

# Teen

# MOPS

Tuesdays, 5:30-7:30 p.m., September-May



Teen Mops (Mothers of Preschoolers) is a faith-based, supportive, and non-judgemental environment where pregnant and parenting teens can come together with others in a similar situation.

Mops is designed to increase a mother's self-sufficiency, maturity, and generosity, and self-awareness through meaningful relationships.

Teen Mops has five goals to help girls: prevent additional pregnancies, stay in school, become better mothers, choose healthy relationships, and develop a network of positive support and influence.



Teen Mops is led by women past their teen years who can share their love and experience with young moms by meeting once a week to provide consistent friendship and encouragement.



All meetings encourage young mothers to share their joys, fears, and frustrations while knowing their children are well taken care of in the Moppets program.

Speakers address topics like:

- Goal setting and education
- Healthy discipline for your child
- Budgeting
- Quick and easy meals
- Learning through play

You can connect with other moms through creative activities or while learning life skills like:

- Interviewing skills
- Scrapbooking
- Homemade beauty products
- Spa and Game Night

Meetings are free and include dinner and childcare.

Sheboygan Teen Mops meets every Tuesday from 5:30 to 7:30 p.m., September through May at Calvin Christian Reformed Church in Sheboygan.

Check it out and bring a friend! Earn free stuff in our Mops Mart!

The Mops Mart is available for you to shop with points earned from attendance, participation, and making positive choices. Items in the store include diapers, wipes, formula, shampoo, clothing, etc.



Teen Mops provides:

- Resources that will help you as a mom
- Connections and support with other teen moms
- Fun, food, and activities for you, while your child plays with new friends in the Moppets program

