



## What is MOPS?

Mothers of Pre-Schoolers (MOPS) is an international organisation and began in Townsville with a group of young mothers in 2004. Under the banner of the Combined Churches of Townsville, currently 90 Ladies are registered with MOPS and over 40 regularly attend. Mothers arrive with their children and sign them into the loving care of the MOPPETS program, while the mums can have a cuppa and something to eat with the other mums. The children spend time learning, singing, playing and doing craft activities.

All are welcome to the MOPS program, which typically includes some teaching on an area of common interest, either by an invited guest speaker or a Mentor. There are small discussion groups where each mum is free to share her joys and struggles with other mums who understand her feelings, all whilst having the peace of mind that her children can play with other children in a fun and safe learning environment.

## Why run MOPS?

- To give mums some time to relax and enjoy the company of other mums while her children are in the MOPPETS program
- MOPS understands the unique needs, challenges and joys in this vital season of early mothering and the support that is needed
- At MOPS every mum is welcomed, accepted and challenged to reach her potential and recognise her influence with her family and her world
- A MOPS group is a dynamic, inviting environment where women can come just as they are to build friendships, be encouraged and gain practical parenting strategies.

Would you or one of your friends like to attend MOPS?

Find out more: [www.mops.org.au](http://www.mops.org.au)