

Is MOPS for Me?

- ⊙ If you are pregnant or have a child ages birth through 6 years ...
- ⊙ If you are a mom who enjoys making new friends ...
- ⊙ If you are a mom who wants to share the joys and challenges of motherhood ...
- ⊙ If you just need a break ...

... then, it's time to join
MOPS of Riverchase Community
Church!

(Are your kids over age 6? There's still a spot for you in our group as a Mentor-Mom!)



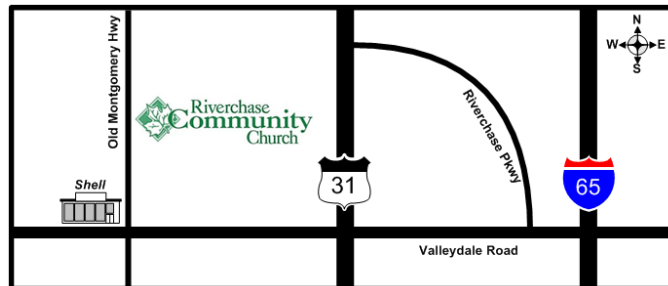
MOPS of Riverchase Community Church meets at Riverchase Community Church on the **2nd & 4th Tuesday evenings** of each month (Sept. through May) **6:30-8:30 pm.**

The annual registration fee is \$35. This includes membership to MOPS International (including a theme-related book, a 1- year subscription to MomSense Magazine, & other great mom resources), all meeting materials, and speaker fees. **Childcare is provided with a reservation (suggested donation \$1 per child).**

For more information, contact:

Patricia Linehan, Coordinator
824-4459
Prlinehan@hotmail.com

Directions to Riverchase Community
Church:



2053 Old Montgomery Hwy
Birmingham, AL 35244-1677
Phone(205)988-8515
www.riverchase.cc



Mothers of Preschoolers



CHARTERED THROUGH



2053 Old Montgomery Hwy
Birmingham, AL 35244-1677

What is MOPS?

MOPS stands for **M**others **O**f **P**re**S**choolers.

MOPS International exists to meet the needs of every mom— urban, suburban, & rural moms, stay-at-home & working moms, single & married moms— moms with different lifestyles who all share a similar desire to be the very best moms that they can be!

MOPS recognizes that the years from birth through kindergarten are foundational in a mother-child relationship & are filled with unique needs. MOPS groups meet regularly to celebrate the joys of motherhood and to encourage each other through the challenges.

MOPS offers moms the opportunity to share concerns, explore areas of creativity and hear information on topics that equip them for the responsibilities of family & community, and nurture their faith in Christ.

Want to learn more? Visit www.mops.org



MOPS gives moms time to...

Relax

Socialize

Laugh

Take a break

Learn

Find support as a mother

Nurture and develop non-mom roles (wife, friend, woman, etc)

Build friendships

Why Join MOPS of Riverchase Community?

Every mom wants freedom, balance, perspective, & rest. MOPS provides a welcomed break, a chance to make new friends, and the opportunity to know that you are not the only mom who goes through the struggles and joys of raising young children.

MOPS of Riverchase Community Church offers other opportunities throughout the month for moms to connect with playgroups, book club, & a babysitting co-op.

About our meetings:

2nd Tuesday: A more traditional meeting that may include guest speakers, demonstrations, &/or crafts.

4th Tuesday: A more laid-back meeting that may include activities such as a spa treatments, games, movies, & more.

We ♥ MOPS and hope you do too, but we don't want you to feel pressured to join on your first visit. Because of that, we encourage you to attend **2** meetings for free. After that, if you decide you want to join, we ask that you pay the annual MOPS membership dues of \$35. It's as simple as that!

Visit our site at:

<http://groups.yahoo.com/group/MOPSofRiverchaseCommunity/>