



THE MOMCO



2026 – 2027

Welcome

TO MOMCO 2026-27 AT PARK CITIES BAPTIST CHURCH!

Welcome to MomCo at PCBC!

The leadership team is excited to welcome you this year as we all strive to raise our children to love and trust Jesus as their Lord and Savior. We look forward to a fun year of community, encouragement and mentorship from our incredible speakers and Mentor Moms!

Our first meeting of the year is Monday, August 31. The calendar of all our meeting dates and speakers are included in this packet for your reference.

MomCo Meeting Format:

9:00 – 9:30 a.m.	Childcare Drop Off
9:15 – 9:30 a.m.	Brunch
9:30 – 9:45 a.m.	Announcements
9:45 – 10:45 a.m.	Speaker + Q&A
10:45 – 11:30 a.m.	Small Group Discussion



We will meet on the 3rd floor of the Great Hall Building at PCBC. We recommend parking on the first level of the underground parking garage and riding the elevator up to the first floor to check in. There will be greeters and signs ready to welcome you and help you find your way to the kiosks for sign-in. After you have signed in, labels will be printed for you and your child/children, along with their classroom number. You have been assigned to a small group and will be contacted by your table leader prior to our first meeting! Your leader will answer any questions you may have, and is excited to welcome you to MomCo this year!

We have been praying for you and are looking forward to seeing you at our first meeting to kick-off a fabulous year! Please do not hesitate to contact either of us if you have any questions at all!

Sincerely,

Michaela Jones & Rebecca Moulton

**“The steadfast love of the Lord never ceases; his mercies never come to an end;
they are new every morning; great is your faithfulness.”**

– Lamentations 3:22-23



THE MOMCO

LEADERSHIP TEAM

MomCo Coordinator	<i>Michaela Jones</i>	mtennison24@gmail.com
MomCo Coordinator	<i>Rebecca Moulton</i>	moulton.rebecca13@gmail.com
Speaker Coordinator	<i>Chandler Maxwell</i>	Chandlermaxwell93@gmail.com
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Welcome Lead	<i>Beth McMillan</i>	bethmcmillan73@gmail.com
Giveaway Chair	<i>Lauren Clayton</i>	aurenwclayton@gmail.com
Giveaway Chair	<i>Paige Terrell</i>	pestephens14@gmail.com
Marketing Lead	<i>Gina Zincone</i>	ginazincone@gmail.com
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Creative Lead	<i>Kathryn Norman</i>	kathryn.guerra2020@gmail.com
Creative Lead	<i>Megan Brown</i>	meganmward1@hotmail.com



THE MOMCO

TABLE LEADERS

Table Color	Table Leader	Email
Red	<i>Taylor Parks</i>	taylor.lorree@gmail.com
Orange	<i>Shelby Stannard</i>	shelbyrstannard@gmail.com
Yellow	<i>Whitney Bartle</i>	whitneycbartle@gmail.com
Blue	<i>Banner Hamm</i>	bannerhamm@gmail.com
Purple	<i>Rebecca Moulton</i>	moulton.rebecca13@gmail.com
Pink	<i>Avery Bash</i>	averycamillewalker@gmail.com

MENTOR MOMS

Table Color	Name	Email
Red	<i>Melinda Dickerson</i>	jfdhome@sbcglobal.net
Orange	<i>Amy Smith</i>	agsmith@sbcglobal.net
Yellow	<i>Jacy Russell</i>	jacyjrussell@gmail.com
Blue	<i>Amy Martin</i>	amylmartin4@gmail.com
Purple	<i>Lisa Briggs</i>	lisabriggs82@gmail.com
Pink	<i>Janna Shuford</i>	jannashuford@gmail.com



MOMCO KIDS INFORMATION

Dear Moms,

We are so excited for your child/children to be joining MomCo Kids! The goal of MomCo Kids is to help your children learn about God through His Word. It is a great place to make friends and have a lot of fun! Your child will be assigned to a classroom based on their birthday, so they will be with other kids their age. Their teachers are professional childcare workers who have special lessons planned each week to help them learn more about God! Below are a few reminders to help your children have the best experience possible!

