

MINOMAS

A **Mom In Need Of Mentoring And Support** (MINOMAS) is a person with minor children in need of friendship and support to assist her to achieve a positive lifestyle and the ability to nourish and develop a healthy family.



MOMAS

A **Mom Offering Mentoring And Support** (MOMAS) is an individual who believes that intentional friendships lead to a positive environment that is conducive to developing a positive lifestyle through a goal-oriented approach.



Community Support Partner

A professional within the community who is interested in using their area of expertise to volunteer their time and talent on a limited, as needed basis to MtMM program participants.

Contact Us

If you are interested in learning more about Pittsburg Mother to Mother Ministry, please contact us.

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620.605.2565

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Pittsburg, Kansas 66762

Visit us on the web at:
www.pittsburgmtmm.org



How to Help

Key Components to the success of MtMM include...

- ... Volunteer MINOMAS;
- ... Volunteer MOMAS;
- ... Volunteer Community Support Partner using your area of expertise to inform and/or educate MtMM Moms;
- ... Volunteer to present a program which encourages positive growth and enriches the health and well-being of program attendees and their families;
- ... Raising awareness about MtMM throughout the community; and
- ... Monetary Donations.

If you would like to volunteer, donate, or schedule a MtMM speaker for your organization, please contact us.

Mother to Mother Ministry



Family Growth Through Friendship & Education

Our Mission

The mission of Pittsburg MtMM is to assist caregivers of minor children through supportive friendships that promote family growth.

Our Vision

The vision of Pittsburg MtMM is to provide:

- A chance for everyone involved to grow and learn.
- Intentional friendships between members that encourage goal-achieving behavior.
- Educational programs at monthly meetings aimed at personal and family health and wellness as well as increased self-sufficiency.
- Support to help improve the lives of all families involved.
- A referral system to community services and resources when needed.



Pittsburg Mother to Mother Ministry is a non-profit organization and a United Way agency.



How Mother to Mother Ministry Works

Two to four women who are willing to learn from and support one another are teamed together.

One member of the team is deemed the **MINOMAS** and is the woman most in need of support. This woman has one or more minor children.

The other woman is the **MOMAS** who provides friendship, support and encouragement to her **MINOMAS**. It is not necessary that the **MOMAS** has minor children of her own.

Once the team is formed, all the women share goals, values and ideas about parenting and promoting healthy growth in themselves and their children.

Semi-annual meetings with the Coordinator and all team members are conducted to revisit the goals and the progress made to meet the goals.

Community Support Partners (professionals) who are available to program participants to provide information on a referral basis.

Commitments

Each participant commits to a minimum of six months as a team.

The time commitment is approximately one hour per week shared by team members.

Visits and friendship team meetings are conveniently scheduled.

All team members are encouraged to participate in Monthly Reflection meetings.

MOMAS are asked to submit a monthly contact summary to the Coordinator.

Mother to Mother Ministry provides support and guidance to both **MINOMAS** and **MOMAS** in the form of educational speakers and referral services to community and governmental organizations that fit the needs of our individual Mothers.

MtMM provides opportunities for program participants and families in the community to attend parenting classes and seminars.

MINOMAS are encouraged to set health-related goals for their children.