



MOPS Registration 2009-2010

Please enclose payment with your registration.
Checks can be made out to GHFC.

Name: _____

Home Phone: _____

Work/Other Phone: _____

Address: _____

City: _____ Zip: _____

Email: _____

Have you attended a MOPS group before?

yes no

If so, where _____

Do you attend a church? yes no

If so, where? _____

How did you hear about our MOPS group?

List your children's name and birth dates below,
and indicate if they will be participating in our
MOPPETS program:

Name	Birthday	MOPPETS
1. Example	Jan. 1, 2001	Yes

1.

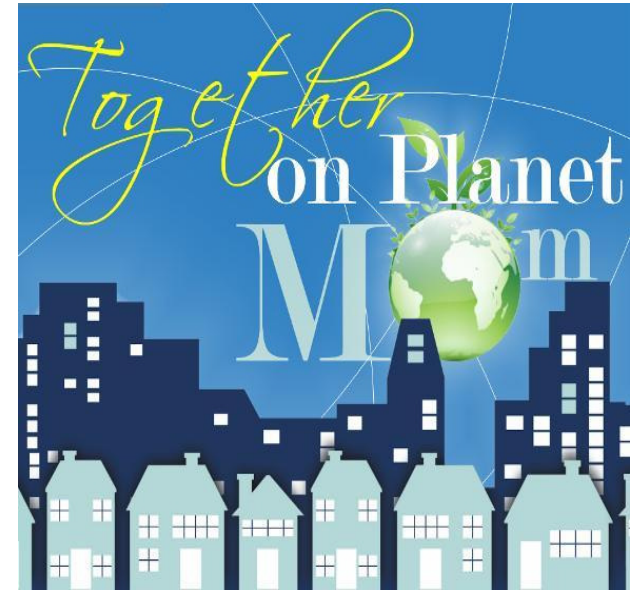
2.

3.

4.



Granada Heights Friends
Church
11818 La Mirada Blvd.
La Mirada CA 90638
562-943-7255
www.ghfc.org



Office Use only:	Date:
Paid:	
MOPPETS Com. Reg.:	

Welcome to MOPS at GHFC!

We are delighted to have you join us for our MOPS program! The following contains important information about our MOPS group, as well as the necessary registration form.

- MOPS will take place the 1st and 3rd Tuesday of each month from 9-11:30am. See schedule to the right for dates. If there is a 5th Tuesday in a month, we will be having a special event or day trip for our group!
- The cost for this season of MOPS is either \$60/semester or \$80/year. Please include this with your registration forms. (If you registered in the fall semester, a second registration form is not needed for the spring) Checks can be made payable to Granada Heights Friends Church. Scholarships are available for any mom who needs assistance!
- MOPPETS is our child care program. It will be available for each MOPS meeting at no additional charge.

Again, thank you for your interest in our MOPS program. If you have any questions please don't hesitate to call. May the Lord Bless you and your little one!

In Him,

Teri Elfelt
Children's Director
562) 943-7255 x 25
telfelt@ghfc.org



PS. If you are interested in serving, or speaking at our MOPS group, please contact me! We would love to have you join our team. We have many opportunities in our MOPS program, and in MOPPETS (childcare) for people to serve with us!

MOPS Dates for 2009-2010

Sept. 15th , Oct. 6th & 20th
Nov. 3rd & 17th, Dec. 1st & 12th (family breakfast)
Jan. 19th, Feb. 2nd & 16th,
March 2nd & 16th, April 6th & 20th
Finale: May 4th

Topics for this year will include: Life on planet mom, dealing with kids fears, loving in-laws, memory keeping, First Aide 101, Fun things to do with your kids and more!!
(subject to change)

A Look Into.. MOPPETS

Children's Program's at MOPS

GHFC Strives for excellence in all of our Children's Programs.
MOPPETS is broken up into three age ranges:
Nursery (0-24 months) , 2 & 3 Year Olds,
and 4, 5 & K's

Our loving, caring and trained volunteer staff have great times in store for your little ones! Games, activities, stories, songs, play time and much more are in store for your child at MOPPETS.

To help our child care program run smoothly, please adhere to the following guidelines.

- Check your child in and out at every MOPS meeting. Check in for all children is located in our early childhood check in center.
- For the protection of all the children in our care and our staff, we cannot accept a child with a cold/flu, fever, rash, persistent cough, diarrhea or any other signs of illness. We request that you find alternate childcare while they are at risk of exposing others.
- Snacks are given to your children at every MOPS meeting. Snack consists of apple juice and various crackers or cookies. Please inform the staff if your child as any allergies.
- Please inform a staff member of any special needs your child may have.

A Typical Day at MOPS

Here is the typical MOPS Schedule, and what to expect for your MOPS meeting.

8:50-9:00: Drop off kids & Come on in!

When you arrive, please check in your children in the appropriate classroom, and then head upstairs to C-27/28 for your MOPS meeting.

9-9:30 Fellowship & Brunch

Brunch is provided each meeting. Enjoy a little breakfast, and some time to hang out with other moms! Relax... and enjoy yourself!

9:30-9:40 Announcements

We'll catch you up to speed with a few announcements. You will also receive your MOPS on the Move newsletter.

9:40-10:15: Speaker

A variety of subjects will be covered by our gifted MOPS speakers.

10:15-10:30 Speaker Q&A Time

10:30-11: Table Group Discussion

A discussion time will follow every speaker. Here is a chance to share what you have learned, questions you might have, and get advice from other moms. This is a great time to connect with your Table leader, MOPS mentor, and weekly table group.

11-11:25: Craft/Creative Activity

You don't have to be super crafty to have fun with us! We'll do a fun project or activity every week!

11:25-11:30: Clean up

We hope you head out of the door renewed, and ready to be a MOP on the Move!

Other Programs for You!

We would love to have you join us for these other early childhood events!

Sunday Morning:

Programs for kids of all ages at 8, 9:30 & 11am

Mid week:

Wednesday Nights 6:45-8pm. Join us for a coffee house, and fun activities for all ages!

Yearly Activities:

VBS, Family Productions, Family Jam, PFO's , (preschool family outings), Christmas breakfast, Chili Snow Day, and MORE!

For more information on these other events, please contact Teri Elfelt in the church office at 562)943-7255 or telfelt@ghfc.org