



HEARTS *at* HOME

Ice Breaker: What is your name, how many kids do you have, and how are you connected to Rolling Hills.

What was a highlight of this Christmas season?

Watch Kristin's Video as a group

1) What are some healthy coping mechanisms you utilized Pre-COVID that are not available anymore?

2) What was your picture of a "good" mom, and how has this last year changed or challenged that?

3) Have you ever shown your imperfections to your child/ren or apologized? If so, how did they respond?

4) What is "fun" for you? How can you participate in that during COVID?

Please share prayer requests and take time to pray for one another.

Our next Hearts at Home will be February 11th. We will be hearing from Kristin again on ways that we can support the self-care/mental health of our children.