

About Us

The National Association of Mothers' Centers recognizes the challenges, realities and value of mothering. Since 1975 our community-building model has laid the foundation for hundreds of Mothers' Centers programs around the country. These programs offer moms and other caregivers a sense of camaraderie, peer support, empathy, information, and resources. Through our Mothers Ought To Have Equal Rights (MOTHERS) public policy initiative, we also advocate for the economic support of caregiving.

The mission of the National Association of Mothers' Centers is:

- to create a network of centers and programs by and for mothers
- to raise awareness of and promote maternal well being
- to be a resource for its individual and center members
- to advocate for public policies that value the work of care giving.

As a collective voice for mothers and parents in the United States, we address the many and diverse issues related to mothering and caregiving, including:

- Maternal health and well-being
- Child health and development
- Parenting

- Work/life integration

Who We Serve

The National Association of Mothers' Centers addresses the needs of many audiences, all working toward the same goals. We serve:

- Mothers
- Caregivers
- Mothers' Center program leaders, staff and members
- Other organizations working with, and for, mothers and families
- Employers who want to help employees effectively meet the demands of both work and family.

What We Do

We offer programs in communities, libraries and workplaces that use a model for non-hierarchical leadership and non-judgmental communication. Our approach encourages participants to connect with others in a safe, nurturing environment. Our Mothers' Center programs, events, and MOTHERS public policy initiative all lead not only to healthier, happier mothers, but healthier children, families and communities, too.

In all of our work, we provide opportunities to connect, to share, to learn, and to advocate by offering:

- Referrals to professionals and organizations that serve the needs of mothers and families
- Educational materials about parenting, advocacy and work/life integration
- Technical assistance to Mothers' Center program participants and individuals interested in starting a center in their community
- A quarterly newsletter and monthly eNews update that keeps readers current on events, public policy issues, parenting and caregiving topics
- Ongoing coordination, training, and support for program leaders and staff
- A virtual and face-to-face network of mothers and caregivers worldwide

What We Believe

The work of mothering benefits all of us - children, families, and society. But it requires much physical and mental energy, strength and the ability to function with limited social support. And it is only getting more complex, placing added pressures on those who care for others. Family members are often scattered in different locales, leaving caregivers without relatives to call upon for support or reprieve. Many families face a "care crunch," juggling responsibilities of raising kids and helping aging parents in addition to outside jobs. In many two-parent families, both partners work demanding jobs outside the home.

We believe that caregivers have the right to do such essential work in a truly supportive and empathetic environment. That means recognizing the value of their work. It means addressing their economic, social, educational, psychological, and physical needs. It means creating places and programs that make it possible to tap into decades of collective wisdom and the experience of other mothers. It means giving women--and men--the time, space and respect to clarify their unique needs and make the best choices for themselves and their families. No parent, or child, deserves anything less.

How You Can Join Us

Join our efforts to raise the visibility and respect that mothering and care giving deserve.

- You can join the NAMC by starting or joining a Mothers' Center program.
- You can also join the NAMC as an individual member for a donation of \$35 or more.
- You can also support this important work by making a tax deductible donation of any amount.
- Attend one of our events.
- Connect us to others who share our passion for supporting mothers or volunteer your time and talents to further our vision of a society that cares for caregivers.

We look forward to working with you! Thank you in advance for your support.

Our Values and Principles

The following values and principles guide our work, our programs, and our plans:

Mothering

We respect, attend to and continually learn about motherhood and the experience of care giving by:

- Serving mothers throughout their lives
- Asking mothers and families about their needs
- Helping women promote their own, and their family's, health and development by offering programs they find relevant and insightful

Information

We provide programs, forums, and activities that motivate individuals, families, and organizations by:

- Making the most of the tremendous talents and energy of Mothers' Centers leaders
- Adding to the collective knowledge and wisdom about motherhood and caregiving by encouraging the exchange of ideas
- Incorporating information about child development in Mothers' Center program planning and operations
- Providing ongoing training for Mothers' Center leaders, child care staff and members

Leadership

We lead by:

- Encouraging members to create and shape programs that meet their community's needs
- Fostering the growth of members, participants and programs through the use of non-hierarchical models
- Offering support, guidance and technical assistance to members and their programs

Environment

We build a supportive environment that promotes empathy, fosters personal growth and builds relationships by:

- Encouraging non-judgmental attitudes that enhance communication and rapport between members
- Using a non-hierarchical structure
- Staying responsive to the needs of local residents and Mothers' Center members

Advocacy

We amplify individual voices and advocate for change by:

- Creating a national network and movement of informed, connected mothers
- Initiating social advocacy projects that help make community institutions more relevant and responsive to the needs of mothers and their families
- Helping women identify the issues affecting their lives and the tools they can use to work toward change.

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