

BISMARCK MOMS CLUB



MOMS CLUB OF
BISMARCK, ND

WELCOME NEWCOMERS!

Come and visit our next business meeting! Our chapter is very open to new members. You probably won't be the only new person there! Although some of us have lived here for years and are experienced mothers, many of us are new in town or new to motherhood! We all have one thing in common--- MOMS Club introduced us to other moms... the ones who soon became our friends...



BISMARCK MOMS CLUB

Facebook: MOMS Club of Bismarck—Public
Facebook: MOMS Club of Bismarck—Public
Website: www.momsclubbismarck.org
E-mail: momsclubbismarck@gmail.com

BISMARCK MOMS CLUB

WELCOME!



Moms Offering Moms Support

The MOMS Club is:

- An international daytime support group for mothers
- A wonderful way for you to meet other moms
- A fun way for your children to socialize with others

MOMS CLUB OF BISMARCK

Internationally, the MOMS Club has over 2,000+ chapters in seven countries, and we represent more than 100,000 members. We'd like you to be a member, too!

WHO CAN JOIN

Due to the times of our gatherings, we are geared more toward at-home mothers but welcome any mother interested in social opportunities for themselves and their children. Mothers of any age children are welcome. You don't have to leave the group when your children enter school! We know you still need support as your children grow.

DUES

Our club dues are \$20 a year and pay for our room rentals, supplies and programs. You may attend two meetings (such as a business meeting, fit moms, and Coffee 'n Chat—activity groups are for members only) before you decide whether to become a member. We understand that some families are on a tight budget, so if the dues would be a hardship for your family, please talk to one of our club officers.

MEETINGS

All of our meetings and all but one of our activities are during the day. Each month we have our monthly business meeting and several other fun meetings for the children and the moms.

ACTIVITY GROUPS

The MOMS Club sponsors Activity Groups for its members with common interests. These change as interests change, but include activities such as children's playgroups, lunch bunch meetings (potluck lunches), fit moms, arts and crafts (for moms and children), a monthly MOMS Night out, and many more wonderful activities for moms and children.

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.

Sometimes for business meetings, we may have a volunteer member or a babysitter watching the older children away from the mothers. Babies are always welcome to stay with their mothers, and you may nurse at our meetings. We're all mothers here and have dealt with the ins and outs of tending to babies' many needs.

GOALS

- To provide a support group for mothers
- To provide a forum for topics of interest to mothers
- To help children in the community
- To perform at least one service project yearly helping needy children

PRINCIPLES

- That women must be free to choose their personal path to fulfillment
- That, for women who choose it, raising children is an important and fulfilling full-time job
- There is no one right way to raise children, but our members have a common concern in raising children in a healthful way

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