



WHAT IS MOPS?

MOPS stands for **Mothers of Preschoolers**, a program designed to nurture mothers with children from infancy through kindergarten.

MOPS meets moms where they are, and offers instruction and support in a relaxed atmosphere of caring, sharing, and fun!

Our Northside MOPS group is chartered with MOPS International, Inc. This non-denominational organization helps us to nurture every mother by meeting her distinct needs.

WHAT GOES ON AT MOPS?

Fellowship.
A time to catch up with each other.

Breakfast.
Must have food!

Speakers.
Share insight and ideas.

Small Groups.
True friends to relate and share life with.

Crafts.
An occasional fun easy project, even for the least crafty of us.

WHEN DOES MOPS MEET?

9:00-11:00, 2nd and 4th Thursday of each month. Childcare drop-off at 8:45

WHERE DOES MOPS MEET?

Northside Christian Church - NYC Auditorium Room 109

WHAT DOES MOPS COST?

\$23.95 MOPS International Membership Registration fee (paid once per year; scholarships available). There is also a fee per meeting for childcare (\$2 per child, \$5 max for more than two children).

MEETING DATES 2009/2010:

September 10	February 11
September 24	February 25
October 8	March 11
October 22	March 25
November 12	April 8
December 10	May 13
January 14	May 27
January 28	

QUESTIONS? GIVE US A CALL!

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MEETING TOPICS

Dealing with Anger and Stress
Exploring your child's love language
Parenting and Discipline
Photography Tips and Tricks
Home Organization
Physical Fitness
Marriage and Relationships
Nutrition
Women's Health
Meal Planning
Birthday Party Planning

