

# What does Teen MOPS have for me?

- ♥ Make connections and find support with other teen moms.
- ♥ Fun, food, and creative activities for you, while your child enjoys fun and love in the MOPS Kids program.
- ♥ Resources that will help you grow as a mother.



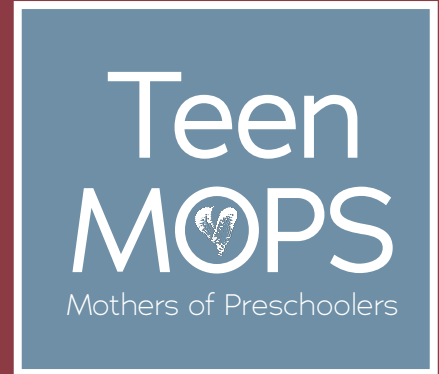
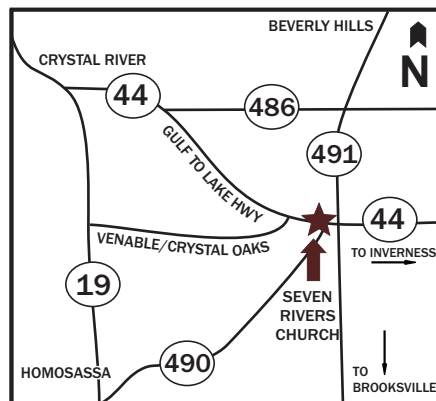
## Teen MOPS 2018/19 Schedule

Meetings are from 5:30–7:30 pm, unless otherwise indicated:

- Thursday, August 23
- Thursday, September 13
- Thursday, October 11
- Thursday, November 15
- Tuesday, December 11 (7:00-9:00 pm)
- Thursday, January 17
- Thursday, February 14
- Thursday, March 14
- Thursday, April 11
- Thursday, May 9

## Teen MOPS meets here:

Seven Rivers Presbyterian Church  
4221 W. Gulf to Lake Highway  
Lecanto, FL 34461  
Phone: 352.746.6200  
[SevenRivers.org/teenmops](http://SevenRivers.org/teenmops)



**A safe  
place for  
Teen Moms**

## What is MOPS?

MOPS stands for Mothers of Preschoolers, a program designed for mothers with children from infancy through kindergarten. Approximately 3,000 MOPS groups gather throughout the United States, Canada, and numerous other countries to meet the needs of more than 100,000 women each year.

## What is Teen MOPS?

Teen MOPS provides a faith-based and supportive environment where teen mothers (22-years-old and under) can come together with others who are in a similar life situation. Through the relationships formed at Teen MOPS, young moms gain confidence, learn about mothering, and grow personally.

## What happens at Teen MOPS?

Teen MOPS is led by women who share their love and experience with young moms. Teen MOPS meets once a month to provide consistent friendship and encouragement.

Meetings are designed to encourage young mothers to share their joys, fears, and frustrations while knowing that their children are well taken care of in the MOP'S Kids program.

### Speakers' topics might include:

- Building strong & healthy relationships
- Dealing with domestic violence
- Healthy discipline for your child
- Budgeting
- Quick and easy meals

### Creative activities and life skills:

- Scrapbooking
- Fashion and make-up
- Interviewing skills
- Goal setting

## Is Teen MOPS for me?

If you are a teen (22-years-old or younger by September 1) who is pregnant or has a child who is five years or younger, it's time to join Teen MOPS!

- There is no cost for Moms 19-years-old and under, \$5 for Moms over 19
- Delicious food is served
- Childcare is provided

(Please feed your children before you come.)

Teen MOPS is a special time to focus on you, but peace of mind is good too. New infants and nursing babies can be kept with Mom. We ask that older and mobile children be checked in with our loving childcare staff. Pagers for children are provided so you'll know if they need you!

*Never let your fire go out...*



## FIND YOUR FIRE

TEEN MOPS 2018/19 THEME

**LIVE EXPECTANTLY**  
**SURRENDER DARINGLY**  
**BREATHE FREELY**

## This year at Teen MOPS...

### we will stop...

...inhaling the fumes of our mistakes that tell us we are not enough, not a good enough mom, not pretty enough, not brave enough, not smart enough, not wealthy enough.

### we will...

...love our children with an all-consuming love and use our words to warm the world. We will hold the torch up high and shed light on what matters most.