- Please try to drop-off on time. We understand that this is not always possible, but the closer we stay to the scheduled drop-off time the easier it is for your child and the other kids in the room to start having fun! Drop-off is from 9:00-9:30 a.m.
- When you drop-off and pick-up your children, please knock on the door and wait for the teacher to greet you. Please do not go into the classroom, this keeps everyone safe and minimizes disruptions for other children.
- Please fill out an instruction card (located outside of each classroom) and give it to the teacher when you drop your child off. You can put your cell phone number and any helpful instructions for the morning.
- It is easier for both the children and the teacher if you leave quickly with a kiss and a hug. The teacher will find you if your children need you.
- Please keep your children at home if they are not feeling well or have a runny nose, bad cough, rash, skin infection, communicable disease or have a bad fever, diarrhea or vomiting within the past 24 hours.
- Please clearly label everything that belongs to your child. This helps the teachers keep track of everything for all children.
- Please bring enough disposable diapers for the morning (no cloth diapers in the nursery, please).
- Please pack an extra change of clothes in case of an accident.
- There are many toys to play with in each classroom. Please leave special toys at home so they do not accidentally get lost.
- If your child is an infant, please bring bottles of milk or formula so the teachers can feed your baby while you are away. You are also welcome to nurse your child in our private nursing room (the teachers can show you where this is located.)
- Please do not pack a lunch, the children will be provided a snack and water in the morning.
- Please tell the teachers if your child has a serious allergy or feeding problem. Please also list it on the sign-in card.

Thank you for bringing your children to MomCo Kids! They will be well loved and taken care of!

PCBC MomCo Leadership

MOMCO

SPEAKER SCHEDULE

2026 – 2027

AUGUST 31

Wonderfully Made Nutrition

KRISTIN WILLIAMS, RDN, LD, CEDS

Kristin Williams is a Registered Dietitian and Certified Eating Disorder Specialist with a Christ-centered private practice in Dallas. Kristin has a passion for helping women to make peace with food and their bodies from a faith-based lens. She is the author of *Unworthy Weight: Reclaiming Your Worth from a Number on the Scale* and *Finding True Identity in Christ* and she is the Founder of In His Image, which is an annual body image conference for teen girls and women. Kristin and her husband Jay live south of Dallas and have 3 small kids: Kipton (8), Kennedy (6) and Kallum (4).

SEPTEMBER 14

Hormones and PPD

**CRISTINA SEVADJIAN, PH.D., ANGIE BUJA MA, LPC-S,
PSYCHOLOGIST SPARROW HOUSE COUNSELING**

Dr. Sevadjian has a PhD in Psychology from Texas Woman's University. Her experience with children & adolescents includes chronic medical conditions, disruptive behaviors, anxiety, depression, ADHD, accidental trauma, grief, and adjustment to difficult life situations. Additionally, Dr. Sevadjian provides assessment services for learning disability identification, attention issues, and school neuropsychological evaluations. Angie has a Masters in Biblical Counseling from Dallas Theological Seminary. She specializes in anxiety, family and marriage dynamics and addiction, with an emphasis on eating disorders, substance abuse and the family component of the disease. Angie also provides assessments to either the individual or the family to help determine next steps for those struggling with eating disorders and substance abuse.

SEPTEMBER 28

Marriage

ANN KEY, MA, LPC-S

Ann Key received her Masters degree in Biblical Counseling from Dallas Theological Seminary in 1998. She completed her undergraduate work at Texas Christian University. She is a Licensed Professional Counselor and Board Approved Supervisor. She is also EMDR certified. Ann joined Nikao Counseling Center in August of 2005, where she devotes the largest share of her time and passion engaged in restoring marriages specifically those affected by sexual sin, infidelity and pornography. She is currently pursuing certification through The Association of Partners of Sex Addicts Trauma Specialists (APSATS) to become a Clinical

MOMCO

SPEAKER SCHEDULE

2026 – 2027

Partner Specialist. Ann also works with adults and couples dealing with depression, anxiety, bipolar, OCD, relational and marital issues, divorce issues, codependency, postpartum issues, parenting issues, grief and loss, and self-esteem.

She also has experience helping individuals understand narcissism and how to navigate difficult relationships. Ann is trained in EMDR and uses this technique to help clients move through trauma. Ann applies a combination of cognitive-behavioral and rational-emotive techniques to therapy. She believes that understanding and knowing the truth about God and of who we are before Him can help us change self-defeating beliefs and behaviors. These changes allow us to relate to God, others

and ourselves in a healthy and loving way. She explores the impact of family of origin issues in order to help us understand and change what we believe so that we can lead more healthy lives. She uses attachment-based interventions with couples so that they can grow in secure and satisfying connection in their relationships.

