

# Decide to Rise

Be Strong Do Your Work Chase Joy



## WHAT IS THE MEETING FORMAT?

Meetings will be virtual OR in-person at MOPS leader homes. So, you pick!  
Choose a small group format and day/time that works for you. Meet once-a-month with opportunities to connect and be encouraged throughout the month. Childcare is not available, but most group have limited spots for babies & kids to attend with their moms. Social distancing guidelines will be in place. Coffee/tea will be provided, so bring your mug & snacks.

## WHAT IS A MEETING LIKE?

This season of motherhood can feel very isolating, but it doesn't have to be! Your small group meetings will offer community, relevant content, meaningful discussion and fun! Keep connected with all CV MOPS all month long online.

## WHAT IS MOPS?

MOPS (mothers of preschoolers) is a community for mothers with children ages 0 to elementary. All moms are welcome at MOPS. From the time you get pregnant to when your kiddo is in Kindergarten, our doors are open.

## MEETING DATES

Small group meetings will be held once a month.

### In Person Meetings with Children:

- 9/16 - Wednesday at 9:30am (ages 0-5 years)
- 9/16 - Wednesday at 2:30pm (ages 0-5 years)
- 9/22 - Tuesday at 2:30pm (ages 3+)
- 9/23 - Wednesday at 9:30am (ages 0+)
- 9/25 - Friday at 11:30am (ages 3+)

### Virtual Meetings:

- 9/17 - Thursday at 7:30pm
- 9/28 - Monday at 7pm

Space in each group is limited and first come first serve. No childcare will be provided. Social distancing guidelines will be in place for all in person meetings.

## COST

**\$50**  
includes  
MOPS International Fee

Payments can be made via  
Cash, Check,  
or Venmo (@CV-MOPS)

## TO REGISTER OR FOR MORE INFO:



*scan me!*

Questions? Contact Us!

[cvmops@gmail.com](mailto:cvmops@gmail.com)

<https://www.mops.org/groups/cv-mops>