

WHAT IS BREAKAWAY?

Breakaway is a community where women can journey together in their relationships, faith, and life. Join us on Wednesday mornings for connection, classes and childcare!

9:30-10:30AM

CONNECT + DISCUSS AROUND TABLES OVER COFFEE + SNACKS

10:30-11:30AM

ATTEND A CLASS OF YOUR CHOICE

RATES

\$35 full session

\$5 drop-in

Rates pool together to cover the overall cost of childcare.

Childcare is only guaranteed to full session attenders, drop in kids may attend as space allows.

breakawaykids

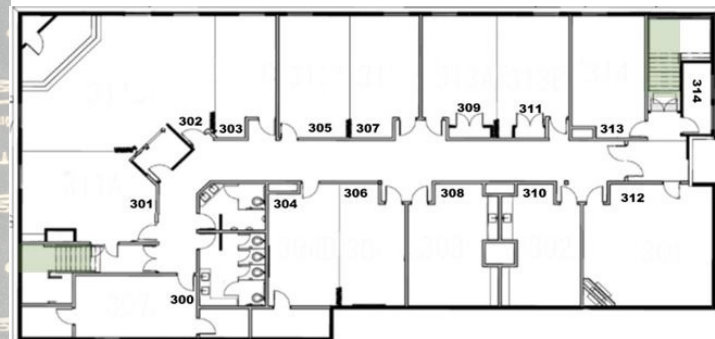
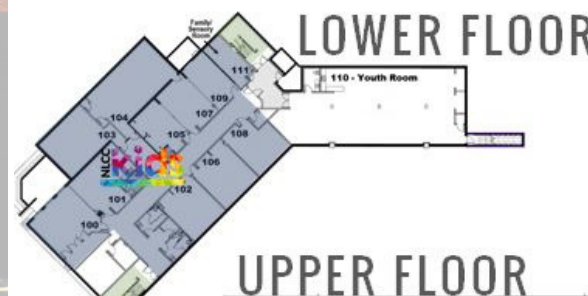
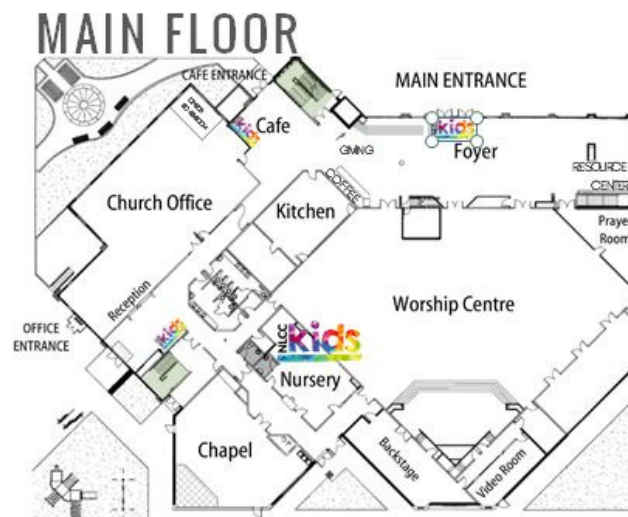
Breakaway Kids is our preschool program designed to create a fun learning environment for your children. They will enjoy art activities, interactive games & circle times of singing, story telling and preschool lessons.

Infant to 24mo - Nursery, main floor.

Ages 2-5- downstairs classrooms.

LOCATION

North Langley Community Church: Walnut Grove Campus
21015 96th Avenue, Langley, BC



CONTACT

Michelle Epp | michellee@nlcc.ca
Connections + Outreach Pastor

REGISTER

NLCC.CA/BREAKAWAY

BREAKAWAY

WINTER
SESSION
2020

JANUARY 22 - MARCH 11

WEDNESDAYS
9:30-11:30 AM

STAY BODY SMART HEALTH CHAPEL, MAIN FLOOR

with Alysha Harper +John Reimer
of Body Smart Health

Come learn about how to care for our bodies the smart way. This class will be a mix of teaching and practical exercises too.