Ann began her career at the Counseling Center at Southern Methodist University. She worked at the The Minirth Clinic and as a therapist with The Minirth Christian Program at Green Oaks Psychiatric Hospital for four years. She then moved to Bent Tree Counseling Center where she worked until joining Nikao Counseling.

Ann has been married for 29 years to her husband, Stephen, and they have three children: Caleb 24 who is engaged and working in Newport Beach, CA, Jonah 22 who is living and working in Dallas, and her daughter, Hayden who is a freshman at San Diego State University. They are members of Watermark Community Church.

OCTOBER 19

Renewed Motherhood

GRACE THWEATT

Grace Thweatt, mom to two, founded Renewed Motherhood with a heart for bringing relevant and encouraging content to moms in the little years. Seeing a gap in quality Christian content for moms with littles, Grace brought her passion for biblical study and her compassion for other moms to Renewed Motherhood. Grace hopes the content she writes for the ministry helps moms connect their faith to their everyday moments and grow closer to God in what can be such a challenging season.

MOMCO

SPEAKER SCHEDULE

2026 – 2027

NOVEMBER 9

Etiquette by Emily

EMILY SMITH

Emily Smith has a life long love and appreciation for the elegance of social politeness. In her adolescent years, she was a student in classes that taught etiquette and good manners, later becoming a Cotillion apprentice in Burlington, NC. In 2021, Emily made her debut as a Shelby Debutante, formally entering her young adult years in Knoxville, TN and Raleigh, NC. A move from North Carolina to Texas happened in 2012 and Emily has called Dallas home ever since, establishing Etiquette by Emily in University Park, TX in 2024. Emily has loved teaching children of all ages the art of good manners and hopes to see kindness and character spread throughout schools, homes, and families. With a deep love for her community and desire to show kindness to those around her, Emily is a proud member of One Hundred Shares, Dallas CASA, Bible Study Fellowship and Dallas Symphony Orchestra League. She is married to Preston and they have two young children, Annie & Bennett.

NOVEMBER 30

Keeping your home in order

SARAH HALL

Sarah is originally from Louisiana and moved to Dallas after graduating from Louisiana Tech University, where she met her husband, Allon. They have two sons and live in the Lake Highlands community of Dallas.

While organizing was a hobby, her career of over fifteen years was in corporate and nonprofit finance and accounting. It was her husband who encouraged her to really consider looking into organizing as a job. In 2019, after a lot of prayer and support from friends and family, Sarah started Cultivating Order, a residential organizing business in the Dallas area. She and her team organize everything from small closets to entire homes. The company's mission is to help others by bringing order to their homes.

DECEMBER 14

Holiday Survival Guide

MENTOR MOM PANEL

MOMCO

SPEAKER SCHEDULE

2026 – 2027

JANUARY 11

Childhood Development

BETHANY MOSS, LPC-S, RPT-S

Bethany Moss is a Licensed Professional Counselor, and Registered Play Therapist based in Dallas, Texas. She specializes in helping children, teens, and adults navigate anxiety, trauma, and emotional wellness through a holistic approach that integrates the latest understanding of the brain, nervous system, and relationships. Bethany is passionate about equipping parents with practical tools to support their children's emotional development and believes that growth and healing are possible at every stage of life. She also enjoys writing, serving in her church, and helping bridge the gap between faith and mental health.

JANUARY 25

Pregnancy and Post Partum Recovery

COURTNEY WARNER

Courtney Warner is a Doctor of Physical Therapy with Outsider Physical Therapy here in Dallas, who specializes in helping women navigate pregnancy, postpartum recovery, and a return to the activities they love. As a pregnancy and postpartum-certified physical therapist and a mom herself, Courtney understands firsthand the physical and emotional changes that come with motherhood.

She is passionate about helping moms reconnect with their bodies, build strength and confidence, and feel good again without fear, pain, or uncertainty. Courtney believes every mom deserves support, education, and practical tools to thrive—not just survive. She enjoys creating a welcoming environment where moms of all fitness levels can learn, connect, and discover that caring for themselves is an important part of caring for their families. This led her to start a free mommy & me exercise class at PCBC to encourage moms to prioritize their healing alongside other moms.

FEBRUARY 8

The Importance of marriage and family

EMMYLOU ALLEN

EmmyLou is from Red Oak, Texas. She attended Texas Christian University. She and her husband, Rob live in North Dallas with their three children. EmmyLou is a certified lactation specialist. She leads the first time mom's program at Watermark Community Church called SquareOne.

