



*“MOPS has made me feel that I am not alone.”*

*—Jessica, MOPS mom*

## Get Connected Today!

**Sanford MOPS**  
**Host Church: Saint Luke UMC**  
**Meets the 2<sup>nd</sup> Tuesday of the month**  
**September thru May**  
**9:30AM-11:30AM**

For more information call 718-9176

St. Luke United Methodist Church  
2916 Wicker Street  
Sanford, NC 27330  
919-776-2012

Want to be  
the best  
mom  
possible?



You Are Not Alone!

At MOPS, you'll be **welcomed**, **accepted**  
and **inspired** to reach your full potential  
and recognize your influence within your  
family and the world!



We believe that better moms really do  
make a better world.

MOPS International, Inc.  
2370 S. Trenton Way • Denver, CO 80231  
Phone: 303-733-5353 • [www.MOPS.org](http://www.MOPS.org)  
Email: [info@MOPS.org](mailto:info@MOPS.org)

“Because of MOPS, I am a better mom.”  
—Nicole, MOPS.

If you're a mother of preschoolers...you have your hands full!!!

We know how you feel and we are here to help!

### **MOPS IS A PLACE THAT GETS MOMS**

We understand your unique needs, challenges and joys in this vital season of early mothering. You will be welcomed in our MOPS group just as you are!

At our MOPS group you will have a chance to socialize with other moms, hear some great teaching, have discussion time and participate in creative activities.

### **MEETING TIME**

**Sanford MOPS**

2<sup>nd</sup> Tuesday of each month

9:30 am – 11:30 am

Saint Luke UMC

### **What can you expect at our meetings?**

- An opportunity for friendship with other moms
- Receive encouragement and practical tips for surviving the preschool years
- Exciting speakers on relevant and interesting topics
- Group discussions where moms can express their thoughts and feelings in an accepting environment
- A time to express creativity in a variety of activities
- A break away from your child for a couple of hours
- New life skills to take home with you

### **MEMBERSHIP INFORMATION**

MOPS provides quality mothering resources. As part of your MOPS International Membership, you will receive a one-year subscription to *MomSense* Magazine, weekly Mom-E-Mail messages and other great benefits.

#### **Registration Fee:**

\$24 MOPS International

\$20 Sanford MOPS

Local Fees are for materials for monthly activities at meetings.

**Scholarships are available**

### **CHILD CARE**

During our MOPS meetings, your children will be cared for in a program called MOPPETS, where they experience love in a preschool-like setting.

Donation of \$2 requested for 1<sup>st</sup> child, \$1 for each additional child to provide snacks and refreshments



Better Moms Make A Better World