



## 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

motherscentercnj@gmail.com  
<http://motherscentercnj.org>

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

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# MOM'S THE WORD

After my first daughter was born in October 2017, I decided to stay home with her instead of returning to the office. Without the structure and built-in camaraderie of a typical 9-to-5, I knew I needed to find a community of moms, both to learn from and to share the ups and downs of motherhood. I was so excited when I stumbled upon the Mothers' Center - it sounded like exactly what I was looking for. It took a few weeks to psych myself up before attending "Mom and Baby," but once I finally made it through the door I became a "regular." There I learned so much from my fellow moms - how to introduce a straw cup, the best way to drop a nap, how to transition to solids - and received unconditional support.

Nearly four years later, the Mothers' Center continues to play an essential part in my motherhood journey. As my oldest daughter grew and I welcomed another child, I joined other groups (playgroup, Creative Kids, etc.) and attended various Mothers' Center events such as holiday parties, the 5K, and more. As a SAHM, I was grateful for the structure the Mothers' Center provided - and continues to provide - for my week, and for the friendships I (and my children) have made along the way.

This year, I'm excited to become a co-chair of the Mothers' Center, after two years in the membership role. We have a full calendar planned for the fall, with both in-person and Zoom events, and a new meeting space in Cranford. If anyone has questions or concerns as the new session begins, please don't hesitate to reach out to me (or another member of the Steering Committee) via Tinyhood messenger. The Mothers' Center has given me so much, and I'm grateful for the opportunity to give back to the community.

- Cathryn O.





# GROUPS

Many group and events will meet at Temple Beth-El Mekor Chayim (TBEMC) 338 Walnut Ave., Cranford, NJ 07016

## MONDAY

### Playground Meetup Group: AM

**When:** Mondays 10/4 - 12/6  
**Time:** 9:30 - 11 AM  
**Where:** Local parks  
**Facilitated By:** Jade K.  
**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. Check Tinyhood for weekly reminders and location.

### Mom Yoga



**When:** Mondays 10/4 - 12/6  
**Time:** 8:30 - 9 PM  
**Where:** Zoom  
**Facilitated By:** Lauren M.  
**Cost:** \$50

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.

Interested in prenatal yoga? Lisa Stevens Bruno at Kokobelli Yoga offers livestream prenatal yoga Wednesday nights @ 6:45 PM. Please email her at [kokobelliyyoga@gmail.com](mailto:kokobelliyyoga@gmail.com) for details on how to register.



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 has been exposed to COVID-19.

## TUESDAY

### Outdoor Explorers



**When:** Tuesdays 10/5 - 11/9  
**Time:** 4 PM  
**Where:** Unami Park  
**Facilitated By:** Alli S.  
**Cost:** \$60; \$30 per sibling

Let loose with your little explorers in nature. Come and enjoy exploring, problem solving and teamwork in an outdoor setting. Class is appropriate for steady walkers and up.

## WEDNESDAY

### Mom and Baby



**When:** Wednesdays 10/6 - 12/8  
**Time:** 9:30 - 11 AM  
**Where:** Local yards  
**Facilitated By:** Michelle, Alli & Katie  
**Cost:** Free

Whether you're a new mom or an "experienced" mom with an infant who would like support and to connect with other moms, then this is the group for you. This a casual discussion group, so join when you can, leave when you need. Find some me time while baby naps. We will be meeting in local moms' backyards, weather permitting. Check Tinyhood for weekly reminders and location.

### Music With Ms. Sheila



**When:** Wednesdays 10/6 - 11/10  
**Time:** 4 - 4:45 PM  
**Where:** Lauren S.'s backyard  
**Facilitated By:** Lauren S.  
**Cost:** \$150

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

## THURSDAY

### Story Time Yoga



**When:** Thursdays 10/7 - 11/11  
**Time:** 11 - 11:45 AM  
**Where:** Indoors @ Temple (TBEMC)  
**Facilitated By:** TBD  
**Cost:** \$60, \$30 per sibling

Learn the basic practice of yoga and basic yoga poses through storytelling. Miss Carmen will lead the children in an exciting morning of story and yoga. Ages 2.5+ welcome.

## FRIDAY

### Walking Group

**When:** Fridays 10/8 - 12/10  
**Time:** 11 AM - 12 PM  
**Where:** Tamaques Park  
**Facilitated By:** TBD  
**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.

### Playground Meetup Group: PM

**When:** Fridays 10/8 - 12/10  
**Time:** 4 PM - 5 PM  
**Where:** Local parks  
**Facilitated By:** Yan Yan 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. Check Tinyhood for weekly reminders and location.



# EVENTS

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## Just for Moms



### Book Club Brunch

**When:** Saturday 10/9  
**Time:** 11 AM  
**Where:** Echo Tap & Grille  
**Facilitated By:** Sara  
**Cost:** Pay your own  
*American Dirt* is our fall book club selection - a timely novel about a mom and her son fleeing violence in Mexico. Join us for brunch as we share our thoughts on this powerful story.



### Prenatal Meetup

**When:** Tuesdays 10/12, 10/26, 11/9, 11/23, 12/7  
**Time:** 8 PM  
**Where:** Zoom  
**Facilitated By:** Lauren S.  
**Cost:** Free  
Baby on the way? Come meet some fellow expecting moms to ask questions, swap tips, and make friends. Both first time and veteran moms are welcome!

### Steering Meetings

**When:** 10/6, 11/3, 12/1  
**Time:** 8 - 9:30 PM  
**Where:** Temple (TBEMC)  
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.

