

# 411 on TeenMOPS – Teen Mothers of Preschoolers

TeenMOPS is geared to teen mothers – not all the same age – but all in the same phase of life. They all have similar needs and a shared desire to be the best mothers they can be!

It is a no-cost program designed for teens who are pregnant or who have one or more small children from birth to kindergarten.

It provides a supportive and nonjudgmental environment where teen moms can make connections. All meetings encourage young mothers to voice their frustrations, fears and joys.

It is led by women past their teen years willing to share their love and experience with young moms.

Family, fun and food are 3 main priorities – including “Closet” – free clothes & household items, baking, crafts, guest speakers, discussions and more – all while the children enjoy their own version of fun in a safe, happy and close environment.



## TeenMOPS Meetings

Tuesdays from 6:30-8:00 p.m.

The program runs from  
October 2, 2007 – May 27, 2008

Old High School  
2 Gould Street, Smiths Falls  
(please enter doors on far right side of building)

For more info contact:  
Smiths Falls Free Methodist Church  
573 HWY.29, Smiths Falls, ON K7A 4S5  
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Teen  
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TeenMOPS operates under MOPS International, Inc.  
P.O. Box 102200, Denver, CO 80250

# Discover TeenMOPS ~ a place for you!

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## TeenMOPS Moms – Happier, Healthier Moms!

TeenMOPS meets weekly to provide consistent friendship and encouragement. Relationships formed help young moms to gain confidence, mature and learn more about healthy parenting and personal growth.

Each meeting is filled with something different to suit young moms in mind. Guest speakers address topics such as dental health, self-care massage, baby sign language, child discipline, quick and easy meals and first aid/CPR. Creativity in scrapbooking, fashion and make-up and interviewing skills allows young moms to talk while having fun. Then there is always time at the end of each month for shopping at MOPSmart! What girl doesn't love to shop!

These, and many more resources will help young moms become more informed moms.



## MOPSmart – A Great Place To Shop!

Shop monthly at the MOPSmart 'store'. New and gently used donations to MOPSmart are graciously accepted.

It's stocked with helpful items for moms and their kids. Here you'll find much needed everyday items:

- Baby lotions, wipes, diapers, clothes, food, over-the-counter medicines, sippy cups, shoes and more!
- Shampoo, conditioner, lotions, hair accessories, make-up, personal care items, jewellery, clothes, candles and other surprises!

Moms earn MOPsbucks by coming to meetings, helping with clean-up, or bringing a friend (expectant or mom), etc.



## MOPPETS – The Best Care For Kids!

Time-outs were created for kids AND moms!

Young moms are encouraged to take time for themselves by attending every Tuesday night. This has become a sacred and special time for many young moms who recognize the difference it has made in their life.

Moms can feel secure to come and enjoy themselves while their children are well cared for on site and close to them. The children play, make crafts, listen to music, read stories and have snacks.

Babies up to 6 months are permitted to stay with their moms if that is more comfortable. But there are always willing and eager volunteers to have some snuggle time and give mom's arms a rest!

