



Mothering changes everything. That's why MOPS (Mothers of Preschoolers) wants to help you be the best parent possible. A MOPS group is a special place you can come, just as you are, to be refreshed and inspired. You'll make new friends and discover smart approaches to tackling the challenges of motherhood, while your child/ren is cared for in the adjacent hall.

When?: 1st and 3rd Mondays 10:00am- 12:00 noon during school terms

Where?: St Andrew's Hall, 19-21 St Andrew's Street, Brighton
(car park in New Street and walk around the back of the church to the hall)

Cost?: \$8 per family per session.

Date	Topic	Speaker	Discussion/ Craft
19 July	Knit one, Pearl one Moppetts carer Angela has a day with the mums	Angela Edwards	Learn how to knit.
2 August	Dad's Perspective IVF	Sam Goodes	
16 August	Friends – BK and AK?	DVD/Book	Discussion
28 August	Men's Breakfast How to make a woman happy!		
30 August	Life Coaching	Sally Parrish	Discussion
6 Sept	Workshop The role of mothers	Georgina Banks	Discussion

Can you help?? WE NEED CARERS in the Moppetts (kids room). If you are able to help set up toys in the Hall from around 9:30am or cuddle a baby, read to a toddler or play with a pre-schooler please speak with Lisa Barnett, Robyn Greenhalgh, Wilma Warren or Libby Newman (9503 0413). Even if you can only make it once a month – all help greatly appreciated.