

DO YOU EVER YEARN FOR LIVELY CONVERSATIONS WITH OTHER MOMS?
DO YOU WANT TO MEET SOME GREAT NEW PEOPLE WHO REALLY UNDERSTAND?
DO YOU WANT TO SPEND A COUPLE HOURS EVERY OTHER WEEK FOCUSED ON YOU?

Join Us!

MUMS

EMPOWERING AND INSPIRING EACH OTHER IN OUR JOURNEY
TO BE THE BEST PARENTS POSSIBLE.



JOIN US FOR OUR **KICKOFF EVENT** TO LEARN MORE!

WEDNESDAY, SEPTEMBER 15

9:00 – 11:30 AM

LOS ALTOS UNITED METHODIST CHURCH

LIVE OAK ROOM

FREE ONSITE CHILDCARE!

COFFEE AND SNACKS EVERY TIME!

WHAT IS MUMS?

MUMS' TWICE-MONTHLY MEETINGS ARE A PLACE WHERE YOU CAN COME, JUST AS YOU ARE, TO BE REFRESHED AND INSPIRED. YOU WILL LEARN ABOUT VARIOUS TOPICS FROM EXPERTS IN THE FIELD, CONNECT WITH OTHER MOMS FROM THE COMMUNITY, AND GET SOME TIME JUST FOR YOU!

- ONSITE CHILDCARE PROVIDED AT EACH MEETING
- MOTHERS WHO HAVE CHILDREN AGE 0-10 (OR SO) ARE WELCOME
- MOTHERS OF ALL FAITHS & BELIEFS ARE WELCOME

Join Us!

If you would like to come to a meeting
Email Maria Porch at
maria@dentistlosaltos.com or
Call Jessica Rosenberg at
650.814-2821 for details
(please indicate childcare needs)

SAMPLE TOPICS:

- MANAGING STRESS
- COOKING FOR CHILDREN
- ENHANCING RELATIONSHIPS
- CHILDREN AND MONEY
- HEALTHCARE

PLUS...

- SOCIAL ACTIVITIES
- PLAY DATES
- & SMALL GROUP DISCUSSION