Love and Logic® facilitator since 2009; learn how to use the basics of Love and Logic® with children, with your spouse, your friends and in the workplace.
<b>Stacy Frost</b> Wife, mom of 2 boys (ages 18 & 12), SMSU Director of Development, SCSU doctoral candidate, community and church volunteer, with a yellow lab named Stella	<b>How to Be the Type of Person Everyone Wants to Know</b> Relationship building is in my DNA. I want to encourage women to use their superhero strength of relationship building, throughout the day, every day, with friends, family, co-workers, and everyone they meet.	<b>Deadra Stanton</b> Mother of 2, Moms' Expo keynote speaker, owner and presenter for her company Creative Communications	<b>Sensory Care for Kiddos</b> Learn all about sensory, walk away with some hands on tools you can implement right away.
<b>LaRae Koenen</b> Wife to local first responder, mother of 2 and a fur baby, career woman who lives moment by moment guided by faith and experiences	<b>First Responder Family*</b> Do you love a first responder? Are you a first responder blessed by God's journey for your life? It's a calling that we must embrace - and one that is so powerful across all aspects of our lives. Life will happen around us if we like it or not - making the most of it moment by moment is where we find our greatest blessings (sometimes in disguise).	<b>Dr. Anne Marie Vorbach</b> Mom to two, clinical psychologist with Avera Marshall	<b>Fines Double in Road Construction</b> 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!
<b>Solo Parenting*</b> While being blessed with an incredible spouse/partner, it doesn't always mean that our family is blessed with time spent together. Maneuvering love, experiences, faith, toil, holidays, birthdays and the random Tuesday "alone" can be tough - a blessing, but tough! Let's share our favorite tips, tricks and life experiences!	<b>Shanda Walker/SWCIL</b> 4 SWCIL Staff with a combined 50 years' professional experience working with disabilities-each with varying personal experience with family members diagnosed with Autism, TBI, Anxiety, Depression, Cerebral Palsy and Paraplegia	<b>Ask a Psychologist</b> Bring/brainstorm questions for a mental health professional.	<b>Fight for Their Rights</b> A look into the available resources and options for your children with disabilities and how to advocate for those services for them. Resource packets available for services throughout the state include: grant funding, support groups, social media communities and more. Come try out devices from our Assistive Technology lending library to learn if a device is right for your child!
<b>Stephanie McKee</b> Physician Assistant, mom of 4, wife of physician	<b>Balancing a Busy Life</b> We will discuss the ins and outs of being a busy woman. How to balance life and still keep gas in your tank!		

# 2020 Moms' Expo Registration Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Phone: Home \_\_\_\_\_ Cell \_\_\_\_\_

Email: \_\_\_\_\_

Special Dietary Needs: \_\_\_\_\_

Payment: **\$20 if paid by 3/9/20**

**\$30 if paid by 3/24/20**

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: \_\_\_\_\_

4

- **Online**
- **Telephone**
- **In Person**
- **By Mail**

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, April 7, 2020.

- \_\_\_\_\_ 1 Finding Time for Exercise and Self Care (Joy Boerboom)
- \_\_\_\_\_ 2 School Memory Boxes (Katie Brusven)
- \_\_\_\_\_ 3 Understanding Birth Order & Sibling Rivalry: The More the Merrier, Unless it Comes to Siblings! (Kris Campion)
- \_\_\_\_\_ 4 MORE Quick Meals for Busy Moms (Kris Campion)
- \_\_\_\_\_ 5 Organization Made Easy (Angela Fahl)
- \_\_\_\_\_ 6 How to Be the Type of Person Everyone Wants to Know (Stacy Frost)
- \_\_\_\_\_ 7 First Responder Family (LaRae Koenen)\*
- \_\_\_\_\_ 8 Solo Parenting (LaRae Koenen)\*
- \_\_\_\_\_ 9 Balancing a Busy Life (Stephanie McKee)
- \_\_\_\_\_ 10 Giving Back to Your Community (Pat Mellenthin and Tara Plante)
- \_\_\_\_\_ 11 Women's Anxiety & Wellness (Dr. Jessica Peterson)
- \_\_\_\_\_ 12 Raising Kids to Be Responsible Adults (Ashley Potter)
- \_\_\_\_\_ 13 Love & Logic ® Basics (Kim Sanow)
- \_\_\_\_\_ 14 Sensory Care for Kiddos (Kim Sanow)
- \_\_\_\_\_ 15 Fines Double in Road Construction (Deadra Stanton)
- \_\_\_\_\_ 16 Ask a Psychologist (Dr. Anne Marie Vorbach)
- \_\_\_\_\_ 17 Fight for Their Rights (Shanda Walker/SWCIL Staff)

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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!