

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* just feet away

Resources that will help you become a better mom

"I joined Teen MOPS when a group started (nearby), and they have been such a support. I look forward to our meetings and all the other teen moms because we have so much in common. It's great to be able to meet at a place and talk about everything!"



Are YOU a Teen mom?

Teen MOPS meets the 2nd and 4th Wednesdays of each month at 7:00 pm, Buffalo Christian Center, 512 Pearl St., Buffalo, NY.

For more information please call Carol 839-3827 or Diana 883-2951.

Dinner and childcare provided free!



What is MOPS?

MOPS stands for Mothers of Preschoolers, a program designed for mothers with children under school age – 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.

Mothers, not all the same age, but all in the same phase of life. Women with different lifestyles and different backgrounds, but all with similar needs and a shared desire to be the best mothers they can be!

Teen MOPS provides a faith-based, supportive, and nonjudgmental environment where teen mothers 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.

“Motherhood doesn't come with a manual, and babies don't come with a set of directions. So we're here to say that we've been there. We can explain the stages of motherhood...”

-Miriam Curl, Teen MOPS Leader

What happens at teen MOPS?

Teen MOPS is led by women past their teen years who can share their love and experience with young moms, meeting twice a month to provide consistent friendship and encouragement.

All meetings encourage young mothers to share their joys, fears, and frustrations while knowing that their children are well taken care of in the MOPPETS program.



Speakers address topics such as

- Healthy discipline for children
- Quick and easy meals
- Dealing with domestic violence

Spend time talking while doing fun creative activities and learning life skills.

Is teen MOPS for me?

If you are a teen who is pregnant or has a child who is six years or younger, its time to join teen MOPS!

There is *no cost*,
dinner is served, childcare is *provided*,
and transportation is available.

For more information about Teen MOPS please call Carol at 839-3287 or Diana at 883-2951.

