



Parenting Organization Enters New Era in Rallying Moms

New programs position MOPS International for exponential growth

Denver, CO (November 1, 2017) – MOPS International announces the launch of two new programs that encourage women to come together to create community, share stories, and gain personal strength as they journey through motherhood.

The mission of MOPS to reach 1 million moms is more alive than ever. Women are starting MOPS groups in churches, hospitals, YMCAs, homes, coffee shops, correctional facilities and on military bases around the world, and profound things are happening. Together, we are not only inviting moms into our community, we are showing up in theirs.

“MOPS believes that when women come together powerful things happen,” says Mandy Arioto, President and CEO of MOPS. “We are a movement that transcends skin color and geography because motherhood is our common denominator. This is why we are widening our doors and showing up in places moms need us most”

While classic MOPS groups will continue to be at the core of the organization, these groups have been created for moms who might not be able to attend a classic group.

M | Collectives

Collectives are short, topic-based gatherings. Collectives typically meet once a week for six to eight sessions with a workbook that focuses on growth and discovery within a single topic.

The first topic scheduled to kick-off this gathering is titled the *Fierce Love Collective*, focusing on depression and anxiety in motherhood. Content was written by Denver-based mental health organization, My Quiet Cave. Excitement has been widespread among MOPS Leaders. One leader shared “the path to freedom begins with speaking about things and bringing them into the light.” This will be the goal with all topics included in the Collectives gatherings.

M | Meetups

Meetups are ongoing, once-a-month gatherings centered on the shared wisdom and conversation of the women next to you. Members receive weekly, digital content that invites them to be intentional in their motherhood and faith journey, thought life and love life, and is sure to transform their year in extraordinary ways! Look for updates in the upcoming months.

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About MOPS International

Established in 1973, MOPS International believes that better moms make a better world. We are on a mission to celebrate motherhood and build circles of women who love each other like family, because raising humans is beautiful and hard, and having each other to lean on is life-giving. That's why we connect moms all over the world to a community of women, in their own cities, who meet together to laugh, cry and embrace the journey of being a mom. This is motherhood, and together we can change the world in all the best ways. www.mops.org

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