

Midshore Mothers' Center Membership Form

Date ___/___/___

Check one: NEW RENEWING

Are you a trained facilitator? Yes No

NAME _____ BIRTHDATE: MONTH _____ DAY _____ YEAR* _____ (*ONLY IF YOU WANT TO SHARE)

ADDRESS _____ CITY _____ ZIP _____

EMAIL ADDRESS (REQUIRED) _____

HOME PHONE #: () _____ CELL PHONE #: () _____

BEST TIME TO REACH YOU: _____ AM/PM BEST WAY TO REACH YOU: (CIRCLE ONE) EMAIL HOME # CELL #

Internet Usage: (circle one please) Frequent (once a day) Moderate (2-3 times/wk) Rare (1-2 times/month)

Name and Birthdates of your children: _____ / ___/___
_____/___/___ _____/___/___
_____/___/___ _____/___/___

Prior or Current occupation _____

Please indicate your present status (circle one) Work F/T Work P/T Stay At Home Parent

Hobbies, Interests, and or Talents: _____

How did you find out about Midshore Mothers' Center? _____
.....

We also need you to answer the following questions (circle your response below)

Can we include you and your children in our monthly birthday lists?	YOU:	YES	NO
	CHILD:	YES	NO
Can we tell people/membership about you or your spouse's skills?	YOU:	YES	NO
	SPOUSE:	YES	NO
Can we contact you/your spouse/significant other for inquiries pertaining to your talents, skills, occupation, training?	YOU:	YES	NO
	SPOUSE:	YES	NO

If yes for sharing spouse information, please include their information here:

Name: _____ Occupation: _____

Contact phone: _____ website/email: _____

Thank you for taking the time to update your information.

FALL 2011 GROUP SCHEDULE

Fall sign-up will be held at our Open House on Monday, September 12, 2011 at 11a-2p and 7:30p-9:30p at Crossroads Church 610 Carmans Road Farmingdale, N.Y. Phone: 694-MOMS (6667). Please contact Janice Behar (516-798-6448) or Barbara Murphy (516-797-2286) to answer any questions regarding registration. Mail in registration begins immediately using the form below. Registration will conclude on the night of Open House. A late fee will be applied to registrations received after this date. Groups will begin the week of October 3rd.

GROUP SCHEDULE

Start Date	Group	Day	Time	Facilitators
Oct. 17	Backup/Ongoing Training-Day	Monday	12:30-2:00p	Marcy Villavicencio
Oct. 4	Women of a Certain Age	Tuesday	12:45-2:15p	Claudia Feehan & Diane Perna
Oct. 5	My Children Didn't Come w/a "How-to" Manual	Wednesday	10-11:30a	Linda Maney & Liz Gallegra
Oct. 5	A Calmer, Happier You	Wednesday	12:30-2:00p	Kathleen Christy & Daniela Elefteriadis
Oct 12	Backup/Ongoing Training-night	Wednesday	7:45-8:30p	Marcy Villavicencio
Oct. 5	It's all about you - (Entry)	Wednesday	8:30-10:00p	Kerri Tannenbaum & Danielle DiCerbo
Oct. 6	Zumba	Thursday	10-11:00a	Karen Baglio
Oct. 6	Mom's Free Time	Thursday	10-11:30a	none
Oct. 14	1 day Workshop- The Law of Attraction	Friday	10-11:30a	Carol Schindell
Oct. 7	Entry -For Moms Only	Friday	12:30-2:00p	Paulene Psomas & Alison Ebrahimi
Oct. 7	Yoga, open level	Friday	12:30-2:00p	Angela, certified Yoga Instructor

GROUP DESCRIPTIONS

Groups will run 8 weeks unless otherwise noted in the listing and description. All groups (day & night) will meet at the Center located at the Crossroads Church --610 Carmans Road, Farmingdale unless otherwise noted.

Backup/Ongoing Training-Day- This group is open to all facilitators with a focus on those who are facilitating this cycle. During this group we will discuss group and personal issues with peer facilitators and the consultant. All facilitators not presently in a daytime group are welcome. Please note that this group is only open to facilitators.

