

What is Moms Plus?

We are a friendly group of moms who get together once a week at St. Edna with our babies and preschoolers. Please note that **all St. Edna moms are welcome at Moms Plus**, whether you have small children or not.

Approximately three Mondays each month, we have sessions featuring a different activity or topic. Some of our sessions include guest speakers, though many are led by our own members who are willing to share their talents. We learn so much from one another! Here are some samples of Moms Plus activities:

- Home and personal safety
- Spiritual reflections
- Seasonal parties
- Recipe exchanges
- Christmas cookie exchange
- Tupperware & Usborne Books
- Women's health issues
- Stress management



Children's Catechism Class

Using stories, songs and crafts, the Moms Plus early childhood catechism class nurtures our 3 to 6 year old children in their Catholic faith. In this learning atmosphere, our children begin to discover and recognize a community of their peers at St. Edna who will continue the journey with them through the traditional catechism classes and the L.I.F.E. program. The class meets approximately two Mondays per month.

When and Where

Moms Plus meets on Monday from 9:30 am to 11:00 am in the Hurley Center at St. Edna from September through May. Our summer sessions consist of social outings at area parks and other locations.

Babysitting

For moms with young children, babysitting is available in the nursery at St. Edna during our scheduled sessions. There is a small fee for the babysitting service. Babies or children experiencing separation anxiety may stay with their mom.



Moms' Night Out

We also plan a monthly "moms only" dinner out at various local restaurants (no cooking or dishes!) as a social event. These evenings are fun and filled with lots of laughs!

Moms' Night Out is a great way to relax and get to know other St. Edna moms, even if you're not available to join us on Monday mornings.

More Information

Please visit our web site at www.momsplus.org for our current schedule, additional information or to join our e-mail list. Contact St. Edna Parish at 847-398-3362 with any questions.

We hope you'll stop by and see what we are all about. Come every Monday or drop in whenever you can, there is no sign up or commitment.

St. Edna Moms Plus welcomes you!

St. Edna Moms Plus
www.momsplus.org