



# From One Mom to Another

**Cy-Fair Moms' Groups** Offer a Lifeline of Support

*Written by Stephanie Donovan, Select photography by Marisa Hugonnett*

Overwhelming. Challenging. Isolating. Amazing. Different. These are all words you might hear a new mom use to describe that big shift that goes on in a woman's life when she has a baby. Whether you work out of the home and do the daycare juggles, or you stay home to care for your children, most mothers unite in agreement over one common sentiment — motherhood is quite a challenge.

Fortunately, Cy-Fair area moms have a ton of resources available to guide them during the mommy transition years. From playgroups to online chats, mothers don't have to struggle to figure it all out alone

anymore. Moms, more than ever, are reaching out to offer friendship and support to fellow moms in need.

## **From Work-Centric to Home-Focused**

"It was hard for me to make the transition from having my social network based on work, to suddenly being home alone with all of my friends busy," says Jennifer Hopkins, a Cypress mother of two. Hopkins met a friend who encouraged her to check out the Mothers Offering Mothers Support (MOMS) Club of Cypress-North, where she could connect with mothers going through similar struggles.

Hopkins soon found that MOMS Club was a valuable lifeline. “This group has cheered me on when things have been going well,” she says, adding, “It has also helped me keep from drowning when I felt I was in over my head.” Fellow MOMS club member, Kathleen Staten agrees with Hopkins. “Becoming a mother changes your whole identity, and everything you know about problem-solving goes out the window,” she says. “The only people who can help you are those who have walked in your shoes.”

### Moms' Groups Can Be Sanity Savers

From meals for new moms to helping out with a mom's kids if she has a health crisis, moms' groups become valuable networks, but they also create lifelong friendships that sustain long after the kids have grown up and moved away. “I can count the other moms in my playgroup among my closest friends and know that anyone in the group would drop anything to help me out, as they have done in the past,” says MOMS Club member, Caralyn Orman.

While some groups are geared toward the stay-at-home mom, others more generally support families with young children. Moms in Motion, a non-profit organization in Cypress, provides young families with a social network offering planned weekly activities, support programs, and community service projects as its members get to know one another.

“It is so important to know that you are not alone and that others have similar issues/concerns,” says Jaime Nguyen, a member of the group, Moms in Motion, for the past three years. “Raising kids is a lot of work, but how rewarding it is to know that you are supporting the next generation of leaders? I am so thankful to have a support group to turn to in my quest to raise the best children possible.”

### A Cure for New City Blues

Sometimes, the transition to motherhood coincides with a life transition, such as moving to a new city. That's the challenge Lara Golwas faced four years ago. “You can feel especially alone if you just moved to a new area away from your family,” remembers Golwas. The Cypress mother of two was happy to find MOMS Club and now takes on a leadership role to spread the word about the organization. Says Golwas, “I think women need relationships with other women. It is important to have that in our lives – it makes us better moms for it!”

Kelley Lacy originally joined her Mothers of Preschoolers (MOPS) group in Ohio to make new friends when her first two kids were very small. Years later, she found herself living in Houston after having a third child. “Relearning the ropes of raising a little one and being with other moms was a priority,” says Lacy. “Plus, when I had moved back to Houston three years prior, I had started working right away, so I did not have any connections with other stay-at-home moms.” Lacy's MOPS group meets at Cypress Bible Church and the ladies join for parenting discussions, speakers, and kid-free craft time while the church staff entertains their children.

### Moms' Groups Go Online

Modern technology also provides a bridge of communication to moms in need by way of websites focused on supporting mothers. The Houston website, houstonmomslkeme.com, offers moms discussion boards, online support groups, and fun giveaways, and promotes family fun events around the city. On the website's discussion boards, moms ask advice from other moms on everything from diaper creams to diet tips. Cypress mom, Pheobie Jenkins, got involved more than a year ago on the site and has seen big benefits. “It helps me vent, find tried and true advice, and share experiences with other Houston moms,” she says.

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Moms and kids can form friendships that will last a lifetime



Mom in Motion Trisha Turner and chef, son Tyler, enjoy time together



Moms groups offer a variety of fun activities for kids, like arts and crafts time

Makeesha O'Brien found herself in a new city and turned to the website for support. She quickly connected online with another mom who had a son close to her own son's age. Much to her surprise, she discovered the two lived only miles apart. Now, the moms get together often and continue to chat online, too. O'Brien says she's so grateful for finding the website. "Not only did it help me to find a great friend when moving here from South Carolina, but I have met some awesome ladies who not only listen, but support and give great advice!"

O'Brien says that she feels a camaraderie and acceptance from fellow moms on the website. "I feel I can share openly without being judged or criticized," she says, "It is also nice to help others who are in

situations or going through things I have already experienced."

### Connecting with Other Cy-Fair Moms

Whether more comfortable with finding support online or meeting fellow moms face-to-face, Cy-Fair area moms need not struggle alone with the transitions and challenges that motherhood brings. There is a wealth of group support available, with moms ready to offer their friendship, an ear to listen, extra hugs for support, and a warm community to turn to in both good times and bad. **CFM**

*STEPHANIE DONOVAN is a freelance writer and the city ambassador for the website, [houstonmomslikeme.com](http://houstonmomslikeme.com). Upon moving to Houston 10 years ago, she immediately joined a moms' group and remains close friends with several fellow members.*

## JOIN A Cy-Fair Moms' Group

**Cypress MOPS**  
Meets at Cypress Bible Church  
281-469-6063  
[cypressbible.org/mops](http://cypressbible.org/mops)

**MOMS Club of Cypress**  
562-728-7306  
[momclubofcypress.com](http://momclubofcypress.com)  
[momclubofcypress@hotmail.com](mailto:momclubofcypress@hotmail.com)

**MOMS Club of Cypress-North**  
281-246-1045  
[momclub.org](http://momclub.org)  
[lgolwas@entouch.net](mailto:lgolwas@entouch.net)

**Moms in Motion**  
Meets at Cypress United Methodist Church  
281-304-9955  
[mimhouston.org](http://mimhouston.org)  
[mimhouston@yahoo.com](mailto:mimhouston@yahoo.com)

**Northwest Houston Mothers & More**  
[mothersandmore.org/chapters/NWHouston](http://mothersandmore.org/chapters/NWHouston)  
[nwhmoms@gmail.com](mailto:nwhmoms@gmail.com)

**Northwest Houston Mothers of Multiples**  
[nwhmom.org](http://nwhmom.org)  
[nwhmom@yahoo.com](mailto:nwhmom@yahoo.com)

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