

# Roots Support Group 2021-2022

“...the support groups are one of my and my children’s favorite part of being with Roots. We love the opportunity to connect with other Roots families and have great conversation, receive encouragement and most of all, have fun!

*We've always loved the support group meetings!”*

A Roots Mom

Meeting Locations	Sept	Oct.	Nov.	Dec.	Jan.	Feb.	March	April	May
Harvest Hills Alliance Church, 10099 Harvest Hills Blvd NW, Calgary Mondays 1:30-3:30pm	13 <sup>th</sup>	18 <sup>th</sup> <b>Note</b> <b>Venue</b> <b>Change</b>	15 <sup>th</sup>	None	10 <sup>th</sup>	7 <sup>th</sup>	14 <sup>th</sup>	11 <sup>th</sup>	9 <sup>th</sup>
First Assembly Church 6031 Elbow Dr SW, Calgary, Tuesdays 10:30am-12:30pm	14 <sup>th</sup>	19 <sup>th</sup>	16 <sup>th</sup>	None	11 <sup>th</sup>	8 <sup>th</sup>	15 <sup>th</sup>	12 <sup>th</sup>	10 <sup>th</sup>
Cornerstone United Reformed Church 11610-95A Street Edmonton, Thursdays 1-3pm	23 <sup>rd</sup>	21 <sup>st</sup>	18 <sup>th</sup>	None	13 <sup>th</sup>	10 <sup>th</sup>	17 <sup>th</sup>	14 <sup>th</sup>	12 <sup>th</sup>

## Support Group Topics

### *September - Roots, Let’s Reconnect & Renew Relationships!*

Are you a veteran homeschooler or maybe this is your first year with Roots, either way you will want to join us for this meeting. We want to create opportunities for you to get to know each other, find out further details about the coming year and fellowship.

### *October – Personal Renewal & Refreshment (Monday meeting will take place at Bethel United Reformed Church 730 101 St SW)*

Caring for oneself through the long haul

What is it that sustains us? What is it that sustains you? How can we continually remind ourselves of the necessity to care for ourselves? To infuse ourselves with God’s strength and fortitude that helps us withstand the trials that we will be facing. We are often caring for others’ needs and wants, putting ourselves after others. How can we balance this perspective with the need for self-care? What does it look like?

### *November – Being Steadfast in a changing World*

"All religions want their children to live a good life, be good people, and be well educated. What sets us apart?" - R. C. Sproul jr. in *When you Rise Up*

### *January – Facilitator Panel*

Is there something that you have wanted to ask Roots facilitators but never had the courage to ask them yourself? Maybe you are curious to know what is the coolest science curriculum the facilitator has seen being used, or what do they see as the most used math curriculum? What are those “hidden gems” that not many families know about? Now is your opportunity to submit your anonymous questions and have a panel of facilitators answer them.

## February – *Renewing Your Mind (Mental Health)*

How has your family's mental health been affected over these past couple years? "Do not conform any longer to the pattern of this world but be transformed by the renewing of your mind." Romans 12:2a

## March - *Curriculum Share*

This meeting is a "staple" for Roots moms, we will share with one another the materials that we found to be a gem in our homeschool this year. It's like a "Show and Tell" for moms. Remember to bring curriculum, book, app, project, or anything else homeschool related you want to share.

## April – *Reset After a Bad Homeschool Day*

"Don't judge the harvest you reap by the plans we had" – R.L. Stevenson

## May - *Renewing Marriage Through the Seasons of Homeschooling*

Homeschooling our children takes a lot of time and effort, that is a fact. Sometimes we can get so focussed on homeschooling we neglect other relationships. How do you stay connected with your spouse during the seasons of homeschooling? Does this change over the course of your homeschooling journey?

*The topic schedule was put together by the support group leadership team:  
Lesley George, Rosaleen Milner, Leeza Peterson and Tammy Eacott.*

## **Common Questions about Support Group Meetings**

### What happens at support group meetings?

This is a time for Roots parents and children to come together to enjoy one another's company while supporting each other on our homeschooling journey. Our meetings follow a basic format of announcements, devotional, main topic/ discussion and ends with small group prayer time. Coffee, tea, and snacks are provided for the parents only.

### Can I bring my children?

Absolutely, bring your children!

Crawlers – Age 3 will go in the "nursery"

Aged 4-6 children have their own class with age-appropriate activities. Children must be potty-trained before they can go into this class.

Ages 7 and up to the gym where they may spend some time all together and part of the time divided into two groups.

Parents keep their tiny ones with them since we're not set up to provide that level of care.

### Things to Note:

- 1) Registration for each meeting is not required but it is recommended, so we can have your name tags printed and signing in children can be expedited upon arrival.
- 2) Make sure kids come dressed in proper clean indoor footwear for running (no flip flops or winter boots)
- 3) Put all coats backpacks and extra shoes against the walls in designated classrooms to keep the hallways clear in case of an emergency.
- 4) Bring labelled water bottles for children (due to allergies, please save snacks for the drive home).
- 5) Remind children to be respectful of the leaders and listen to the instructions being given. It is a more enjoyable experience when everyone listens!
- 6) Take everyone to the washroom before signing them in to their appropriate classes.