Backup/Ongoing Training-Night -This group is open to all facilitators with a focus on those who are facilitating this cycle. During this group we will discuss group and personal issues with peer facilitators and the consultant. All facilitators not presently in an evening group are welcome. Please note that this group is only open to facilitators and meets **every other week** for a total of 4 groups. Daytime facilitators need to let registration know if they must attend night backup instead of day. Both facilitators need to attend the group together. The length of the backup depends on the enrollment, and can range from 45 minutes for 1-2 groups to an hour for more than 2 group groups.

A Calmer, Happier You: Elusive or Attainable? Feeling frazzled? This group is for moms who want to transform their lives in the midst of the chaos involved in raising a family and running a household. Learn to "mother" yourself and become a more calm and peaceful mother. Get the most out of this group by reading the suggested book: Buddhism for Mothers: A calm approach to caring for yourself and your children. By Sarah Napthali

For Moms Only-Entry- A discussion group that introduces new members to Mothers' Center philosophies and policies while discussing a variety of topics. Come share your thoughts and feelings on motherhood, marriage, friendship, self-esteem, siblings, and more. An entry group is a required prerequisite to all other Center discussion groups. This group is open to all members.

It's All About You- A night group that brings together new and seasoned members! The group will introduce new members to Mothers' Center philosophies, while discussing a variety of topics...that **YOU** as a group come up with! Examples may include Marriage, Stress and Anxiety, Time for Self, etc. This group is open to **ALL** members and qualifies as an entry group for new members.

The Law of Attraction (1 day Workshop)- Lead by Carol Schindell. The Law of Attraction - Use its system of beliefs to achieve freedom from discord. Based on the book "Ask and It Is Given," by Jerry & Esther Hicks. Together we'll explore skills to help us more peacefully navigate life. The workshop fee is \$8.

Mom's Free Time- Where else can you find an hour and a half of childcare with complete time to do what you want for under \$10/week?? No kids during the day? It's an even better bargain! Catch up with friends, do bills, read a book, finish paperwork, scrapbook, play cards, just veg out...it's up to you! As long as you stay in the building you can do just about anything you can think of. This group is offered to all members (whether they've completed entry or not) and Mommy & me members. The fee has been modified to help make this important rest and recharge period more affordable and is now only \$25.

My Children Didn't Come With A "How-To" Manual-Discussing Discipline Techniques- Let's face it- parenting is a tough job- Disciplining is one of the hardest parts. Do you sometimes feel like your blood is boiling and you are at your wits end? Feel like a broken record? Let's discuss the frustrations, emotions, peer pressure, etc. we feel as parents. We will share strategies, techniques, tips, etc. concerning children's behavior. Sharing of books and materials will be encouraged amongst group members

Women of a Certain Age-If I don't live to be 100... does this mean I'm "middle aged?" This group will deal with the many issues facing us as we grow older. Fabulous forties? Fifties? Parenting, taking care of our own parents, those steamy energy surges, what am I doing with my life?, etc. There will be a great deal to discuss regarding this stage of our lives.

Yoga- Suitable for those new to or with a working knowledge of the basic poses. Students will advance their practice at their own pace and are offered several levels of pose exploration. Wear exercise clothing; bring a yoga mat and a blanket. Try not to eat a heavy meal 2 hours prior to class. The instructor fee is \$40.

Zumba- Ditch the workout and join the party! Zumba is a fusion of Latin and international music that brings fun to fitness with easy to follow steps and moves. It's a great and fun workout that can be tailored to all fitness levels. **This class runs for 10 weeks.** The instructor fee is \$40.

GROUP FEES

Group type		Length	Cost	Childcare		Special Notes
				For 1 child	For 2+ kids	
Entry		8 wks	\$45	\$45	\$60	Must take before all other groups except craft/scrapbooking
Discussion Group & Group Workshops		8 wks	\$45 + any workshop fee	\$45	\$60	Workshop fee noted in group description
Discussion Group (night)		8 wks	\$45	Not available		
Mom's Free Time		8 wks	\$25	\$45*	\$60*	*Mommy & me members can take this group & pay the non-member childcare fee.
Back-up (day)		8 wks	\$25*	\$10*	\$15*	*Free for those currently facilitating
Back-up (night)		4 wks	\$10*	None available		*Free for those currently facilitating
One-Day-Wonder & 1-day Workshops		1 day	\$7 per group + any workshop fees	\$5	\$8	Workshop fee noted in group description
Instructed Class 1.5 hour class	MEMBER	8 wks	\$45 + Instructor fee	\$45	\$60	Fee listed in blurb
	Non-Member		\$50 + Instructor fee	\$60	\$75	
Instructed Class 1 hour class (Members)		Varies	10 week \$40 8 week \$32 (+ Instructor fee)	10 weeks \$40 8 weeks \$32	10 weeks \$60 8 weeks \$48	Fee listed in blurb
Instructed Class 1 hour class (Non-Members)		Varies	10 week \$45 8 week \$37 (+ Instructor fee)	10 weeks \$55 8 weeks \$47	10 weeks \$75 8 weeks \$63	Fee listed in blurb

