

What is MOPS?

Mothers take care and develop their children...MOPS helps take care and develop mothers.

MOPS is a program for mothers and their young children from birth to 5 years of age.

MOPS is a caring group which identifies the needs and adventures of mothers of young children and aims to share ideas and offer support.

MOPS offers mothers a chance for 'time out' from their children in order to develop friendships as well as providing a time of teaching and discussion on topics relating to being a woman, marriage, relationships, parenting and survival!!

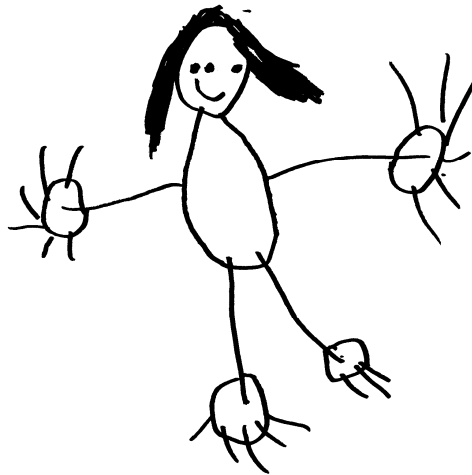
MOPS meets once a fortnight during school terms. A MOPS morning will usually include morning tea, time for a chat with other mums, creative activities, a speaker and discussion time.

What is MOPPETS?

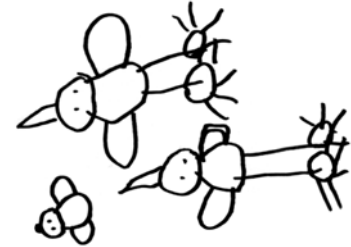
While mum attends MOPS, the children are cared for in MOPPETS, a program that offers a loving, learning environment for children from birth to school age.

For children aged 1½ to 5 the morning includes creative play, singing, craft, morning tea and outdoor play. Babies (0-18months) are cared for in a loving nursery setting.

NB: If your child/ren is at kindy or childcare that day you are still welcome to come along without your child/ren.



Is there a cost?



MOPS is \$6 per session, which includes morning tea and craft supplies.

MOPPETS is free of charge.

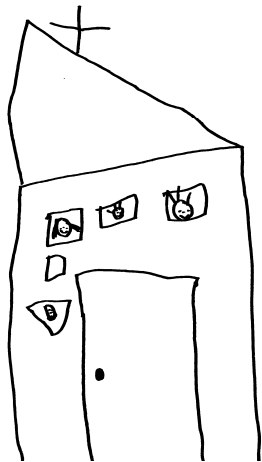
When does MOPS meet?

Beginning in 2009, we will meet **fortnightly on Thursdays** from 9.30 am to 11.30 am during school terms. First meeting is on 5th Feb 2009.

See website for list of term dates at www.shimmer.org.au/mops

Where does MOPS meet?

Pittwater Uniting Church
10 Jubilee Ave
Warriewood NSW 2102



Who can tell me more?

For more information about MOPS and MOPPETS including registration information, please telephone:

Yvette Pascoe on 9999 2922 or yvette@timpascoe.com.au

It is essential that you register as places are limited.



Do you

Write your grocery list in crayon?

Say 'ta-ta' to everyone?

Determine your day by whether you pick the right window on Playschool?

*Then maybe **MOPS** is for **YOU!!***