



MOPS

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MOPS INTERNATIONAL CELEBRATES 45 YEARS OF GATHERING AND SUPPORTING MOMS

– Started by eight moms in Colorado, MOPS now reaches moms in more than 60 countries –

DENVER, Dec. 4, 2018 – MOPS International is celebrating 45 years of gathering and supporting moms. In 1973, eight moms began meeting in Wheat Ridge, Colorado, to support each other on their parenting journey. Since then, MOPS has grown into a global organization, partnering with churches and organizations worldwide to gather moms in their community into MOPS groups.

“It’s incredible to think about where MOPS started and where we’ve come. Eight moms recognized they needed support. But they didn’t stop there. They were insightful enough to realize that MOPS wasn’t just something they needed. It was something the world needed,” says Mandy Arioto, president and CEO of MOPS International. “These brave, smart and generous moms found a way to design and promote a scalable and effective group model that now supports moms in more than 60 countries.”

MOPS stands for Mothers of Preschoolers because in 1973 the term preschoolers was a generic term for any child not yet in elementary school. Traditional MOPS groups still serve moms with newborns, toddlers or preschoolers, but MOPS also offers MOMSnext groups for moms with school-age kids, Teen MOPS, Military MOPS and MOPS groups for moms in prison.

MOPS offers moms a chance to get a much-needed break from caregiving (most groups offer child care), but MOPS also creates space for moms to encourage one another and provides

curriculum to help members grow together as moms, women and leaders. Each group is led by a volunteer leadership team who are dedicated to building and nurturing a group of moms who love each other like family.

“MOPS is a community that gives us a place to go each time we have moved out of state, encouragement when it’s hard, a reminder of why I love being a mother, and a break to get refueled,” said Stephanie Loux, a Member of Crossroads MOPS group in Parker, Colorado.

MOPS actually grew for the first 10 years solely with volunteers. Today, MOPS employs about 45 people, but relies heavily on more than 30,000 volunteers who support MOPS in communities around the world.

About MOPS International

MOPS International was founded in 1973 with a mission to support moms by inviting them into a welcoming community that loves them like family. After 45 years, MOPS is still a vibrant organization that partners with churches and organizations worldwide to equip and encourage moms in more than 60 countries. Learn more at mops.org.

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