



Winter
2021

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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Believe. That one small word has always held so much resonance for me. Believe in good. Believe in magic. Believe in others. In love. In hope. Even when it's hard to find a reason...believe.

I'll never forget the day that I joined my first Mothers' Center group. My son Dylan was about 6 weeks old, and I'd reached the point where I *needed* to start leaving the house. On that morning, I put on makeup, threw on some real clothes, and dragged myself and my baby to our first Mom & Baby group. What I found was a haven for me. Slowly but surely, I developed a new network of friends - fellow moms - who were experiencing so many of the same things. They were feeling just as lost at times, elated at others, frustrated and joyful. We could discuss our circumstances openly, without judgement, even though many of us had just met. Bonding with other new moms through the Mothers' Center reminded me once again of the beauty of the human spirit - how we can so easily lift each other just by talking, listening, and sharing. I had found a whole new reason to believe.

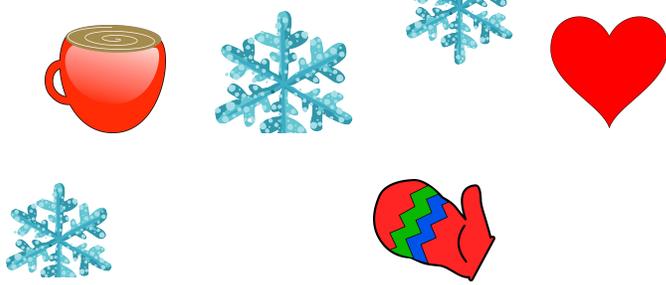
My new friends and I relied on each other as our infants quickly grew into toddlers, and celebrated together when each of us announced that we were expecting our second child. When my son Liam was born, the Mothers' Center graciously organized a meal train for my family. Although Liam came along almost exactly 6 weeks before the pandemic sent us all into quarantine, each mom who volunteered to bring us a meal managed to pull through. Believe. Looking back on the months that followed, one of the things that helped me navigate my way through the pandemic as a mother of two was my connection to the Mothers' Center.

One significant thing that I've found in all of this is the unity that the Mothers' Center inspires: that feeling of coming together with other women, moms, who are right there with you...even when they're not. Knowing that, even on those nights when all I can possibly do is put the kids to bed and retire to the couch to eat cookies, there are moms down the street who are organizing virtual parties, putting together craft kits, and contacting teachers to provide safe learning opportunities for our little ones; because although "tonight" I may have nothing left to give, these moms have my back until tomorrow when I do. On those days when my strength is depleted, I look to those other moms and their determination pushes me forward. My involvement with the Center reminds me that, no matter what incredible challenges we may face, we are not alone in motherhood. Even when we feel like everything is falling apart, we keep going, we find that support, we find new ways to make magic, and we hope that - for our children - that belief never falters.



- Erin H.





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GROUPS

MONDAY



Playground Meetup Group

When: Mondays 1/25 - 3/22

Time:

- 10 AM Morning Meetups
- 4 PM Afternoon Meetups

Where: Local parks

Facilitated By: Alli & Allison M.

Cost: Free

Need to get out? Join us for a playground meet up with your little ones. We will be meeting at local Union County parks on Mondays; AM and PM sessions will alternate weeks. Check Tinyhood for weekly reminders and location.

Mom Yoga

When: Mondays 1/25 - 3/22

Time: 8:30 - 9 PM

Where: Zoom

Facilitated By: Lauren M.

Cost: \$45

Participants will be led through a 30 minute Vinyasa Flow style class. Lisa 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: Wednesdays 1/27 - 3/24

Time: 9:30 - 11 AM

Where: Zoom

Cost: Free

Whether you're a new mom or an "experienced" mom who would like support and to connect with other moms, then this is the group for you. This is a casual discussion group, so join when you can, and leave when you need. Find some "me time" while baby naps!

FRIDAY



Walking Group

When: Fridays 1/29 - 3/26

Time: 9:30 - 11:30 AM

Where: Tamaques Park

Facilitated By: Lauren S.

Cost: Free

Bring your children for some socially distant outdoor time and catch up with some other moms while getting a bit of exercise, too.



Any in person group will be weather dependent. Any cancellations or location changes will be posted to Tinyhood!