Please remember that your annual membership fee must be paid before you can facilitate or take a group.

MIDSHORE MOTHERS' CENTER REGISTRATION FORM



NAME: _____ EMAIL: _____

ADDRESS _____

TOWN/ZIP: _____

HOME PHONE: _____ CELL PHONE: _____

ANNUAL MEMBERSHIP FEE: Includes full participation benefits and newsletter.

First Time Member: (Check the season in which you are joining): Fall \$40 _____ Winter \$35 _____ Spring \$25 _____

Returning Member: \$40 annual fee due in September _____

Alumni Member: \$20 (Newsletter only) _____

Please check one: Member: _____ Non-Member: _____

Any instructor's fee should be paid at Registration to the Center. The Mothers' Center will pay the instructor at the first class.

Write name of Group / Workshop you would like to attend below	See newsletter for fees		Please provide Childcare information below		See newsletter for fees
	Group Fee	Instructor Fee	# of Children	Names and Ages	Childcare Fee

Membership :\$ _____ + Group:\$ _____ + Childcare:\$ _____ + Instructor:\$ _____ = Subtotal: _____

(Minus Credits): _____

*15% discount to any member spending \$67.50 or more

(excluding facilitator training, membership, childcare and instructor fee)

(Minus 15% Discount): _____

Late Fee: _____

Check #: _____

Grand Total: _____

To ensure the safety of our children, effective immediately, no hot beverages, regardless of the type of container being used, will be permitted in any childcare or Mommy & me room.

The registration form must be completed either at the Open House or through the mail using the following form prior to Open House.

Registration forms submitted after the Open House will incur a \$7 late fee. Please contact Janice Behar (516) 798-6448 or Barbara Murphy (516) 797-2286 to answer any questions regarding registration. A facilitator will contact you to verify the group's start date and time. If you have any questions, contact the front desk at 694-6667.

If a group's enrollment exceeds the limit by the date of the Open House date, after asking for volunteers to take another group, everyone who has signed up for this group is put into a lottery. It does not matter whether you were the first to sign up for the group, or the last, everyone enrolled by Open House will have the same chance to get into the group.

Payment is due in full at the time of sign up. There are no cash refunds after the first group meeting for the group or the instructor's fee. If a group is canceled you will receive a full refund or if you drop out of a group please contact treasury liaison to discuss a credit.

The Mothers' Center is for all mothers regardless of ability to pay dues and fees. Please contact the treasury liaison (Karen Willig) at 516-781-4917 to make confidential arrangements . Mail this form and payment to: Midshore Mothers' Center c/o Crossroads Church of L.I. 610 Carmans Road Farmingdale, NY 11735. Checks should be made payable to Midshore Mothers' Center, Inc.

Please complete the form below, sign it and submit it regardless of whether the registration form is being completed or if you are not taking any groups or classes this cycle. Any questions you have can be directed to the center during regular business hours or via email at midshoremoms@verizon.net.

Midshore Mothers' Center, Inc.

Photo Release Form

I _____, hereby grant permission for Midshore Mothers' Center, Inc. (hereinafter MMC) to publish the following in MMC publications and/or on the MMC website, located at www.midshoremotherscenter.com or our Meetup page, located at www.meetup.com/Midshore-Mothers-Center. Please note that names will not be used on the website.

(Please check all applicable boxes):

My photograph/s

My child(ren)'s photographs

Name/s _____

I understand that this photo may be used in MMC publications or on a website designed to promote MMC as well as to offer information and resources. MMC is a non-profit agency.

By signing below, I acknowledge my understanding of the above, and thereby grant my permission for use of the photograph/s. I also understand that I reserve the right to revoke this permission at any time.

(please print name)

date