

# Mom, do you need a break?



If you are a mom who...



Is pregnant or has a child aged newborn through kindergarten...



Enjoys making new friends...



Wants to share the joys and challenges of motherhood...



Is looking for opportunities for personal growth through trusted resources...

...then, join **MOPS!**

*"What MOPS has provided for me is a welcome break; a chance to make new friends; the opportunity to know that I'm not the only woman who goes through the struggles and joys of raising young children."*  
- MOPS Member

## Meeting Information

**When:** The 1<sup>st</sup> and 3<sup>rd</sup> Thursdays of every month from September to May.  
Newcomers are welcome to join at any time of the year.

**Time:** 9:00am – 11:00am

**Location:** St. Paul's Lutheran Church  
727 8<sup>th</sup> St., Baraboo, WI  
608-356-3230  
[www.stpaulsbaraboo.org/MOPS](http://www.stpaulsbaraboo.org/MOPS)

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Heidi Lischefski  
608-355-0667  
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## Pre-Register!

Pre-Registration will be held at the following locations:

- Aug. 16 Prairie du Sac, Marion Park
- Aug. 23 Baraboo, Max J Hill Park
- Aug. 30 Reedsburg, Webb Park

Refreshments will be served!

## Mothers of Preschoolers (MOPS)

MOPS is for all mothers of children aged birth through kindergarten. It is a place where moms have the opportunity to make new friends, share experiences, laugh together, and learn principles pertaining to womanhood, marriage, and parenting. MOPS also provides opportunities for social outings geared specifically for preschool aged children and their mothers.

While moms are enjoying a morning of rest and relaxation, children are being care for in a loving environment called MOPPETS. They are divided into age appropriate groups and are involved in planned activities such as games, stories, crafts, music, and physical play.

## The Home Factor

The theme for 2007-2008 is "The Home Factor." As moms, we long to create homes where our families can thrive and grow – and we can too. We will explore how our homes are a place where we bond, cocoon and build inwardly, and a place where we refuel so that we can live fully in the world beyond.



*...because mothering matters*

For more info on MOPS, visit our website at:  
[www.stpaulsbaraboo.org/MOPS](http://www.stpaulsbaraboo.org/MOPS)