

What are you  
waiting  
for???

It doesn't matter if you are the stay at home parent that just wants to talk to other parents and see if they are going through the same things you are, or if you are the hard working dad that is looking for another dad to play a game of pool with... If you have multiples or are expecting them and want to find support, great friendships that can last a lifetime, and a chance to let your children meet other children through great events and activities then log on to [www.omahaparentsofmultiples.org](http://www.omahaparentsofmultiples.org) or call (402) 978-4800 and sign up today.

We can't wait to hear from you!!



**Omaha Parents of Multiples**

**OPMC**

P.O. Box 241574

Omaha, NE 68124-5574

(402) 978-4800

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

Email:

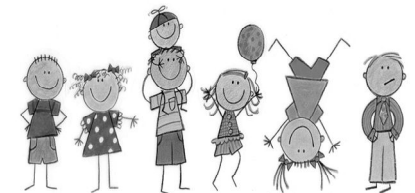
[omahaparentsofmultiples@yahoo.com](mailto:omahaparentsofmultiples@yahoo.com)

For sale information: [opmcsales@cox.net](mailto:opmcsales@cox.net)

# OPMC

## Omaha Parents of Multiples Club

### Support, Networking, and Friendship for Parents of Multiples



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## Support and Networking

The Omaha Parents of Multiples Club (OPMC) is a support and networking organization whose members are parents and expectant parents of multiples (twins, triplets, quadruplets, and more!). Monthly club meetings are held on the second Tuesday of each month (except May, June, July, and December) at the Southwest Omaha Church of Christ located at 124th and Center Streets beginning at 7:00pm.



The adult-only format of the club meetings offers an opportunity for a much needed break from the often busy world of multiple parenting. A guest speaker is often featured during at least half of the meeting on various topics including discipline, financial planning, stress, and other subjects brought forth as interest from membership. Time is also allotted for parents to share stories and discuss helpful hints with one another as this is an important part of each meeting and the club interaction as a whole.

## Membership Benefits

- ◆ OPMC is a member of the National Organization of Mothers of Twins Club, Inc. (NOMOTC). This entitles each member to receive their bi-monthly magazine and benefits of a national membership.
- ◆ Each member receives OPMC's monthly edition of the "QT Times" newsletter.
- ◆ OPMC has a vast assortment of multiple birth educational books, magazines, and videos that all club members have access to check out at meetings and other times if needed.
- ◆ All members have access to the members only section of the OPMC website which includes a support line directory with other members that can be called upon to help through various situations such as breast feeding difficulties, premature births and NICU stays, and school issues, etc...
- ◆ New and expect parents can receive ongoing support and contact through OPMC's welcoming program
- ◆ Other various networking, support, friendship, and child socialization through our diverse social outings, play groups, mom's outings, general meetings, and other structured activities
- ◆ Early shopping times designated for members at our Spring and Fall Clothing and Equipment Sales

## Club Events and Activities

**Spring and Fall Clothing and Equipment Sales:** OPMC's sales are the best place in town to buy and sell clothing, equipment, and toys. The sale is marketed to the public via several avenues included local news and radio stations and OPMC members are allowed to shop one hour before the sale opens to the public.

**Semi-Annual OPMC Raffle:** A great way to get involved and to help out the club at the same time is to participate in the club's raffle. Donated items are collected and then raffled off in coordination with each sale provided extra support for our great activities through-out the year.

**Annual Holiday Party:** The whole family is invited to experience the magic of Christmas with fellow club members as Santa and his twin brother visit with the little ones and everyone enjoys some holiday goodies.

**Annual Summer Outing:** Enjoy the company of fellow club members at our summer outing either by watching the kids splash in the pool or by playing games in the park, everyone is sure to have a great time.

**Playgroup:** Getting the kids together is always an adventure when multiples are involved but it is sure to be a great deal of fun as well.

**Parents Night Out:** These planned social outings provide a great opportunity for parents to get out and have fun without the kids, yet allowing them to network with others sharing similar experiences.