

Winter 2020

Mom's the Word

About Us

The Mothers' Center of Central NJ is a non-profit 501(c)(3) organization committed to building and fostering a community of support and empowerment for all mothers. Established in 1978, we offer many opportunities for local moms to connect through daytime and evening activities.

Our philosophy is built on a foundation of peer support in an inclusive, non-judgemental environment.

Contact Us

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I am expecting my second child in March and the Mothers' Center community has already made me feel better supported than I felt during my first pregnancy. The first time I got pregnant, my mostly childless friends were happy for me, but we struggled to connect as our lives were taking different paths. Feeling isolated and needing support, I Googled local activities for new mothers. Luckily, I stumbled upon the Mothers' Center.

The winter session of Mom and Baby started just weeks after I gave birth. Attending Mom and Baby provided structure to my week. It gave me a reason to shower, dress in presentable clothes, and even put on some make up. In short, Mom and Baby made me feel and act like a real person for the first time since my son arrived.

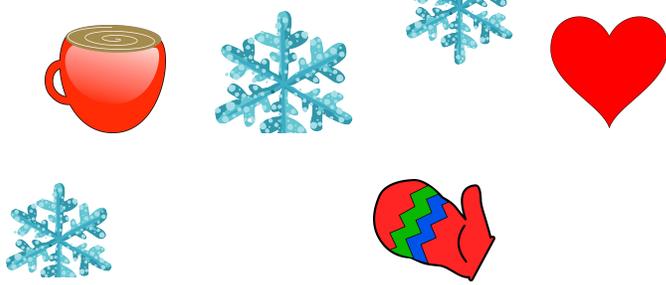
I never predicted how important the Mothers' Center would become in my life. I found a support system of moms going through similar experiences. I made new friends who can share the joys and struggles of motherhood.

When I went back to work, I committed to staying connected to the Mothers' Center and my new friends. Instead of attending the weekday groups, I went to Moms' Nights Out and Friday afternoon holiday parties. Getting out on a work night is hard when there are chores to do and a child to put to bed. However, I never regret it. Spending some child-free time with mom friends recharges me and reminds me to have a life outside of motherhood.

When I announced my second pregnancy, a whole community of fellow moms rejoiced with me. Another mom generously gave me her maternity clothes. Several expecting moms and I regularly swap updates and tips. As I enter my third trimester, I am already looking forward to this second maternity leave. Instead of being fearful of the unknown, I am excited for months of fun Mothers' Center activities for myself, my toddler, and my newborn.

-by Sara G.





Winter 2020

GROUPS

MONDAY

Mom and Baby

When: 1/27-3/16 (8 Weeks) 
Time: 9:30-11am
Where: Garwood Presbyterian Church
Facilitated By: Melissa B. and Jessica K.
Cost: Free
Babysitting: Available for a fee if enough interest (For older siblings)
 Whether you're a new mom or an "experienced" mom with an infant who would like to get together with other moms and their babies, then this is the group for you. For first time moms this group is a great way to make new friends! We support feeding babies (breast and/or bottle). Group serves infants typically 0-9mo or non-walkers.

Creative Kids Workshop

When: 1/27-3/16, no class 2/17 (7 Weeks) 
Time: 9:30-10:15am
Where: Garwood Presbyterian Church
Facilitated By: Melissa D.
Cost: \$55 per child/half off siblings
 Bring your toddler or preschooler out for crafts, stories, & songs you can share together.

Babysitting

Babysitting is available on site for certain groups (Mom & Baby, Mom and Baby Yoga, Discussion Group, Circuit Fitness) allowing older siblings to play in a safe and caring environment nearby while Mom and Baby attend group(s). A minimum of four children are required for babysitting to run - please let us know ASAP if you are looking to take advantage of this offering.

How to Register?

In-person registration will take place at the open houses (see next page) and **online registration will start on Thursday 1/16**. The link will be shared on Tinyhood, Facebook, and our website.

TUESDAY

Playgroup

When: 1/28-3/17 (8 weeks) 
Time: 9:30-11am
Where: Garwood Presbyterian Church
Facilitated By: T.B.D.
Cost: Free
 Bring your kids for a mom and child play date. Moms get to catch up and share experiences while the children play with age-appropriate toys, puzzles, coloring books and story books. (9mo +)

WEDNESDAY

Music

When: 1/29-3/18 (8 weeks) 
Time: 9:30-10:15am
Where: Garwood Presbyterian Church
Facilitated By: Melissa D.
Cost: \$60.00 per child/half off siblings
 Bond with your children as you explore music and movement and rhythm through fun games, singing and dancing. Get ready to have some fun!

