

Have You Heard About.....

Alpine Chapel's "Mom" Network

If you are a working mom, stay at home mom, mother of a preschooler or grade school child or just a hurried mom, come visit us at Alpine Chapel. We offer a variety of programs designed to help today's mom. Through our Christ based programs we provide a safe comfortable environment for moms to network and chat with each other.



Mops
Begins
Sept. 17, 2009

The **MOPS** (Mothers of Preschoolers) experience equips women for the joys and challenges of their lives as moms. One key factor in the MOPS Experience is the relationships built within a group. Time and time again, MOPS moms share that the friends they make in MOPS are significant for this season of their life and into their future. God created us for relationship! It's one of the defining parts of being human. MOPS meets at Alpine Chapel on the 1st and 3rd Thursday mornings of the month from September through May.

Mom's Cafe
Begins
Sept. 15, 2009

Mom's Café. Our goal is to grow as moms, wives and women using biblical principles to build a strong foundation of love within our families. We want to learn how we can better serve our families realizing that part of our ability to serve others effectively relies on our own spiritual health. This year we will be studying *The Hurried Family, Help for the Hurried Home* by Dr. Tim Kimmel. Mom's Café is part of Oasis Bible Study and meets every Tuesday morning during the school year.

Moms@Night
Begins
Sept. 17, 2009

Moms@Night is designed for working moms or stay-at-home moms whose commitments don't allow them to network with other women during the day. This evening group focuses on those issues which affect busy moms with children ages infancy through 5th grade. We will look at the delicate balance of work and home, how to make and create lasting memories with your children and how to define your role as a woman in these stressful times. Moms@Night meets at Alpine Chapel on the 1st and 3rd Thursday evenings of the month from September through May.

Don't let
childcare keep you
from coming!

We have childcare
available for our
ministries for a
nominal fee.

Mom Support Groups

Moms of Extraordinary Kids is designed to share life experiences and receive encouragement from other moms of special needs children. The group meets the second Sunday of each month at 10:30 am.

Breathe is a once-a-month group designed for the moms who are parents of troubled young adults. If you find yourself cleaning up "messes" in the lives of your young adult children this group is for you. Check the website for the next meeting.

Interested? Go to www.alpinechapel.org/women or call (847) 540-8280
Alpine Chapel, 1180 Heather Dr, Lake Zurich, IL