

## MOPS (MOTHERS OF PRESCHOOLERS)/MOMS NEXT (SCHOOL-AGED)

Are you a mom looking for a connection with other moms? MOPS is for mothers of children from pregnancy through kindergarten and MOMS Next is for mothers of school-aged children. The group is an opportunity to connect with one another and gain support through a non-denominational, faith-centered experience. Moms at every stage of their spiritual or life journey are welcome. We meet the second Thursday of each month (September-May) from 9:00-11:00 am at University Lutheran Church (2122 University Ave).

### IS MOPS FOR YOU?



#### HERE ARE THE BASIC ELEMENTS OF EVERY GROUP:

- ❖ A welcoming and open environment
- ❖ Mentoring and leadership development opportunities
- ❖ Time for creative activities
- ❖ Valuable take away teachings and lessons
- ❖ And best of all... childcare

#### WHAT TO EXPECT

A MOPS/MOMS Next meeting includes practical teaching through speakers, demonstrations and videos. Plus, there's food... food you can eat uninterrupted and without sharing with your kids! But more important, you'll get to have honest conversations with other moms who understand the joys and challenges of motherhood.

#### WHO CAN COME?

We've all been placed in this time and place in history, as the tribe of women who are raising the world. We know we mother better together, so all moms are welcome at MOPS/MOMS Next. From the time you get pregnant to when your kiddo is in Kindergarten MOPS is a home for you. As your children enter school, a whole new set of experiences unfold and the discussion of MOMS Next becomes relevant to you.

#### FOR THE KIDS

The MOPS Kids program is a preschool-style experience your kiddos will love.

#### HOW TO REGISTER

To register for the 2017-2018 MOPS group at University Lutheran, you will need to become a MOPS member. MOPS Membership is just \$92 for the entire year or \$82 without childcare. Scholarships are available for those in need. Still not sure, come join us at a meeting before registering.

#### QUESTIONS?

Contact the church office at (701)775-4745 or visit the Facebook site Grand Forks, ND MOPS: Mornings at University Lutheran.



MOPS.ORG