Discussion Group

When: 1/29-3/18 (8 weeks)
Time: 9:30-11am
Where: Garwood Presbyterian Church
Facilitated By: Staci D. and Sandra F.
Cost: Free
Babysitting: Available for a fee if enough interest.
 This informal discussion group will be an opportunity for members to share their experiences, reflect on themselves and their own relationships, and connect with other women in the group.

Child Health Guidelines

For the good health of your child and all the children of the Mothers' Center, please keep your child home if he/she is experiencing:

- Temperature of 99.2 or higher
- Sincere complaints of discomfort
- Swollen glands
- Sore throat
- Excessive discharge from the nose
- Is in the first 3 days of a cold
- Persistent cough or sneezing
- Nausea, vomiting or diarrhea
- Rash or inflammation of the eyelids
- Extreme lethargy
- Chicken pox
- Rash
- Other contagious disease

Children who have been vomiting and/or had a fever should be kept home for one full day after symptoms have disappeared. Please call or email your facilitator if you have questions or not attending your group(s).



THURSDAY

Mom and Baby Yoga

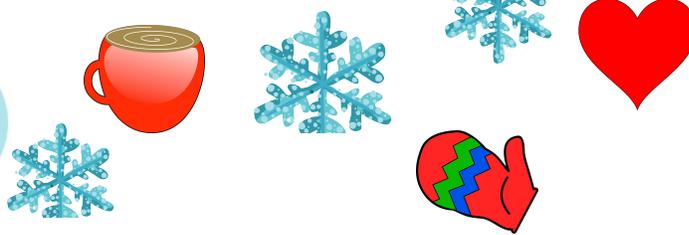
When: 1/30 - 3/19 (8 Weeks) 
Time: 9:30-10:15am
Where: Garwood Presbyterian Church
Facilitated By: T.B.D.
Cost: \$60 for 8 weeks (6 participants min. req'd)
Babysitting: Available for a fee if enough interest (For older siblings)
 Bring your baby (non-movers, birth through approx. 9 months) to join you for some bonding through movement.

Circuit Fitness Training

When: 1/30 - 3/19 (8 Weeks) 
Time: 10:30-11:30am
Where: Garwood Presbyterian Church
Facilitated By: Sandra F.
Cost: \$120 for 8 weeks (7 participants min. req'd)
Babysitting: Available for a fee if enough interest (For older siblings)
 Circuit style, fast paced, fun class. Combination of strength training and cardio moves will hit all muscle groups and promote fat burning and muscle building! High impact and low impact modifications can be provided so that all fitness levels can feel comfortable.

FRIDAY

Check the Events section for various Friday happenings and RSVP on Tinyhood!



Winter 2020



EVENTS

Open Houses

When: Monday 1/13 9:30-11am
Wednesday 1/15 8-10pm

Where: Garwood Presbyterian Church

Come meet current and prospective members at our morning or evening Open House where you can find out more about our offerings and sign up for groups. Refreshments will be served and everyone is welcome!

As an extra bit of fun, we'll be doing a **White Elephant gift exchange** at our evening Open House. Bring a wrapped gag gift of less than \$10 in value to join in playing! No worries if you forget or can't find something, too, we'll bring a few extra!

Just for Moms

Mom's Nights Out



When: 2/20 Darby Road
3/10 Rosie's Wine Bar

Time: 8-10pm

Facilitated by: Meghan R.

Cost: Pay for your own
Take a break and get out for the night to enjoy food, drinks, and conversation.

Annealed Studio Night Out

When: Thursday 1/30

Time: 7pm

Where: Annealed Studio, Cranford

Facilitated by: HaVi J.

Cost: Varies by project
Make your own metal project, e.g., earrings, keychain, bookmark, pendant in good company and conversations. If you have a special project request, they can accommodate!

Dessert & Toy Swap Night

When: Monday 2/10

Time: 8-10pm

Where: Garwood Presbyterian Church

Facilitated by: Allison M.

Cost: Free

Take a break and get out of the house for a free night out! Even better, bring the toys you or your kids are getting tired of and swap for something new.

Book Club



When: Tuesday 3/24

Time: 8-10pm

Where: Rosie's Wine Bar

Facilitated by: Carey C.

