

Mothers of Preschoolers



The preschool years are critical in the development of children. They are also a busy and often stressful time for families. MOPS (Mothers of Preschoolers) is a worldwide Christian non-profit organization which seeks to meet the needs of mothers with children from infancy through kindergarten. MOPS groups are sponsored by local churches and provide a place for moms to come together to share our joys and challenges, provide mutual support, and discover our God-given potential.

Each meeting will start with coffee, tea, and snacks, followed by a speaker who will share her ideas on a topic related to raising children and maintaining a healthy marriage and family. After the talk we will have a small group discussion that creates an intimate and accepting atmosphere where moms can share their successes, failures, questions, and concerns. It is during these times that lifelong friendships are formed and a mom realizes she is not alone. Some meetings will include a creative project or presentation where women are encouraged to experience the satisfaction which comes with trying and finishing a new activity.

Invite a friend and join us for an afternoon of fun, friendship, and learning!

WHERE: Lucas Valley Community Church and Marin Formative Christian Preschool
2000 Las Gallinas Ave.
San Rafael, CA 94903

WHEN: 2nd and 4th Thursday of each month from 4pm until 5:30pm beginning **October 8th**

COST: MOPS International Membership fees are \$23.95 per mom per year. Scholarships and discounts are available. The membership fee includes a one-year subscription to *MomSense* magazine as well as weekly Mom-E-Mail messages.

FOR MORE INFORMATION CONTACT: Sara Frack at fracks@earthlink.net or 415-892-7378

FREE CHILDCARE IS PROVIDED!

