



What is MOPS?

MOPS stands for Mothers of Preschoolers and is an international organization that exists to encourage, equip and help women become the best moms that they can be! Women who are **pregnant** or have **young children (newborn through Kindergarten)** are all invited to join MOPS!

What happens at a MOPS Meeting?

♥ Teaching

Each month we have a dynamic speaker who encourages us with an inspirational or educational talk on relevant issues in our lives as moms.

♥ Discussions

After hearing from our speaker, we break into small group discussions to further share and talk about the topic and how we can apply it to our own lives. During this time moms find that they are not alone in their joys and struggles, while forming long –lasting friendships in the process.

♥ Creative Activities

We always try to plan a little time to get creative at our meetings or try a new skill.

MOPS at Covenant

The MOPS group at Covenant meets the 1st and 3rd Wednesday of each month from September through May. We meet from 6:00 to 7:30 pm. Our group has dinner together. The first meeting of the month we have a potluck style meal. The second meeting of the month, we serve pizza to both the adults and the kids in the MOPPETS program. We ask for \$5 per family to cover the cost of pizza.

Children's Program

You may attend MOPS with or without your children. Quality, loving childcare is provided for your children, nursery age on up. The children's program, called MOPPETS, is where little ones engage in developmentally appropriate play and educational activities during the meetings so moms can feel free to enjoy their activities.

How much does it cost?

Registration for MOPS is \$50 for the year. If this is a financial strain please contact Vanessa Nelson for information about partial scholarships and fundraising opportunities. We would never want money to stand in the way of you joining us!

The cost for the MOPPETS program is \$30/semester (Sept-Jan) and (Feb-May) or you may pay a \$5 drop in fee per meeting.

How to sign up

To download a registration fee please see the MOPS web page at:

www.covenant-reno.org/mops-at-covenant/

Please return completed registration forms to your MOPS Coordinator or to the Covenant Church Office.

Other Questions

If you have a question, please contact Vanessa Nelson or Nicole Ballew at MOPS@covenant-reno.org or call the church office at 775-746-8118.





Meetings

September 7 & 21

October 19

November 2 & 16

December 7

January 4 & 18

February 1 & 15

March 15

April 5 & 19

May 3 & 17



Covenant Presbyterian Church
6695 Mae Anne Avenue
Reno, NV 89523
Phone: 775-746-8118



2016 - 2017
Every 1st & 3rd
Wednesday
6:00 pm - 7:30 pm



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