



East Wenatchee M.O.P.S first meeting will be on
Wednesday September 14th, 2011 from 9 AM – 11 AM
At Faith Lutheran Church, 171 Eastmont Ave, East Wenatchee

MOPS is a place to find friendship, community, resources and support for you as a woman and mother so you're not alone. Moms have found community through MOPS for almost 40 years - we're your mothering authority. MOPS holds and shares the collected wisdom of mothers and experts (usually one and the same!); add your voice to the conversation!

The MOPS program is built on several foundational principles:

- **Community:** MOPS provides an open, caring, and accepting atmosphere where women can come together to share this important season of life.
- **Mentoring:** Mature women listen, encourage, and offer information and perspectives gained through experience.
- **Practical Instruction:** Teaching focuses on areas of common interest, offering inspiration and information that is relevant to the life of a mother.
- **Leadership Development:** MOPS groups are organized and run by mothers of preschoolers, as well as for mothers of preschoolers. Women who are involved in MOPS gain confidence in their leadership skills through the training and experience they receive from MOPS.

The above principles can be carried out through different aspects of a MOPS group:

- **Discussion:** The intimate and accepting atmosphere of a small group offers moms a chance to share their successes, failures, questions, and concerns. It is during these times that a mom realizes that she is not alone, and lifelong friendships are formed.
- **Teaching:** Topics presented at MOPS meetings celebrate motherhood and meet a mom's unique needs during this season of life.
- **Creative Activities:** Through creative projects and presentations, women are encouraged to experience the sense of accomplishment that comes with trying and finishing new things.
- **MOPPETS:** During most MOPS meetings, children are cared for in a program called MOPPETS, where they experience love in a preschool-like setting.

We hope that you'll join us! Contact faithlc@nwi.net or 884-7623 for more information.



2011 – 2012 MOPS Registration at Faith Lutheran Church

Name: _____

Street Address: _____

City: _____ Birth Date: _____

Home Phone: _____ Cell Phone: _____

Email Address: _____

Husband' Name: _____

Do you attend a church? _____ If yes, where? _____

How did you hear about MOPS? _____

Children's Names	Birthdates	Potty-Trained?	Food Allergies?
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Other important information regarding child care: _____

To secure your space, please email your completed form to faithlc@nwi.net.

Our first meeting will be held on Wednesday, September 14th from 9-11AM at Faith Lutheran Church, 171 Eastmont Ave, East Wenatchee. A registration fee of \$23.95 will be collected at this meeting.

Each meeting will be \$5.00 which helps pay for our MOPPETS care, crafts, and speakers. Scholarships are available.

Please contact faithlc@nwi.net or call 884-7623 if you have any further questions.