

**WHEN WE
SUPPORT EACH
OTHER INCREDIBLE
THINGS HAPPEN**

**There
is room
for you
at our
table**



**MOMS
HELPING
MOMS**

WHAT IS MOPS?

We believe that incubating hearts and giving just-because-hugs can change the course of history. That's why we connect moms all over the world to a community of women, in their own neighborhoods, who meet together to laugh, cry and embrace the journey of motherhood. MOPS groups are rallying women to be more honest, to feel more equipped and to find our identity by journeying alongside one another.

MOPS stands for Mothers of Preschoolers, and by preschoolers we mean kiddos from birth through kindergarten. We know it's a little confusing so let's just stick with "MOPS."

We are moms, and we believe that better moms make a better world.

info@mops.org
www.mops.org
888-910-6677

I w o u l d l i k e m o r e i n f o r m a t i o n

NAME: _____

PHONE: _____

EMAIL: _____

I WOULD LIKE TO BE CONTACTED ABOUT: MOPS MAPS

I AM INTERESTED IN BECOMING A SPONSOR: YES NO

CROSS OF HOPE MOPS

We meet during the school year on the 1st and 3rd Tue, Sept-May. Meetings take place at West Mesa Christian Church on ABQ's westside. A Bible study is held at Cross of Hope Lutheran Church on the 2nd & 4th Tuesdays each month. During the meetings we provide childcare, allowing moms the chance to kick back, build friendships, do crafts and learn from a wide variety of speakers and topics. You'll find that you're not alone in the challenges and joys of raising kids.

Email us at
abqmops@gmail.com
Find us on Facebook
[@cohmopsabq](https://www.facebook.com/cohmopsabq)



CROSS OF HOPE MAPS

Calling all busy moms! Do you find yourself with less free time now that the kids are in school? This group is designed to help you be a more peaceful mom. Meetings are only one evening a month and we may do anything from just talk to prepare a weekday meal. Come join our closed Facebook page and join in on the conversation. Our next meetings are the 3rd Monday of April & May, 7-9 at Cross of Hope.

Email us at
mirandadoc@hotmail.com
Find us on Facebook
[@mapsatcoh](https://www.facebook.com/mapsatcoh)



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INTERNATIONAL
ENCOURAGES
AND EQUIPS
MOMS OF
YOUNG
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RELATIONSHIP
WITH JESUS,
AND IN
PARTNERSHIP
WITH THE
LOCAL CHURCH.