

## WELCOME TO THE MOMCO

Our passion is to encourage and equip moms in their parenting journey because “Better Moms make a Better World.”

Being a part of The MomCo is not just about what you get (although you’ll love that, too)–it’s about what you get to be a part of. Each and every membership is the very thing that fuels MOPS and the 4,000+ groups that are meeting around the world (in 100 countries, to be exact). Visit [themom.co](https://themom.co) to login to your account and access all the amazing resources online.



THE MOMCO

# GENERAL POLICIES

## CHILDCARE

We ask that you only bring children you have registered with our childcare team. Let us know prior to the meeting if you have additional guests, so we can ensure proper staffing. We welcome infants in arms in our gatherings until they are ready for childcare.

Check in starts at 9:15, please pick up kiddos promptly after the meeting as children start looking for mom once they see other moms arriving.

## GUEST POLICY

Tell your friends about MomCo! Heck, invite moms off the streets! We love to welcome guests to try a free meeting before registering. Let your Discussion Leader know if you are bringing a friend so we can prepare a place for her.

## WELLNESS POLICY

We are committed to keeping our environment as healthy as possible. If you or your child have had any of the following symptoms, please stay home: persistent cough, fever, rash, cold/runny nose, vomiting, diarrhea, eye/ear infections. Children must be fever free for 24-hours (without fever reducing medication) before attending CPC Kids Provided.

If you discover your child may have been ill with hand/foot/mouth, lice, whooping cough, or other communicable disease, please call our CPC Kids Provided Coordinator at (650) 349-1132, so we can discreetly notify exposed families.

## NEEDS

Please share with your Mentor Mom and Discussion Leader any prayer requests or needs that you may have. We are your support team! We will pray for you and assist as we are able for things like surgery, bed rest, prolonged/serious illness, and other family emergencies.

## HOW TO MAXIMIZE YOUR MOMCO EXPERIENCE

- Attend the scheduled gatherings.
- Get to know the women at your table through conversation before and after meetings, go first and say hello or strike up conversations with moms at other tables.
- Be brave and invite someone from your table to meet outside of MomCo (or better yet, invite your whole table for a meet-up.)
- Attend MomCo Mingles and MomCo Park Play Dates.
- Host a MomCo Mingle or Play Date.
- Be willing to serve or get involved (i.e. helping with setup or cleanup, greeting moms at the door, helping out with breakfast.)
- Get to know your Mentor Mom—she's a gift to your table!
- Share any questions or ideas you may have with your table leader. Ask if she needs help.
- Most importantly—have fun and be blessed!

# DISCUSSION GROUP GUIDELINES

- We agree to protect each other through confidentiality. Anything said within the table group should not be discussed outside the group unless specific permission is given to do so.
- We will provide the opportunity for each woman at the table to talk, and will encourage her to feel comfortable with expressing herself.
- We will take the time to really listen to others in the group.
- We will avoid examples and conversations about other people. We will be open and will talk about ourselves and our own situations.
- We will be sensitive in giving advice.
- We will be continuously aware of diversity within our group. We will be careful to not degrade others by making derogatory comments about churches, life situations, parenting choices or politics. Our goal is to keep it positive!
- We will create and maintain a stable environment where MomCo is a safe place to just be ourselves.
- We are aware that many moms have home businesses. In support of these moms, we feature a business album in our MomCo at CPC Facebook group. Any member can promote her business twice a year in our private group.

## LET'S BE FRIENDS!

Join our private group on Facebook. Search for: The MomCo at CPC.

This is a private group for members of MomCo at CPC to post items of interest, plan informal get togethers, get reminders for meetings, etc. Don't miss out on the news and fun!

## CONTACT INFORMATION

Sally Kappler

CPCKids Provided Coordinator  
email: [skappler@cpc.org](mailto:skappler@cpc.org)

Kaitlyn Hammond

MOMCo Coordinator  
email: [momco@cpc.org](mailto:momco@cpc.org)

Lara Zananiri

MOMCo Coordinator  
email: [momco@cpc.org](mailto:momco@cpc.org)