



1st & 3rd Tuesdays
9am – 11:30am
(starting Sept. 15th)

Granada Heights
Friends Church
11818 La Mirada Blvd
La Mirada, CA 90638



It's a play date for
moms!
Join us today!
Children's programs
provided!



For information
contact:
Teri Elfelt
telfelt@ghfc.org



MOPS is an
international
organization that exists
to encourage, equip,
and help women
become the best
moms that they
can be.

MOPS

Mothers of Preschoolers

Get connected... with MOPS!

*MOPS is designed to nurture EVERY mother with
children from infancy through kindergarten.
Members come from all walks of life, but share one
desire—to be great moms!*



Do you need...

- ✓ A place to come—just as you are—and unwind while your children are cared for in the MOPPETS program?
- ✓ Someone to talk to and confide in, who understands your daily struggles?
- ✓ Encouragement, inspiration, and guidance during this crazy, yet critical stage of motherhood?
- ✓ Information that is practical and relevant to the life of a mother?

Food ~ Fellowship ~ Fun!

*Pick up a brochure in the early childhood center! Visit our
website at www.ghfc.org look in the children's section to find
the latest Mops info! Children's team workers needed
contact Teri to find out how to get involved!*