

## Come Join MOPS!

*MOPS is for stay-at-home and working moms, teen, single and married moms, moms with different lifestyles who all share a similar desire to be the very best mom they can be!*

### Where?

Canyon View Vineyard Church  
736 24 ½ Road, Grand Junction CO 81505  
Church Phone: (970) 242-7970  
Coordinator, Sarah Kjellerson 970-260-0460

### When?

2<sup>nd</sup> & 4<sup>th</sup> Wednesdays 9:00 am to 11:15 am

- August 27, 2014
- September 10, 2014
- September 24, 2014
- October 22, 2014
- November 12, 2014
- December 10, 2014
- January 14, 2015
- January 28, 2015
- February 11, 2015
- February 25, 2015
- March 11, 2015
- April 8, 2015
- April 22, 2015
- May 13, 2015



**We exist to encourage, equip, and develop EVERY mother to realize her potential as a woman, mother,**

## What is MOPPS?

MOPPS (Mothers of Preschoolers) is a Christ centered ministry that specifically reaches out to mothers of children from infancy through kindergarten. MOPPS believes that the needs of this group of mothers are unique and deserve specific attention. The challenges encountered during this season can be greatly assisted through the coming together of a community of women experiencing the same season of life.



*"I remember the first time I attended MOPPS. I sat in the meeting wanting to cry because I felt love and a sense of being special because I am a mother."*



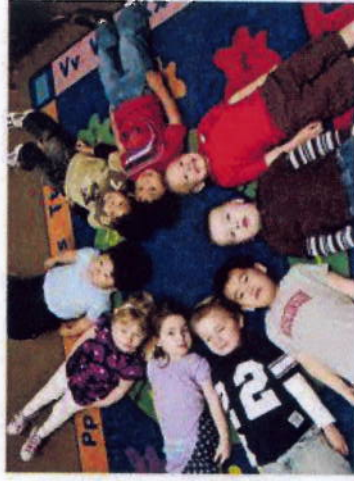
## What is MOPPETS?

MOPPETS is the title of the children's program for MOPS. Loving quality care for children (infant through kindergarten) is provided, while structured activities contribute to the child's developmental needs:

**Social Growth** is facilitated through group play and participation

**Physical and creative development** are stimulated through games, crafts, and exercise.

**Spiritual enrichment** occurs with the modeling of Christian love and the sharing of Biblical principles, stories and songs.



## What to Expect

Every meeting provides moms opportunities for relaxation, learning, meaningful discussion and creativity.

For \$5, each meeting includes:

- Quality Childcare
- Food
- Instruction and encouragement from seasoned mothers.
- From a Biblical perspective, topics revolve around child rearing, marriage, family and the home.
- Opportunity to discuss the topic in a small group setting.
- Craft, activity, or icebreaker game

**and leader in the name of Jesus  
Christ.**

***Better moms make a  
better world.***

# Becoming a Mom

Learn about having a healthy pregnancy and a healthy baby



**This FREE 8-week class is for expectant mothers  
and their partners**

**New sessions begin monthly - day and evening sessions  
available - Call for location and times**

Classes Cover:

