



# Mom's Moments

## Are you a mom?

Whether your children are babies or having babies of their own, it's wonderful to connect with other women who are experiencing similar joys, sorrows, triumphs and struggles. If you want to be encouraged and inspired as a mom, physically, emotionally and spiritually...

## Then Mom's Moments is for you!

MM inspires women of all ages and backgrounds by **encouraging** them through newsletters and blogs, **equipping** them through practical articles and online resources and **empowering** them by giving them a voice to share their stories and resources with others.



## Want to be a part of it?

Start by **subscribing to our MM email** and you'll stay in the loop with what's new and never miss out on our newsletters. **Subscribe at [www.momsmoments.ca](http://www.momsmoments.ca).**

## What does our website offer?

- **Mom's Moments newsletters** - Each issue includes practical articles for moms, a health column, devotional, and our readers' stories, recipes, recommended resources, tips and more. *We're waiting for your submission!*
- **Online resources** - A compilation of **150+** helpful websites, books and organizations in the areas of family, health, faith and much more.
- **Blogs** - Where various women write about life, faith & motherhood... read along and share your comments and insights!
- **Deeper newsletters** - For those who want to be challenged more spiritually. Don't miss the *Faith & Kids* and the *Everyday Faith* columns.
- Find out more about *MM*, our beginnings, our team, how you can contribute, and much more!



*The Original Mom's Moments Team (L-R)*  
Anna Sklar - Founder  
Mélanie Heffern - Co-Founder & Editor  
Caroline Deschamps - Health Columnist

Visit [www.momsmoments.ca](http://www.momsmoments.ca) and connect with other women in the moments of motherhood!



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