

Welcome Newcomers!

Come visit our next meeting! Our Portland chapter is very open to new members. You probably won't even be the only new person there!

Although some of us have lived in Portland for years and are experienced mothers, many of us are new in town or new to motherhood. We all have one thing in common: the MOMS Club introduced us to other moms—the ones that soon became our friends.

"The day before going back to work I received a card from the club assuring me that everything was going to be great....I cried my face off but I was so fortunate to know they were all supporting me! ... I am truly grateful and thankful that I joined!"

- Lydia, mother of one

"The MOMS Club is a wonderful support network. It has been such a blessing. I have met many wonderful moms and my daughters are making lasting friendships"

- Christine, mother of two

The MOMS Club is:

- The only international support group just for you—today's stay-at-home or part-time working mom!
- A group that understands your choice of home mothering
- A wonderful way for you to meet other moms in Portland and a fun way for your child to meet other children!

The MOMS Club does:

- Monthly meetings with speakers, discussions and other fun programs!
- Casual get-togethers in parks and at members' homes!
- Parties around the holidays or just for fun throughout the year! Playgroups for infants, toddlers, preschoolers and school-age children!
- Activity groups for mothers, like scrapbooking, book club, coupon club, and monthly "MOMS night out".
- Service projects that help needy children and families in our community

MOMS Club of Portland CT

For more information about the Portland Chapter, please contact us:

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MOMS Club of Portland, CT



Moms Offering Moms Support

What is MOMS Club

The MOMS Club is a support group just for you, the stay-at-home or part-time working mother of today, interested in the world around you, wanting a variety of activities for you and your children, and proud of your choice of at-home mothering for your family. Internationally, the MOMS Club has over 2,000 chapters in seven countries and more than 100,000 members! We are the only international support group specifically for at-home mothers and we'd like you to become a member, too!

We hold monthly meetings and members regularly host events like outings to parks or the library and other get-togethers such as playgroups or craft time and family or children's parties. All but one of our activities are during the day when at-home mothers need support.

Bring Your Children

We believe being a mother shouldn't isolate you, so you may bring your children with you to anything we do. You don't have to bring children to attend, but if you do, please remember you are responsible for your child's safety and behavior.

Meetings

Our business meetings are scheduled once a month—typically on a week-day morning. To join us for a meeting, please contact us.

At some of our meetings we schedule guest speakers to discuss topics like child allergies, dental hygiene, chiropractic and holistic care and child safety. Sometimes we have a volunteer member watch the older children away from the mothers for these meetings, but most of the time all will be together, so you may be asked to bring some toys to share. Babies are always welcome to stay with their mothers and you may nurse at our events. We only ask that if your baby becomes fussy, please be considerate to any speakers and move into an adjacent room until your child has quieted.

Dues

Our annual dues are \$25 and pay for our monthly newsletter, supplies and programs. You may attend two meetings before you decide to become a member. We understand that being a stay-at-home or part-time working mother often means a tight family budget, so if dues would become a hardship for your family, please talk to one of our officers.

Activity Groups

The MOMS Club sponsors Activity Groups for members with common interests. The change as interests change, but include activities such as scrap booking, cooking club, book club, photography club, coupon club, walking/running club, and a monthly "MOMS night out".

Playgroups: Joining a playgroup is a great way for you to bond with a small group of women who all have a same-age child as yourself and a great way for your child to meet others their own age. These groups meet as often as each group wants and are separate from the whole group activities placed on the calendar each month.

"I have been a MOMS Club member for just over a year. Anytime I need anything all I need to do is put it out to the group and within an hour I have what I need; children's items, information, a friend to talk to. It's amazing how this group supports its members!"

-Heather, mother of four