

## Start a center

Every one of the current community Mothers' Centers was started by someone like you. Someone who was interested in having a resource for mothers in her neighborhood.

Center programs can include discussion groups, drop-in time, play groups, "Mommy & Me" classes, lectures, workshops, and social events.

Women get involved in Mothers' Centers to:

- Feel less isolated
- Validate the importance of mothering
- Discuss parenting issues and learn more about child development
- Experience a child-friendly environment
- Network with other mothers and families
- And much more!

At a Mothers' Center you can:

- Lessen the stress of parenting
- Talk about and help identify the needs and experiences of women
- Build on your skills & talents
- Form relationships
- Find your voice
- Participate in center decision-making
- Learn interpersonal communication skills
- Experience and advocate for change

The NAMC's "How To Start A Mothers' Center: A guideline for fulfilling a need in your community" gives details on:

- Help available through the NAMC network
- What makes a Mothers' Center unique -- the principles of the program
- Where and how to begin
- Sample flyer, press release and other materials

- An explanation of different programs your center could offer

For step-by-step information order the "How To Start A Mothers' Center" Handbook. [Click here to print out an order form.](#)  
If you have questions contact Lisa Kaplan-Miller at ext. 106 or [LisaK@MothersCenter.org](mailto:LisaK@MothersCenter.org)