MOMCO

SPEAKER SCHEDULE

2026 – 2027

FEBRUARY 22

Crazy Cool Family

DON AND SUZANNE MANNING

Meet Don & Suzanne Manning. 30+ years of parenting experience, 7 kids of all ages. Don is a business owner/investor, CFO of a real estate company and serves on the elder board of Valley Creek Church, a church he and Suzanne helped start over 30 years ago. He loves being a husband and father and loves exercise and outdoor activities. Suzanne has invested her time as a teacher, wife, mom, homemaker, mentor, girl's minister, speaker, writer, and most importantly an encourager to everyone she meets. Their seven children range from 33 to 17. In order, four girls – Mollie, Madeline, Macy, and McKenzie – and three boys – Michael, Maddox and McCade. They have stopped having kids of their own but now with four daughters married, they get to enjoy six grandchildren as well. And more to come!

MARCH 8

The Theology of Motherhood: Spirit, Soul, Mind, and Body.

LENETTE LINDSEY - MINISTER TO WOMEN

Lenette Lindsey is a Bible teacher, women's minister, writer, speaker, and graduate of Dallas Theological Seminary who deeply loves Jesus and people. She is passionate about God's Word and faithfully passing it on to this generation and the next. She loves encouraging women and equipping them to hold fast to the truth of God's Word.

Lenette and her husband, Joel, love spending time with their three young adult children and daughter-in-law as often as possible. She enjoys traveling the world—particularly to the lands of the Bible—but when a far-off adventure isn't possible, she and Joel love glamping closer to home in their Airstream named Whidbey.

MARCH 22

Raising Resilient Children

MIA MBROH

A licensed professional counselor for over 25 years, Mia is a certified parent educator and a trained facilitator for the Anti-Defamation League. Mia facilitates healthy conversations in regard to the topics of relational health, mental and emotional wellness, diversity, faith, awareness, and self-improvement.

Mia holds a Master of Arts in Counseling Psychology and a Bachelor of Science in Family Psychology with a minor in Education and Communication. She is also a published author and has recently written "A Sticky Story" - a children's book about navigating emotions and feelings when hard things happen. In response to a world that has brought anxiety and grief to the forefront, this book was created as a tool to evoke life-giving conversations with a young audience.

MOMCO

SPEAKER SCHEDULE

2026 – 2027

APRIL 12

Child Development/Teaching Scripture

**STACEY DAVIS, PHD. BIO ASSOCIATE PROFESSOR OF
EDUCATIONAL MINISTRIES AND LEADERSHIP DALLAS
THEOLOGICAL SEMINARY**

Dr. Davis's passion is helping others discover their gifts and talents for works of service which the Lord Jesus Christ planned for them. Before joining the faculty of Dallas Theological Seminary in 2020, her vocational ministry experience included children's ministry positions at Saddleback Church, Willowcreek Community Church, and administrative positions at Mariners Church. She holds a PhD in Educational Studies from Talbot School of Theology, and her research interests include children's spirituality, the teaching and learning process, and ministry effectiveness. She is thankful for the opportunity to serve the students at Dallas Theological Seminary and prays Numbers 6:24-25 for herself and her students: May the Lord bless you and protect you. May the Lord smile on you and be gracious to you. May the Lord show you His favor and give you His peace.

APRIL 26

Discipline

MARTHA CANUTESON

Martha Canuteson is the wife of Josh and mom to two fun junior high kids. For the past 10 years, she has had the privilege of serving in moms ministry, where the Lord has faithfully stretched and grown her—sometimes by gently leading her and sometimes by dragging her kicking and screaming into new opportunities that have flourished into knowing and trusting the Lord more deeply. Martha is passionate about relationships, encouraging others, and finding joy in the simple, everyday moments of life. In her free time she loves being outdoors, enjoys her granny hobbies like tending flower beds, bird watching, and crafting, and thrives when she's surrounded by people.

MAY 14

End of Year Party

9:30-11:00 A.M.

MOMCO SPECIAL EVENTS

2026 – 2027

In addition to our meetings, we plan to have social and service events.

These events will be announced at the meeting and posted to our PCBC MomCo Instagram page (@pcbcmomco).

SEPTEMBER 21

**Story Time at the PCBC
Indoor Playground**

9:30 – 11:30 A.M.

