



For Immediate Release

## **MOTHERS OF PRESCHOOLERS**

**... offers community, support and friendship to Houston moms!**

**Houston, Texas** – Mothers of Preschoolers (MOPS) are local communities of moms that help each other become better parents by offering an environment of understanding of the unique needs, challenges and joys encountered during the early years of mothering. For over 35 years, MOPS has been creating authentic communities where moms can comfortably gather to experience encouragement, support and friendship. MOPS believes that better moms help create a better world and with over 4,000 groups in over 30 countries the group is making changes that make a difference in lives across the globe.

In addition to support world-wide groups of moms, MOPS International provides relevant mom-tested resources, including *MomSense* magazine, the amazingly informational MOPS Web site ([www.MOPS.org](http://www.MOPS.org)), weekly email devotionals and books written specifically for moms.

Although mothering preschoolers can at times seem like a lonely challenge, MOPS provides a welcome break for moms ... a chance for moms to make new friends and an opportunity for moms to know they are not alone in the struggles and joys of raising young children. "MOPS changed my life. I am a better wife, mother and friend because of MOPS," says MOPS alum Charity Zemzoum and former MOPS leader. Every mom is welcomed, accepted and inspired to reach her potential and recognize her influence within her family and her world.

The MOPS Chapter at Willow Meadows Baptist Church located at 4300 Bellfort in Southwest Houston provides a comforting home to moms from all over the Houston area from Willowbend, Willow Meadows and Westbury to Bellaire, the Inner Loop and Sugar Land! The meetings are held the second Tuesday of each month from September through May from 9:30am – 12:00pm with the first meeting of the year being held Tuesday, September 8 at 9:30am. Membership for new members is \$65 and includes benefits like *MomSense*, weekly devotional

emails, a featured parenting book, monthly childcare during the meetings and a tasty brunch at each meeting!

The 2009/2010 MOPS meeting series will feature topics like instilling etiquette in children by Helen Perry, creating family traditions during the holidays by Pastor Todd Ferguson, family legal matters hosted by the Houston Young Lawyers, women and heart disease from the American Heart Association, environmentally friendly gardening by Houston Master Gardeners, home management by Kirsten Berger from Mommy Matters and more ... crafts like scrapbooking, beading with Carol Staley, photography by BJ's Photography and cooking with Joe Massa of Massa's Seafood Grill will also be experienced to allow moms to grow their creative sides, as well! A special meeting in the spring will feature author Sharon Hall discussing her book, "Raising Kids in the 21<sup>st</sup> Century: The Science of Psychological Health for Children" which covers the development of school-ready skills needed along with empowering literature about the great influence of parents on their children's development.

For details on the MOPS chapter located at Willow Meadows Baptist Church, please visit [www.wmbc.org](http://www.wmbc.org). For more information about MOPS International or to find a group that is in your area, visit [www.MOPS.org](http://www.MOPS.org).



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