Cost: Free

Join us for our Winter book club to discuss *The Turn of the Key* by Ruth Ware. Completing, or even starting, the book is optional!

Discussion Night - Gender Roles and Parenthood

When: Thursday 3/19

Time: 8-10pm

Where: Garwood Presbyterian Church

Facilitated by: Allison M.

Cost: Free

Gender roles in parenthood are changing. Join us to discuss the changes we see, how we define "motherhood", and the role that a gender specific group such as this one can play. As always, we strive to be a community where differing opinions can coexist, so bring an open mind, your observations, and thoughts on the future.

Family Time

Storybook Art Class (School Holiday)

When: Monday 1/20

Time: 10:30-11:30am

Where: Garwood Presbyterian Church

Facilitated by: Allison M.

Cost: \$15 per child/\$10 for siblings

Come join the fun in a special Storybook Art Class from Creative Kids! We will explore a favorite children's story with an art project and fun activities to match!



Launch Trampoline Park

When: Saturday 2/1

Time: 10-11:30am

Where: Launch in Linden

Facilitated by: Melissa D.

Cost: \$8.00 per child (adults free)

Let's meet up and enjoy this great deal for kids 5 and under and their parents.



Valentine's Party

When: Friday 2/7

Time: 4-5:30pm

Where: Garwood Presbyterian Church

Facilitated by: Melissa D.

Cost: Free

Roses are red, violets are blue, we love to party and eat treats too!! Pizza and treats will be provided.



Tinkergarten Trial (School Holiday)

When: Friday 2/14

Time: 10-11am

Where: Unami Park, Garwood

Facilitated by: Allison M.

Cost: free

A great time to try out winter Tinkergarten! Kristina Quigley will be leading us in a winter sky activity. Please use the link below to register, ages 18 mo-8 years welcome!

[Tinkergarten.com/classes/120302](https://tinkergarten.com/classes/120302)



Barnes & Noble Fundraiser

When: Saturday 2/15 & Sunday 2/16

Time: all day

Where: Barnes & Noble in Clark

Facilitated by: YanYan M.

Cost: Pay for your own

A portion of whatever you buy this weekend will be donated back to the center. Check Tinyhood for more details for follow!



Kids' Baking

When: Friday 2/28

Time: 4-5pm

Where: Allison M.'s house

Facilitated by: Allison M.

Cost: \$2 per child

Because once you spill a little flour, you might as well spill a lot! Come work through a simple recipe with your kids and play while it bakes! Please include any allergy info with RSVP



Puppets & Dramatic Play (School Holiday)

When: Monday 2/17

Time: T.B.D.

Where: Garwood Presbyterian Church

Facilitated by: Allison M.

Cost: T.B.D.

Check Tinyhood for more details about this creative workshop as the date approaches!



Steering Meetings



When: 1/8, 2/5, 3/4

Time: 8-10pm

Where: Check Tinyhood

Want to get more involved? Help us make decisions that shape the direction of our center. We welcome all comments and suggestions for making the center better.

5K Meetings

When: 1/22, 2/12, 3/11

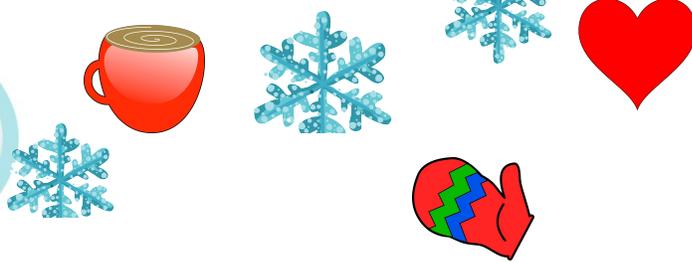
Time: 8-10pm

Where: Check Tinyhood

Help us plan and run, literally or not, our biggest annual fundraiser, Miles with Moms 5k/1M.

How to RSVP?

All event RSVPs will take place on Tinyhood up to the day of the event. Don't have the app yet? Download it today and check often to stay in touch!



Winter 2020

ANNOUNCEMENTS



New Babies



Alexander Levi Bernstein was born on 12/20/19 weighing 7lbs 7 oz. , and measuring 19" long. Parents Melissa and Todd and big sister Sammy are all doing well!

Andrew Larish was welcomed by new parents Christine and Bryan on 11/1/19 weighing 7 lbs 14 oz., and measuring 21.5" long.

Emrys Lloyd Meadows was born on August 28, 2019 at 6 lbs, 18" to Jesse and Brynley. He has been doing well and growing fast, and big brother Owen loves giving him kisses and singing to him!

