



support
education
research

Dawn Keller
Executive Director

info@multiplesofamerica.org

www.multiplesofamerica.org

Club Programs & Projects

This Zoom Connect was a chance for members to share some of their club's favorite programs, projects, and events:

- Gwen Shogren, Research and Membership Development Vice President, hosts the Connect.
- Debbie Landreth, Upstate Mothers of Multiples (SC), describes their Babies and Bellies program for parents with newborn and young multiples.
- Stephany Ireland shares how Des Moines MOM (IA) involves members through a range of activities, including a family picnic, swim party, gala banquet and wellness club meeting night. She also notes how the club creates baskets for parents with newborn multiples in the NICU, and how they fundraise through an auction and consignment sale.
- Annette Parrent, Double Love MOMC (IL), describes the programs her club hosts focused on fun with a bit of learning mixed in, including trivia night, cooking class, pamper night, defense class and chat with a pediatrician. She also shares about the club's MOMs party and Father Appreciation event.
- Terri Gillis, Greater Orlando Mothers of Twins and Triplets (FL), shares a fun and helpful way to provide topics on club social sites by hosting a daily topic each week. Examples include Mental Health Monday and Wednesday Hump Day.

This zoom forum was held January 11, 2023.

Click on the link below to listen in.

Enjoy!

<https://us02web.zoom.us/rec/share/5iEby8R5ustP0BQyE5eWHdTu2HMyZyg8skgBNy7YtsrTd5o0FtOGLCmmPJXSymth.lGpGym9Tg6qI9MGz>

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Email us at info@multiplesofamerica.org with questions or comments.

Look in the Members' Only section or check out the latest issue of *Multiple Connections* for information on upcoming Zoom Connects.

Executive Office: 2000 Mallory Lane, Suite 130-600, Franklin, TN 37067-8231

E-Mail: info@multiplesofamerica.org **Web Site:** www.multiplesofamerica.org

CONNECTING + SUPPORTING MULTIPLE BIRTH FAMILIES

(Also known as the National Organization of Mothers of Twins Clubs)