All in person groups will follow NJ state and CDC guidelines in regards to social distancing and mask wearing.

Please remember that you must stay home if you or your child are feeling sick, or if you or anyone in your household is experiencing symptoms of COVID-19.

THURSDAY



Creative Kids Workshop

When: Thursdays 1/28 - 3/25

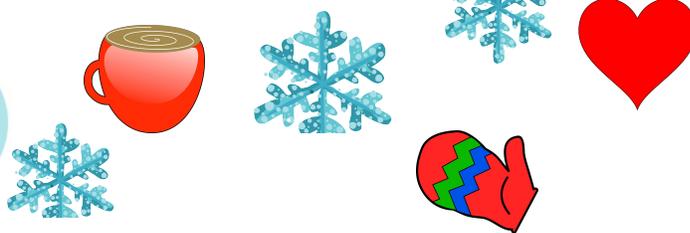
Time: 10:30 - 11 AM: 18 mos.- 3 yrs.

3:30 - 4 PM: 3 yrs. - 5 yrs.

Where: Zoom

Cost: \$54 & \$9 per sibling

Join your toddler or preschooler for crafts, stories, & songs you can share together. Supplies will be provided for pick-up. Best for ages 18 mos.- 5 yrs.



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EVENTS

RSVP on Tinyhood for all events - available to all members now!

Just for Moms



Fireside Chat



When: Tuesdays 1/26, 2/9, 2/23, 3/9, 3/23

Time: 8:30 PM

Where: Zoom

Facilitated by: HaVi J.

This new series seeks to celebrate resilience and facilitate and inspire conversations among members. Topics include: Friends Despite Opposing Political Views, Finding New Purposes During Covid, and more.

Galentine's Wine & Cheese

When: Thursday 2/11

Time: 8:30 PM

Where: Zoom

Facilitated by: Sharon

Cost: \$35 - \$40

Join us for a virtual wine tasting with Rosie's Wine Bar! A staff member from Rosie's will guide us through a tasting of wines from the comfort of home. (No designated drivers needed!) There will also be a quiz with a chance to win prizes. Keep an eye on Tinyhood for further details including which wines we will taste as well as how to order.



Be sure to let us know in your RSVP on Tinyhood if you are interested in ordering a shirt (above) for \$10.

Movie/Book Club

When: Thursday 1/21

Time: 8:30 - 10 PM

Where: Zoom

Facilitated By: Jackie H. Grab some popcorn and join us to discuss the movie/book *Rebecca*. This will be a fun, relaxing night with friends. Check Tinyhood for more details!

Stitch & B**ch



When: Thursday 3/18

Time: 8:30 - 10 PM

Where: Zoom

Facilitated By: YanYan

Have a project you're working on, but also need some (virtual) social time? Skip the podcast and come hang out with us. Bring your laundry to fold, work on your latest craft, prep tomorrow's dinner, or join us with whatever fills your hands but not quite your mind.

Meditation Night

When: Thursday 3/11

Time: 8 PM

Where: Zoom

Facilitated by: Sharon

Cost: TBD

You are invited to join us in a meditation led by Thea Jackson, practitioner and owner of Just Bead Yourself. Beginning with a light movement exercise, we will meditate together to find peace and healing.

Dancing in the Dark



When: Thursday 2/18

Time: 8:30 PM

Where: Zoom

Facilitated By: Allison P.

Like to dance, but maybe not in front of people? Turn off your lights (and/or your camera) and join us for Dancing in the Dark! We will be playing a variety of danceable music with requests taken beforehand. Dancing will go for about 30 minutes, followed by a chat session. Bring your family, bring your pet, get weird, look cool, just do you and dance like no one is watching!

Open Houses

When and Where:

Monday 1/11 @1 - 2 PM
<https://us02web.zoom.us/j/82264665289?pwd=N3JJZWw3RGtFZmJkOjUzZlBQUV1UT09>

Tuesday 1/12 @8:30 - 10 PM
<https://us02web.zoom.us/j/83690401246?pwd=SU1IR0Q3M3RXTlI0QmIvMU0yV01LQT09>

Come meet current and prospective members at our morning or evening Open House via Zoom where you can find out more about our offerings and sign up for groups and other activities. Everyone is welcome!