Books for Babies Update

This fall our Books for Babies program successfully expanded to include four more locations including Clark, Cranford, Garwood, Linden, Rahway, Roselle, and Scotch Plains libraries. During weekly storytimes at all included libraries, we relaunched our program for the school year with reusable tote bags which include a new board book, list of suggested reading material, information on benefits of reading to children and information about family programs at the local libraries.



Winter Give Back Project - Diaper Drive

It's time for our 4th annual Diaper Drive! Starting in February, MCCNJ will have a donation box to collect diapers, wipes, diaper cream, and baby wash for the Moms Helping Moms Foundation. The Foundation partners with other non-profits to distribute diapers and baby supplies to families primarily located in Union, Essex, and Somerset counties. Donations are allocated to wherever there is a need, which includes shelters, food pantries, and family assistance programs.

Last year we donated about 230 diapers- let's give it our best to surpass that goal this year! Diapers are accepted both in and out of packaging. Any other baby supplies must be new/unopened.



Have an idea or want to lead a group? Email us at motherscentercnj@gmail.com! MCCNJ is a volunteer based organization and our programs adjust to members' needs. All ideas are welcome!



Are You Connected?

Make sure you linked in with our group site, TInyhood! You can use either the the website or the app to keep up to date with news, member to member baby stuff trading, and pop-up events and meetups! Simply go to www.tinyhood.com/MCCNJ

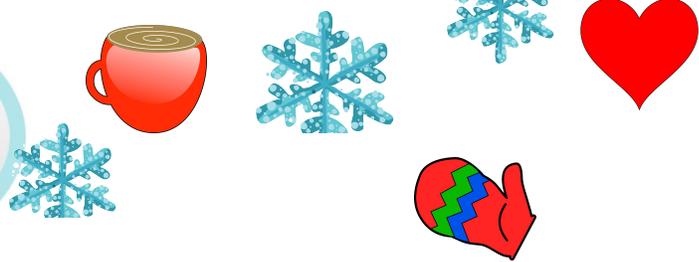


The Miles with Moms fundraiser is the Center's biggest event – all funds raised from it benefits the Center and its members directly by supplementing the cost of our programs. Everyone can help by reaching out for sponsors, raffle prizes, and hanging up our flyers. Come to one of the planning meetings or keep an eye on TInyhood for simple ways to help out!

Miracle Walk



This year we met and exceeded our "Team MCCNJ" donation goal contributing almost \$500.00 to the St. Barnabas Miracle Walk in Verona Park. A huge shout out to all who participated and/or donated to this event benefiting the NICU at St. Barnabas.



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REGISTRATION

Note: Group registration will be available at both open houses. Online registration will commence on 1/17.

Mothers' Center of Central New Jersey Membership & Groups Registration Form

1. Determine which group(s) you would like to take. Some groups are limited to 10 members, first come, first served so sign up early! Some groups may be filled or may not run.
2. Determine your babysitting needs and appropriate fees. Babysitting fees are \$7.00 per group meeting for one child; \$5.00 per group meeting for the second child; and \$3.00 per group meeting for each additional child. Parents must stay on premises during groups when their child is in babysitting. Babysitting is an optional service and NOT required.

Winter Session Babysitting Rates			
Group length	One Child	Two Children	Three Children
8 Weeks	\$56.00	\$96.00	\$120.00

3. If the costs associated with babysitting, group fees, or dues prevents you from taking a group, please contact motherscentercnj@gmail.com
4. Make all checks payable to: The Mothers' Center of Central New Jersey. Mail registration form and check to: Mothers' Center of CNJ, PO Box 294, Cranford NJ 07016, or bring completed registration form to an Open House .
5. Important Note: You will receive confirmation of your group via email from the facilitator prior to the beginning of the group.

----- Detach and Return -----

**Please mail this registration form to
MCCNJ, P.O. Box 294, Cranford, NJ, 07016**

Mom's Name _____ Email _____

Cell Phone _____

Which group(s) do you want to attend?	For how many children?	Babysitting (Y/N), for how many?
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Membership Fee \$ _____

Group Fees \$ _____

Babysitting Fees \$ _____

Donation to MCCNJ** \$ _____

Total Enclosed \$ _____

Please note membership fees are only for new members who did not pay dues in the fall
 Membership: \$35 (thru September 2020)
 Alumni Supporter: \$20 (thru September 2020)

**optional and tax deductible