

# What does teen MOPS have for me?

- 🌀 Make **connections** and find **support** with other **teen moms**
- 🌀 **Fun**, food, and creative **activities** for you, while your **child enjoys** fun and **love** just feet away
- 🌀 **Resources** that will help **you** become a **better mom**

"I joined Teen MOPS when a group started (nearby), and they have been such a support. I look forward to our meetings and all the other teen moms because we have so much in common. It's great to be able to meet at a place and talk about everything!"

-Sarah, teen mom, Aurora, CO

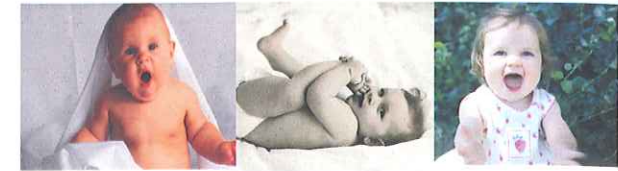


Teen MOPS will meet 2<sup>nd</sup> and 4<sup>th</sup> Wednesdays, 6:30 – 8:30 pm at Westside United Methodist Church, corner of W. Church St. and Foster Ave.

For more information contact the church office @ 733-7033 or Susan Ostrander at [elmirateenmops@yahoo.com](mailto:elmirateenmops@yahoo.com)

Earn five MOPS Bucks (redeemable in our MOPSmart) for attending your first meeting. Earn five more by bringing another teen mom!

Snacks and childcare provided free!



# Are YOU a teen mom?



# What is MOPS?

MOPS stands for Mothers of Preschoolers, a program designed for mothers with children under school age – infancy through kindergarten. Approximately 3,000 MOPS groups gather throughout the United States, Canada, and numerous other countries to meet the needs of more than 100,000 women each year.

Teen MOPS provides a faith-based, supportive, and nonjudgmental environment where teen mothers can come together with others who are in a similar life situation. Through the relationships formed at Teen MOPS, young moms gain confidence, learn about mothering, and grow personally.

At Teen MOPS girls from different backgrounds but with similar needs and a shared desire to be the best mothers they can be have the opportunity to meet together for **fun, food, and friendship.**

**“Motherhood doesn’t come with a manual, and babies don’t come with a set of directions. So we’re here to say that we’ve been there. We can explain the stages of motherhood...”**

**-Miriam Curl, Teen MOPS Leader,  
Hampton, VA**

## What happens at teen MOPS?

Teen MOPS is led by women past their teen years who can share their love and experience with young moms to provide consistent friendship and encouragement.



All meetings encourage young mothers to share their joys, fears, and frustrations while knowing their children are well taken care of in the MOPPETS program.

Free Supplies include: diapers, baby wipes, baby shampoos etc.

Spend time talking while doing fun, creative activities like:

- ◆ Scrapbooking
- ◆ Fashion and make-up
- ◆ Interviewing skills

Earn MOPS Bucks to spend in our MOPSmart store, baby clothes, nail polish, toiletries and lots of other new items for baby and you! Earning is easy! Receive MOPS Bucks just for attending, bringing other teen moms, and playing games.



If you are a teen who is pregnant or has a child who is six years or younger, its time to join teen MOPS!

There is ***no cost***,  
***Snacks are served***,  
***childcare is provided***

