

## EVENTS CALENDAR

Our annual calendar varies, but always contains the following types of activities and events:

**Moms' Nights Out-** These monthly meetings are designed to be adult-only time so that moms can enjoy some time to chat, vent, and support each other.

**Mom-to-Mom Support Meetings-** Currently an annual event, this meeting tends to be more formal than the Mom's Night Out and covers a broad range of topics of interest to members. This has traditionally been a very well-attended event and has been a big source of ideas for the present and "heads-up" for the future on the art of parenting multiples.

**Welcome Reception-** Each August HVPOM hosts a "Welcome Reception" to welcome new members to the group and reconnect with old members.

**Family Events-** These events have traditionally included big parties such as our Halloween Party, December Holiday party, and April Egg Hunt. Each summer HVPOM also walks in the Ann Arbor Independence Day Parade! Other events have been smaller events such as a family picnic in the summer, or a trip to a petting farm or pumpkin patch in the fall.

**Educational Events-** General meetings are scheduled with speakers on topics of interest to our members. Previous topics have included such diverse topics as discipline, sibling rivalry, and developmental "red flags."

**Clothing Exchange-** As a member, you can participate in our most popular activity of the year. Members can buy and/or sell children's clothing, toys, equipment, etc. Watch for location, time and other details in your newsletter.

**Informal Play Dates-** Getting together with parents of similar-aged children is so good for the psyche! The Yahoo! Group has been a great networking tool for finding parents with similar aged children in the group.

## Want to Try HVPOM Out?

A complimentary 3-month trial membership is offered to all new contacts. Dues must be paid by the end of the 3 month time period in order to continue your membership in good standing. Upon activating your trial membership, information will be provided regarding the prorated dues amount for the remainder of the year.

## When to Join:

Join as soon as you know you are pregnant with multiples, or now if you already have them!

The Membership year runs from August to August. New members can join anytime for a prorated amount. Contact our membership coordinator for information about current club dues. *A short-term waiver of dues may be considered in certain circumstances.*

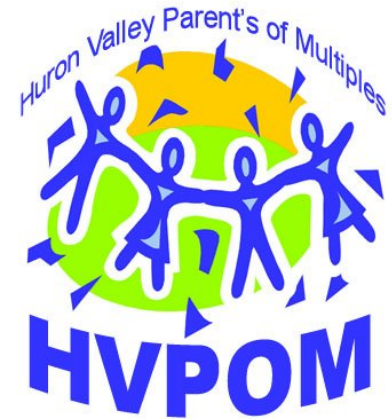
## For More Information:

Please check our website at:

[www.hvpom.org](http://www.hvpom.org)

For questions regarding membership,

contact: [membership@hvpom.org](mailto:membership@hvpom.org)



## HURON VALLEY PARENTS OF MULTIPLES

For families with twins, triplets, and more



[www.hvpom.com](http://www.hvpom.com)

# WELCOME!

If you're reading this, you're probably expecting, or currently have, multiples! Congratulations! And welcome to the crazy, wonderful, scary, joyful, and anxiety-inducing adventure of a lifetime. There is nothing easy about pregnancy or life with multiples, but the love and rewards you receive make even the craziest of days worthwhile.

Please contact us for more information. You are at the beginning of a wonderful journey. Congratulations and welcome to a group of very special parents of multiples.



## WHO ARE WE?

Huron Valley Parents of Multiples (HVPOM) has been a support group for parents of multiples since 1968. The group is currently comprised of approximately 100 member families who share information, practical experience, expertise on recommended local services, and humor unique to the households of parents with multiples.

Our members' life experiences and backgrounds are diverse. They are professionals from fields as broad as health care, law, engineering, education, and design. They are stay-at-home moms, full-time employees, and employees working less traditional shifts. They have experienced the journey of infertility treatments and the surprise of spontaneous twins. Some are older and some are younger. All, though, share the bond of a common struggle and a common source of smiles.

# OUR GOALS

It is our hope that this organization can serve as a vehicle- to support you through the struggles of parenting multiples, to connect you to others who are facing similar challenges at similar times, to connect you to those who have "been there and done that," and, most importantly, to help you focus on, remember, and cherish those moments that make it all worth while.

## WHAT WE DO

### *Support, Advice, Expertise, & Friendship*

#### Welcome Packet

Our group continues to expand our resources and support for new and expectant parents of multiples. New members will receive a "**Welcome Packet**" upon receipt of their completed membership form.

#### Mentor Program

New members are also automatically paired up with a "**mentor**" of sorts. Upon joining the group you will receive information from our Membership Coordinator to make sure you know what all is available to you through the group. A "mentor" is really just a friend you can call or email with questions, and a person who will check in with you periodically as well.

#### Yahoo! Group

Our members-only **Yahoo! Group** site is more active than ever. There are files and databases that you can access with information about HVPOM and advice from members about a variety of topics (from dentists, to traveling, to tips for new moms). The listserv is quite active and we encourage all members to post and respond to questions frequently. To encourage discussion, we have a weekly "**Topic Tuesday**" where a question gets thrown out to the group. An enormous amount of connection happens through this group, as our members know how difficult it is to get out to events with multiple babies! Also on the Yahoo! Group is a database to arrange "**Babysitting Swaps**" and "**Playdates!**"

# MEMBERSHIP BENEFITS



### *With a membership, you will...*

- Receive a warm welcome, supportive advice, and a group of friends to help you through this adventure of a lifetime!
- Be able to attend all group functions throughout the year.
- Receive HVPOM's official monthly newsletter, "Multiple Connection."
- Have the opportunity to buy and/or sell at our biannual clothing, toy, and equipment exchanges.
- Have access our members-only Yahoo! group website.
- Be able to form playgroups with mothers of similar-aged multiples.

