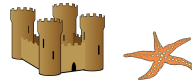
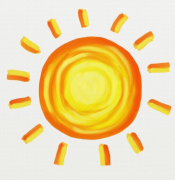




Summer



2021



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

Groups

MONDAY

Mom Yoga

When: 7/12 - 8/16 (6 weeks)

Time: 8:30 - 9 PM

Facilitated By: Lauren M.

Cost: \$30

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.



Tuesday

Playground Meetup Group

When: Tuesdays 7/6 - 8/24

Time: 10 AM

Where: Local parks

Facilitated By: Lauren S.

Cost: Free

Need to get out? Join us for a playground meetup with your little ones. We will be meeting at local Union County parks. Check Tinyhood for weekly reminders and location.



WEDNESDAY

Mom and Baby

When: Wednesdays 7/7 - 8/25

Time: 9:30 - 11 AM

Where: Zoom

Facilitated By: Katie

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

Picnic in the Park

When: Fridays 7/16 & 8/20

Time: 11 - 12:30 PM

Where: Mindowaskin Park

Facilitated By: Allison P.

Cost: Free

Come out for a midday picnic and playground meetup! Bring a blanket and lunch.



Events

Ice Cream Social

When: 7/8

Time: 3:30 PM

Where: Vanilla Bean Creamery
Facilitated by: Cathryn O.

Kick off the summer session with an ice cream meetup at Vanilla Bean Creamery in Cranford.



Cranford Pool Meetups

When: 7/19 & 8/16

Time: 10 AM

Where: Orange Avenue Pool
Facilitated by: Cathryn O.

Come try out local pools and cool down with your Mothers' Center friends. Cost will vary by pool. Check the pool rules for diaper policies and permitted toys.

Westfield Pool Meetups

When: 7/9 & 8/11

Time: 10 AM

Where: Memorial Pool
Facilitated by: HaVi J.

Come try out local pools and cool down with your Mothers' Center friends. Cost will vary by pool. Check the pool rules for diaper policies and permitted toys.

Moms' Night Out Brunch

When: 7/10

Time: 12 PM

Where: Xocolatz
Facilitated by: Allison P.

Cost: pay your own
Join us for a kid free weekend brunch at Xocolatz in Westfield.



Toddler Nature Walk

When: 7/23

Time: 10 AM

Where: Fanwood Nature Center
Facilitated by: Sara G.

Let's explore the outdoors together! Join us for a toddler friendly nature walk. Wear sneakers and bring water.

Brunch Book Club

When: 7/31

Time: 10 AM

Where: Westfield Station Cafe
Facilitated by: Sara G.

Cost: pay your own
Ask Again, Yes is our summer book club selection - a moving novel about two suburban families and the bond between their children. Join us for brunch as we share our thoughts on this powerful story.

Moms' Night Out

When: 8/12

Time: 8 PM

Where: River & Rail
Facilitated by: Cathryn O.

Ready for a night out? Get to know some other members with an evening at River and Rail.



Kindergarten Moms' Brunch

When: 8/21

Time: 11 AM

Where: Echo Tap and Grille (outdoors)
Facilitated By: Allison M.

Do you have a child starting kindergarten this year? Join other kindergarten moms to discuss and celebrate this milestone!