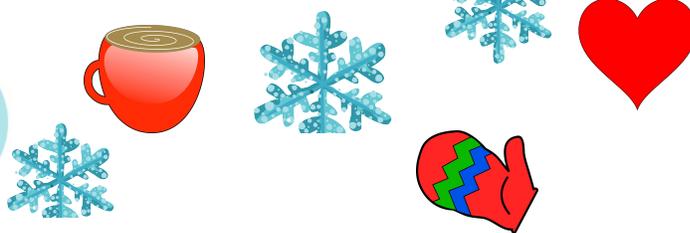
Steering Meetings

When: Wednesdays 2/3, 3/3

Time: 8:30 -10 PM

Where: Zoom

Want to get more involved? Help us make decisions that shape the direction of our center.



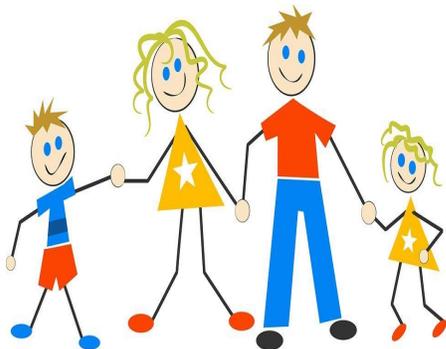
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EVENTS

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Family Time



Mom-and-Child Mosaic Art Class With Kick Glass Studio

When: Saturday 1/30

Time: 3:30 PM

Where: Zoom

Facilitated by: Jackie

Cost: \$25

Donna from Kick Glass Art Studio will lead us in a mom-and-child glass mosaic making class. Choose from 5 different options: a heart, sun, peace sign, butterfly, or yin and yang symbol. Join us for the class and then some Zoom creative time, or pick up a kit and create on your own schedule.

Virtual STEAM Classes



Look out for our virtual STEAM lesson series with Kacie! Lessons will be pre-recorded so you can do them at any time with your budding engineer. The cost of \$60 will include 6 lessons along with your own pre-packaged supply kit. This class will allow 8 participants.

Kids' Virtual Valentine's Party



When: Saturday 2/13

Time: 11:30 AM

Where: Zoom

Cost: Free

Meet us on Zoom for a half hour of Valentine's-themed songs, stories, games, and more! Melissa B. will also be giving out craft kits in advance, so keep an eye out on Tinyhood for more details.

Couples Game Night

When: Saturday 2/27

Time: 8:30 - 10 PM

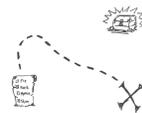
Where: Zoom

Facilitated By: Lauren M.

Cost: Free

Virtual date night! Get the kids to bed, grab some wine and snacks, and show your competitive spirit. Only one couple will become the next MCCNJ game night champions!

Spring Scavenger Hunt



Find "spring" with your family! Take a walk in the neighborhood or head out to your local park to find these spring-themed items! Supplies can be picked up at Melissa B's house.

Fundraising

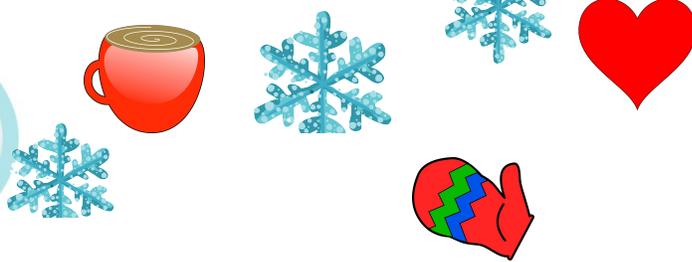
Take Out Nights

Don't feel like cooking another dinner? Support MCCNJ and a local restaurant with our take out night fundraiser. More details coming soon on TinyHood.

Plant Sale



Brighten your home for the spring with a beautiful new plant or bouquet! Keep an eye out on Tinyhood for our next local plant sale.



