

Do I need MOPS?

Symptoms

- Stand & Rock even if you don't have a baby in your arms?
- Write your grocery list in crayon?
- Forget where your child is when you are actually holding him/her?
- Say "bye-bye" to everyone?

Diagnosis

Mother of Preschooler! (MOPS)

Rx

Attend a MOPS meeting every other week
Relief is usually instant!

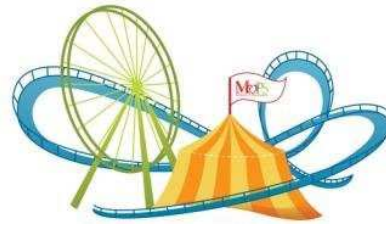
The Story of MOPS

Eight women. The number was small, but the need was great. The first MOPS meeting took place in Feb. 1973 in Wheat Ridge, Colorado.

For 2 hours, while their children received care, these mothers talked, laughed, ate, had a craft, and ended with a short devotional. In this humble beginning, the seeds of the MOPS concept and format were planted. Through friendship, creative outlets, and instruction, the women began to understand that "mothering matters."

Today, the same needs for significance are met in much the same way in MOPS groups across the US and around the world.

Facing the Ups and Downs of Motherhood Together!



We Know That Every Mom Needs:

Identity * Growth * Relationship
Help * Perspective * Hope

"What MOPS has provided for me . . . is a welcome break, a chance to make new friends; the opportunity to know I'm not the only mom who goes through struggles & joys of raising your children..."

Meeting at:

Sacred Heart Church
1614 Farrelly Street
Enumclaw, WA 98022
(360) 825-2333
www.orgsites.com/wa/shmops

For more info contact
2008/2009 coordinator
Jackie @ 253.631.7094

Join the Adventure!



ADVENTURES
IN MOTHERING

Get Connected... with MOPS!

You're invited to join the
Sacred Heart MOPS
(Mothers of Preschoolers)

Because Better Moms
Make a Better World



What is MOPS?

MOPS stands for Mothers of Preschoolers, a program designed to nurture mothers of children from pregnancy thru age 6. MOPS is a non-denominational Christian organization meeting in churches across the world. The group is fun-lots of laughing and full of creative activities, interesting guest speakers and support from other moms like you as well as mentor moms, moms who have survived the preschool years (yes, we will survive).

While you are in the meeting time with other moms, your children will be well cared for in our MOPPETS program. This program provides care for children from infancy thru age 6. The children are divided in age groups and are involved in planned activities as well as free play. We have fabulous workers who will love and care for your child while you relax and care for yourself. The MOPPETS workers provide physical, social, and creative activities as well as spiritual growth time.

Meeting Information

When

Meetings are held every other Mondays throughout the school year.

2008/2009 meeting dates

Sept 15 th , 29 th	Feb 9 th
Oct 13 th , 27 th	March 2 nd , 16 th
Nov 17 th	April 6 th , 20 th
Dec 1 st , 15 th	May 4 th , 18 th
Jan 12 th , 26 th	June 1 st

Time

9:30 – 11:30am

Where

Parish Hall at Sacred Heart Church
1614 Farrelly Street
Enumclaw, WA 98022



How Do I Join?

Fill out Registration form and return it to Sacred Heart Church.

Registration: \$35

1st Semester dues (Sept – Jan) \$45

2nd Semester dues (Feb – June) \$40

pay full dues (Sept – June) \$75

or pay per meeting \$5

Scholarship funds are available

Registration includes:

- MOPPETS program for your children (up to 2 children; \$1 for each additional child)
- Crafts, guest speakers & other activities
- 1 year MOPS International membership, which includes MomSense Magazine & other, Fun items throughout the year.

Questions?

Contact Jackie Morgan, MOPS coordinator
253-631-7094 or e-mail
themorganfamily@q.com

MOPS Registration form

Name: _____ Address: _____ City: _____ Zip: _____

Phone: _____ Cell: _____ E-mail: _____ Birthday: _____

Children attending MOPPETS: _____ Name: _____ M/F Birthday: _____ M/F Birthday: _____

Name: _____ M/F Birthday: _____ Name: _____ M/F Birthday: _____

How did you hear about MOPS?
____ friend/family _____ Church _____ MOPS.org _____ Other (_____)

May we list your information on the group roster to be distributed only to group members and not for solicitation? Yes ___ No ___

I need financial assistance

I would like to help sponsor another mom \$ _____