OCTOBER 18

PCBC Fall Fest

4:00 – 6:00 A.M.

JANUARY 22

Toy and Clothing Swap

9:30 – 11:00 A.M.

FEBRUARY 12

Galentine's Cards

9:30 – 11:00 A.M.

MARCH 15

**Story Time at the PCBC
Indoor Playground**

9:30 – 11:30 A.M.

MARCH 20

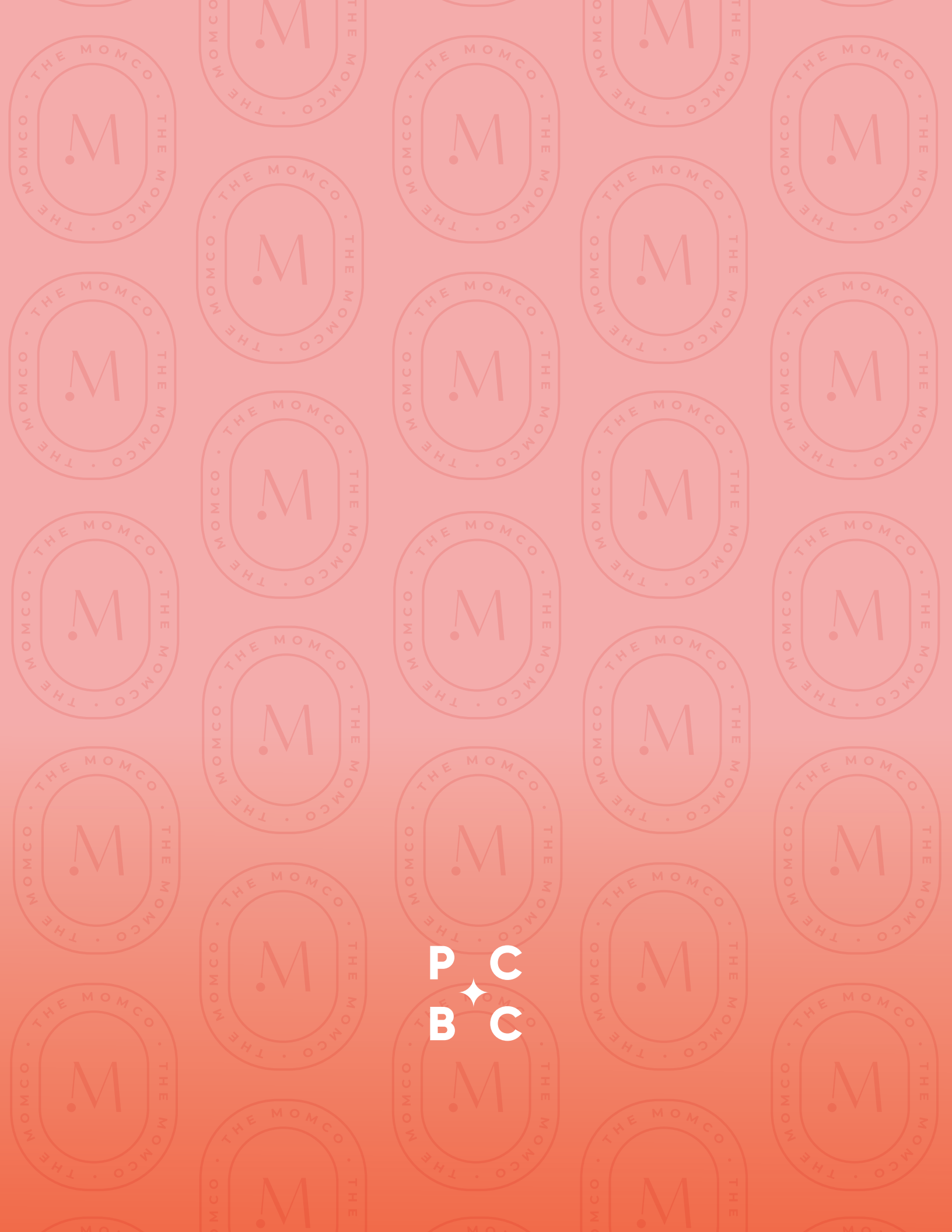
**Family Easter Egg Hunt
on the Front Lawn**

10:00 – 11:30 A.M.

MAY 14

**End of Year Party and Popsiles
@ Coffee Park**

9:30 – 11:30 A.M.



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