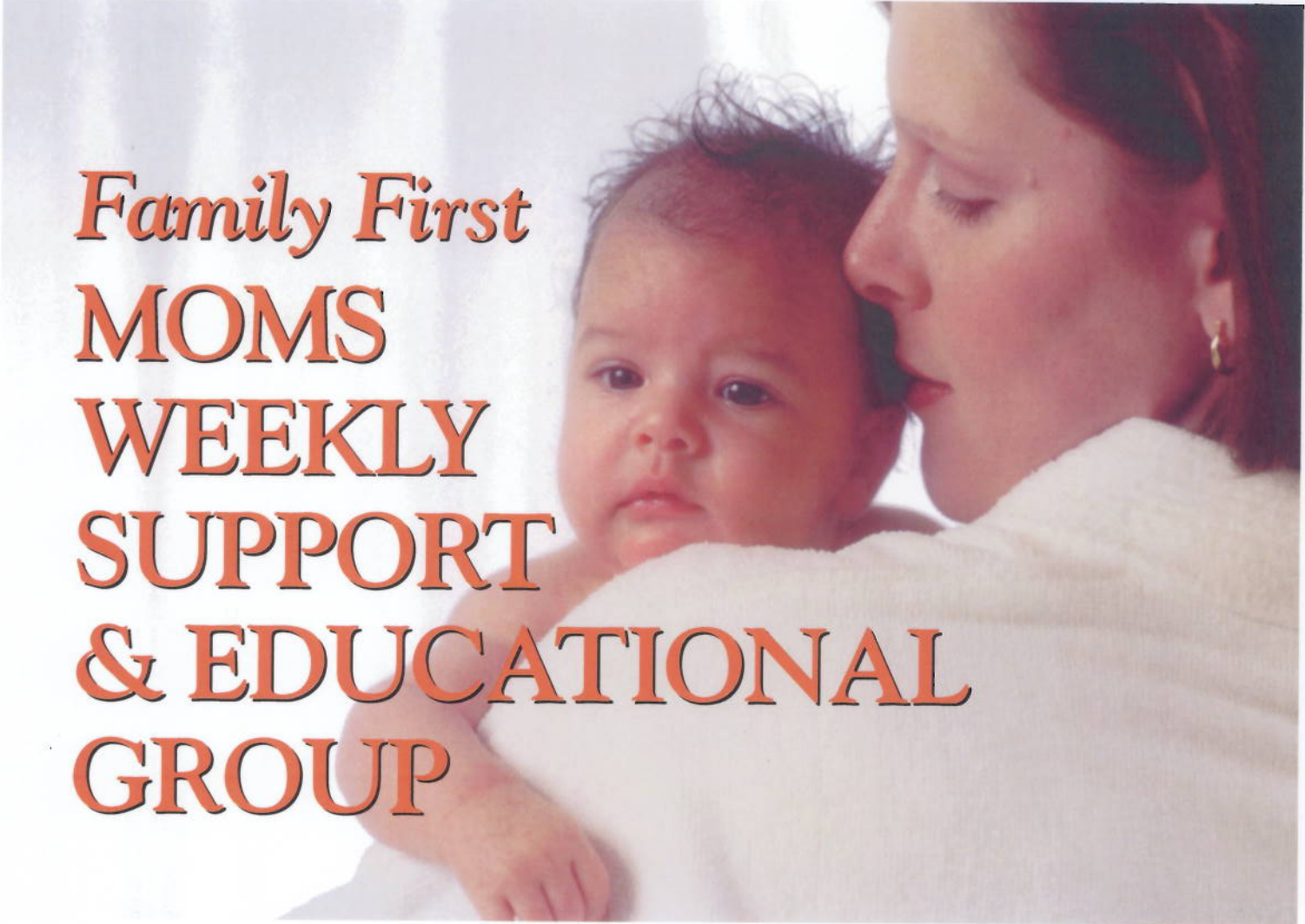
Prenatal Care  Nutrition & Healthy Pregnancies

Labor and Birth  Stress during Pregnancy

Postpartum Care  Community Resources

Incentives and nutritious snacks provided  Child Care is available

**For more information or to sign up  
call Hilltop Family First at 244-0461**



*Family First*  
**MOMS  
WEEKLY  
SUPPORT  
& EDUCATIONAL  
GROUP**

Join Us for Family First's  
Weekly Support & Educational  
Group Just for Moms!

**When: Wednesday Afternoons from 12:00 - 1:30 pm**

**Where: The Workforce Center - 2897 North Avenue  
(East side modulars - across from Play Care)**

**Daycare, transportation, and a light meal provided**

**Call (970)-244-0460**

(Please call before 10:00am Wednesday if you need transportation)

**HILLTOP**  
**Family First** 