

# ALL FOR LOVE



## *Attention all mommas!*

MOMMING IS HARD. YOU DESERVE A BREAK!

If you are a mom of kiddos elementary age and under, we would love for you to join us for our MOPS/MOMSnexT Life Group. We are a sisterhood of moms who come together to laugh, cry, and embrace the journey of motherhood. We value our roles as moms and together we are deciding to rise. This year we embrace the transformative power of love, to the point where it starts to affect everything we do — the way we talk to our kids, interact with strangers, handle disappointments, celebrate victories, make decisions. Each meeting we will gather for authentic connection and encouraging teaching.

Cost: \$65 for fall and spring quarters.

Includes MOPS International membership, MOPPETS and crafts.

## FALL CALENDAR

October 5, 10am/ Theme Introduction

October 19, 10am/ Own Your Story: Tell It Like It Is

November 2, 10am/ Managing Anxiety: One Woman's  
Story

November 16, 10am/ Feel The Feelings: Coping With  
Loss

*Special event and Mom's night out dates will be  
given during the series!*