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UPDATES

Meal Train

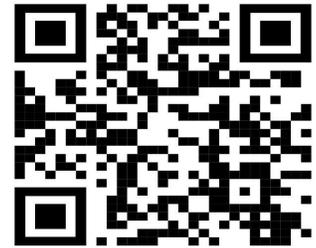


Our meal train program is one of the most popular long-standing traditions at the Mothers' Center. When members go through a major life change, such as welcoming a new baby to the family, we organize members to drop meals to help them during the transition. Our meal trains usually cover 2 or 3 nights a week for about 3 weeks to give families a little break and some friendly company to stop by during a challenging time. When you click on the meal train sign-ups link you'll see a list of dates available, and contact info for the member you will be dropping to. You don't need to be a chef to participate! Just make extra of something your family likes, or even pick up some extra takeout to share. It's all about simply being there for each other when life gets crazy. So, look out for further meal train announcements on Tinyhood, and also make sure you let the center know via email if you or another member is expecting soon and could use a hand: motherscentercnj@gmail.com.



Are You Connected?

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



New Babies



Let's extend a little extra love to these families who welcomed their newest addition this fall and winter!

Millicent Arianna Ada Andrews was welcomed by Chris, Sarah, and big sister Rosalind on 1/2/21 weighing 8 lbs. 5 oz and measuring 19.5 in. Everyone is happy and healthy!

Simon Brooks MacInnis was born on 10/13/20 weighing 7 lbs. 2 oz. and measuring 21.25 in. to first-time parents Maria and Thomas MacInnis. We welcome our newest member!

Health Guidelines

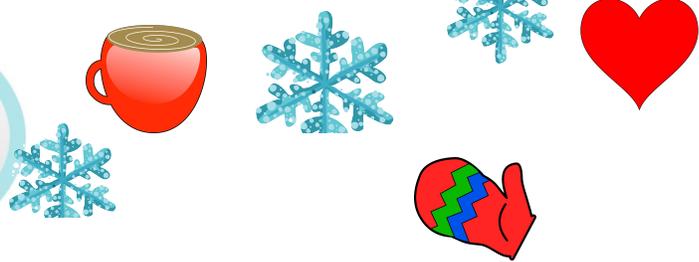


MCCNJ will abide by NJ state and CDC guidelines for all activities. Those guidelines are as follows:

Face coverings are required in indoor spaces and in outdoor public spaces when social distancing is difficult to maintain.

Additional requirements for outdoor gatherings include the following:

- Require attendees to be six feet apart at all times, excluding immediate family members, caretakers, household members, or romantic partners;
- Prohibit contact between attendees;
- If the event is an organized gathering, the organizer should demarcate six feet of spacing in the area of the gathering to demonstrate appropriate spacing for social distancing;
- Prohibit sharing of any physical items provided and require sanitization before and after each use; and
- Require contactless pay options wherever feasible.



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REGISTRATION

Mothers' Center of Central New Jersey Membership & Groups Registration

- To **join** or **renew** membership, register online using the form available at: <https://motherscentercnj.org/members/>
 - Annual membership dues: \$40 (pandemic adjusted price) and Alumni Supporter dues: \$25.
 - If the costs associated with group fees or dues prevents you from taking a group, please contact motherscentercnj@gmail.com.
- Membership runs from September 2020 to September 2021
 - Membership is renewed annually.
 - If you cannot join us this session, you may join at a later session. We will run registration again in the spring and fall sessions.
- As a member you will have the ability to register for any groups
 - Register for groups using the same online form.
 - Determine which group(s) you would like to take. Some groups are limited, first come, first served so sign up early! Some groups may be filled or may not run.
 - You will receive confirmation of your group via email from the facilitator prior to the beginning of the group.
- Dues and group payments can be paid online after registering.
 - If paying by check, make checks payable to: The Mothers' Center of Central New Jersey. Mail and send to: Mothers' Center of CNJ, PO Box 294, Cranford NJ 07016.
- After joining you will receive access to TinyHood, our online membership community. TinyHood allows you to:
 - RSVP for any events including moms night out & pop up events for moms, kids and families.
 - Access a member only discussion board
 - Sell or find items on a member only marketplace

Register during our virtual Open House via Zoom on January 11th @ 1 - 2 PM
<https://us02web.zoom.us/j/82264665289?pwd=N3JJeWwxRGtFZmJJc0pUZzIBQUV1UT09>
and January 12th @ 8:30 - 10 PM
<https://us02web.zoom.us/j/83690401246?pwd=SU1IR0Q3M3RXtII0QmlvMU0yV01LQT09>
 or online starting 1/13 at <https://motherscentercnj.org/members/>.

Follow our QR code to register now!



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