

PMS NIGHT

Ideas for an outreach event or program that you can create and expand.

Potluck/ Movie/ Sharing

The Salvation Army High Point Church Victoria, BC

Can be hosted in someone's home or at the Corps. Everyone brings something for the potluck and once everyone is gathered turn on movie. Following the movie have an informal discussion about the movie that is Holy Spirit led. A great way to build a bridge between friends and unchurched ladies.

Popcorn/ Movie/ Snacks

Simply a time of fun, fellowship and snacks to encourage and grow friendships

Pamper Me Seriously

Set out snacks, especially chocolate, for your guests. Place stations around the room for the women to paint their nails. Purchase hand lotions in relaxing scents for the women to try.

