RUNNING ON EMPTY

Healthy Parents. Healthy Homes.

Want to learn more? See what the event is all about!

Mental Resilience with Molly Hildebrandt

Running on empty? Snapping at the people you love most? This is not a parenting class. It's four evenings for YOU, with real tools to dissolve the stress, triggers, and burnout that follow you home.

WHEN: Tuesdays – Oct. 13, Oct. 20, Nov. 3 & Nov. 10
Dinner: 5:00-5:30 pm. Program: 5:30-7:00pm

WHERE: Hyde Family Community Center, Door 11, 545 Monroe St., Oshkosh

COST: Free! Dinner, childcare, a free 1:1 coaching session for every family that attends the full series, and a chance to win the *Uniquely You: Unlocking the Power of Your Uniqueness Masterclass* at every session.

REGISTRATION: Email Danielle Bittelman at danielleb@bgcosh.org.

BOYS & GIRLS CLUB OF OSHKOSH

The Women's Fund
Oshkosh Area Community Foundation
a pattern of giving

Presented by:
Molly Hildebrandt, Speaker & Coach



Learn more about Molly:
www.mollyhildebrandt.com
Instagram
@TheMollyHildebrandt

PARENT WELLNESS SERIES

Hyde Family Community Center | 5:00-7pm

Email danielleb@bgcosh.org to register

10.13

Stay Steady When Others Don't: Communication & Repair

Learn a simple framework for healthy communication that helps you stay in control even when others don't, resolve conflict, and repair relationships with your kids, your partner, and everyone in between.

10.20

Unmasking Uniqueness: The Key to Connection

Discover the 3 parts of your uniqueness and your child's. Learn why the people you love most can want the same thing and still clash, and how seeing their WHY changes everything. Includes the free uniqueness quiz.

11.3

Dissolve the Distractions: Triggers & Depression

Name the hidden patterns pulling you away from being healthy and whole. Learn why you snap over small things or feel flat and empty for no clear reason, and get tools to begin dissolving both.

11.10

Heal From Within: Anxiety & Burnout

Rest doesn't refill your tank - it only slows the drain. Learn where real energy comes from and get tools to begin dissolving burnout and anxiety from the inside out, for you and your family's future.

For parents, grandparents, + caregivers of any kind

Presented by: molly hildebrandt — EMPOWERING LEADERS & PARENTS — SPEAKER · COACH · CONSULTANT

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