Free, Drop ins welcome!

1. The BodySmart Story – January 22
2. Kinstretch – January 29
3. A Breath in the Right Direction – Feb 5
4. Zumba – February 12
5. Head and Neck above the Rest – Feb 19
6. Finish Strong – Feb 26
7. Mommy & Me SmartFIT – March 4
8. Pelvis has Left the Building – March 11

LEARN TO KNIT FIREPLACE, FOYER

with Roxie Harder and Elizabeth Hodgson

In our knitting class, We will teach you to knit or crochet, or if you have a project you are working on come and join us. **Free, drop ins welcome!**

COOKING MAMA KITCHEN, MAIN FLOOR

facilitated by Corrine Tilstra

Week to week we will be having women come and share their cooking ideas by doing a demonstration of their dish-You can sit back, listen and watch as they create. After which everyone can sample. **Cost is \$2/wk. Drop-ins welcome!**

TABLE TALK TABLES, WORSHIP CENTER

Stick around your table and connect with friends. We will also have some board games around for you to learn and enjoy!

REAL: OUR IDENTITY AS GOD'S DAUGHTERS RM 309/311, UPSTAIRS

Bible Study with Katherine Fitz

As we transition through the stages of life, we have many questions. Where do I belong? What makes me significant? How do I add value to my community? Real is a Bible Study exploring these questions, by going straight to the source: What does our Creator say about our identity?

Together, we'll build or repair our foundation to believe the truth about ourselves, embracing our design as God's daughters!

Cost: \$10 for booklet printing.

THE RUTHLESS ELIMINATION OF HURRY: BOOK STUDY RM 305/307, UPSTAIRS

with Alexa Wowchuk

Hurry. It's that constant mild tension of urgency so many of us feel on a daily basis. In this study, we will look at the effects of hurry on our souls and its implications for our apprenticeship to Jesus. By going through John Mark Comer's recent book, The Ruthless Elimination of Hurry, we will explore the alternative invitation of Jesus and how we can embody it in our daily lives. You will be required to read approximately 30 pages a week, though assigned reading will vary. **Cost \$22 for the book.**

LOVED: STUDY GROUP ON GENDER, IDENTITY+ SEXUALITY RM 304 / 306, UPSTAIRS

facilitated by Michelle Epp + Carolyn Clunas

Come dig into the Bible and see God's heart for Gender, Identity and Sexuality. Each week you are asked to watch the sermon prior to attending the class and then together we will discuss using a study guide that NLCC provides for their Life Groups. **Free.**

PARENTING CIRCLE RM 312, UPSTAIRS

with Jessica Kennedy

Come discuss different topics around parenting. Jessica will bring forward podcasts weekly to listen to together, and then discuss as a group. **Free, drop-ins welcome.**

CONVERSATIONAL ESL RM 310, UPSTAIRS

with Doralee Eggert

Come, speak English, and have a good time making lasting friendships. There is no cost. **Free, drop-ins are welcome.**

QUILT MAKING FOR MCC RM 301/302/303, UPSTAIRS

facilitated by Judy Foster

Together with others, create quilts for Mennonite Central Committee's Outreach Program. This is a fantastic and hands-on way to serve your community and enjoy fellowshiping and quilting with other women. Every quilt made is sent for world relief. This is a great opportunity to help others in our hurting world. There will be all sorts of jobs so you don't have to be a quilting expert. *Class is extended to 12:30 as people are able to stay.* **Free, drop-ins are welcome.**

BASIC COURSE FOR IPAD RM 313, UPSTAIRS

facilitated by Stevie Manchulenko.

Come learn the in's and out of your ipad and how to make the most of this device! **Free, drop-ins welcome.**

**CLASSES RUN FROM 10:30-11:30AM.
PLEASE PICK UP YOUR CHILDREN
PROMPTLY AT 11:30AM! THANKS!**