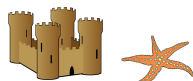
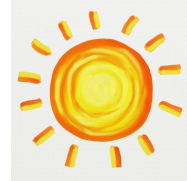




# Summer

# 2020



## Welcome, Summer!

### 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

Mothers' Center of CNJ  
PO BOX 294, Cranford,  
NJ 07016

(908) 514-8693

motherscentercnj@gmail.com

<http://motherscentercnj.org>

To sign up for our events, please check TinyHood for more information

Transition is defined as the process or a period of changing from one state or condition to another and that is just what is happening here at the Mothers' Center of Central New Jersey. With the onset of COVID-19, the Center has transitioned from in person groups and classes to an all virtual program. Our team has worked tirelessly to continue to provide support & quality programs for moms and their children. We are excited to move into the summer with a jam packed schedule of fun & safe activities! Please check TinyHood for additional details and zoom links to join these events.

### MONDAY

#### Yoga

**When:** 7/20-8/3 (3 weeks)

**Time:** 8:30-9:00 pm

**Facilitated By:** Melissa B

**Cost:** \$15 for 3 weeks

Participants will be led through a 30 minute Vinyasa Flow style class. Jenna will share modifications to allow students to choose from beginner to a more advanced practice according to their needs and experience.



### WEDNESDAY

#### Mom and Baby

**When:** Ongoing

**Time:** 9:00am

**Facilitated By:** Alli S

**Cost:** Free

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.



### THURSDAY

#### Music

**When:** 7/16-8/6 (4 weeks)

**Time:** 9:30-10:15 am

**Where:** Check TinyHood for details

**Facilitated By:** Melissa D.

**Cost:** \$100 per family

Bond with your children as you explore music and movement and rhythm through fun games, singing and dancing. Get ready to have some fun.



#### Creative Kids Workshop

**When:** 7/22 - 8/12 (4 Weeks)

**Time:** 10:30-11:00 am

**Facilitated By:** Melissa B

**Cost:** \$24per child/\$4 per additional sibling

Bring your toddler or preschooler out for crafts, stories, & songs you can share together. (ages 18mo+)



### Just for Moms



#### Game Night

**When:** 7/13

**Time:** 8:30pm

**Facilitated by:** Melissa D.

Join us for a free night full of fun and games on HouseParty!

#### Couples Trivia

**When:** 7/25

**Time:** 8:30pm

**Facilitated by:** Trina J

Test your knowledge and teamwork at our virtual trivia night!

#### Discussion Night

**When:** 8/12

**Time:** 8:30pm

**Facilitated by:** Mel D

Come and join us for a night celebrating your "mom bod". Swap stories and secrets with moms just like you!

#### Meal Planning/ Recipe Swap

**When:** 8/25

**Time:** 8:30pm

**Facilitated by:** Allison P  
Stumped by what to make for dinner? Need to liven up the menu? Bring your favorite recipe and learn some meal planning tricks.

#### Tavola Night

**When:** 7/16

**Time:** 8:30pm

**Facilitated by:** Jackie H

**Cost:** \$25-\$55

Join us for a virtual class on how to make the perfect charcuterie platter!

#### Pasta Making Night

**When:** 7/30

**Time:** 8:30pm

**Facilitated by:** Jackie H

**Cost:** \$30

Join us for a virtual class on how to make the perfect plate of fresh pasta!

#### Rosé all Day!

**When:** 8/20

**Time:** 8:30pm

**Facilitated by:** Sharon S

**Cost:** \$38

We will Rosé from Rosie's wine bar with no need for a designated driver!

