

## ***What Is MOPS?***

MOPS International exists to encourage, equip, and develop every mother of preschoolers to realize her potential as a woman, mother, and leader in the name of Jesus Christ. By “preschoolers,” we mean all children age birth through kindergarten.

A MOPS meeting consists of several aspects:

**Discussion:** The intimate and accepting atmosphere of a small group offers moms a chance to share their successes, failures, questions and concerns. It is during these times that a mom realizes that she is not alone, and lifelong friendships are formed.

**Teaching:** Presenters offer inspiration and information that is relevant to the life of a mother from a biblical perspective. Topics celebrate motherhood and meet a mom’s unique needs. Our MOPS mentor mom often shares wisdom from her experiences in practical and meaningful ways. MOPS is not a Bible study.

**Creative Activities:** Through occasional creative projects and presentations, women are encouraged to experience the sense of accomplishment that comes with trying and finishing new things.

**MOPPETS:** During MOPS meetings, children are cared for in a program called MOPPETS, where they experience Christ’s love in a preschool-like setting.

MOPS provides an open, caring, and accepting atmosphere where women can come together to share this important season of life. MOPS is designed to be accessible and comfortable for both Christian and non-Christian women. MOPS leaders are trained to build relationships based on common experiences and share their faith in a personal and non-threatening way.

MOPS groups are organized and run by mothers of preschoolers for mothers of preschoolers.

For more information visit [www.mops.org](http://www.mops.org).