### Open Mic Night

**When:** Tuesdays 10/5, 10/19, 11/2, 11/16  
**Time:** 8 PM  
**Where:** Outdoors or Zoom  
**Facilitated By:** Allison P.  
**Cost:** Free  
Come discuss your wins, struggles and anything else on your mind! We'll make space for everyone to share. Chats will be held outdoors at a local cafe or on Zoom (weather dependent).



### New Member Meet & Greet

**When:** Wednesday 10/13  
**Time:** 8 PM  
**Where:** Temple (TBEMC)  
**Facilitated By:** Lauren M. & Cathryn O.  
**Cost:** Free  
Whether you're a new member or a seasoned one, come and meet other local moms as our fall session kicks off.

### Fireside Chat



**When:** Wednesdays 10/20, 11/17  
**Time:** 8 PM  
**Where:** Temple (TBEMC)  
**Facilitated By:** Havi J. & Allison P.  
**Cost:** Free  
This series seeks to celebrate resilience and facilitate and inspire conversations among members. Through these Fireside Chats, we will highlight the experiences of past and current members, focusing on how they have overcome challenges in their lives.

### Jewelry Class With Tea

**When:** Thursday 10/14  
**Time:** 7:45 PM  
**Where:** Member backyard (TBD)  
**Facilitated By:** Sharon  
**Cost:** \$35  
Looking for a little balance? Tea from Just Bead Yourself will guide us through a unique jewelry workshop where we will learn how gemstones can help us restore physical and emotional balance. Members will discover how to determine which combination of gemstones will make up the best "Crystal Prescription" to create a beautiful healing gemstone bracelet that is unique to their own specific needs!

### Hallo-Wine Tasting



**When:** Thursday 10/28  
**Time:** 8 PM  
**Where:** Rosie's Wine Bar & Virtual  
**Facilitated By:** Sharon & Jade  
**Cost:** \$35 - \$40  
Join us for a wine tasting with Rosie's Wine Bar! A staff member will guide us through a selection of wines either in person or from the comfort of your home (you choose!) Keep an eye on Tinyhood for further details including which wines we will taste as well as how to order.

### Moms' Night Out S'Mores

**When:** Thursday 11/11  
**Time:** 8 PM  
**Where:** Backyard firepit TBD  
**Facilitated By:** TBD  
**Cost:** BYOB  
Who says s'mores are only for the summer? Come unwind and catch up with other moms with some s'mores around the fire pit.

### Bouquet Making Class



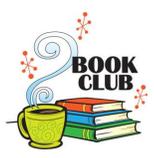
**When:** Monday 11/22  
**Time:** 8 PM  
**Where:** Cranford Florist  
**Facilitated By:** Meghan R.  
**Cost:** TBD  
Ensure your Thanksgiving table looks extra festive with a handmade bouquet from Cranford Florist.

### Moms' Night Out Dinner

**When:** Thursday 12/2  
**Time:** 8 PM  
**Where:** Agave MX  
**Facilitated By:** Jade K.  
**Cost:** Pay your own  
Tired of being stuck at home? In need of some in-person connection? If so, then join us at Agave MX for some dinner and drinks.

### Book Club

**When:** Wednesday 12/8  
**Time:** 8 PM  
**Where:** Temple (TBEMC)  
**Facilitated By:** Sara G.  
**Cost:** Free  
Put the kids to bed and join us for a thought-provoking discussion of our next book club selection. Keep an eye on Tinyhood for more details.





# EVENTS

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## Family Time



### Apple Picking



**When:** Saturday 10/16  
**Time:** 9 AM  
**Where:** Melick's Town Farm  
**Facilitated By:** Jade K.  
**Cost:** Pay your own  
Bring the whole family to Melick's Town Farm where we can enjoy apple picking, a wagon ride, and even sit for a drink from their cider mill. It's a perfect way to kick off the fall season!

### Halloween Party



**When:** Friday 10/22  
**Time:** 4 PM  
**Where:** Unami Park  
**Facilitated By:** Jade K.  
**Cost:** Free  
Put on your costumes and meet us at Unami Park for a "spooktacular" celebration. There will be songs, games, treats and more! Keep an eye out on Tinyhood for more details.

### Pumpkin Patch

**When:** Saturday 10/23  
**Time:** 10 AM  
**Where:** Williams Nursery  
**Facilitated By:** Jade K.  
**Cost:** Pay your own  
Who doesn't love pumpkin picking? Join us at nearby Williams Nursery for a hayride and a day of fall fun!

### Fairy Trail

**When:** Saturday 11/14  
**Time:** 11 AM  
**Where:** Tamaques Park  
**Facilitated By:** Lauren M.  
**Cost:** Free  
Grab your family, coats, and walking shoes and join us for a family friendly hike.

### Friendsgiving in the Park



**When:** Saturday 11/20  
**Where:** TBD  
Save the date to celebrate all we can be thankful for this year!

## Give Back

### Miracle Walk



**When:** Sunday 10/10  
**Time:** 1 hr. anytime on 10/10  
**Where:** Virtual  
**Facilitated By:** Megan T.  
**Cost:** \$15.00 (adult walker) Kids are free  
Join our team to virtually attend the Miracle Walk to benefit the NICU at St. Barnabas. Look on Tinyhood for our team registration link and join us to support a good cause and have some fun at the same time. This years walk will be virtual so you can choose when and where to do your walk!

### Diaper Drive

In support of National Diaper Need Awareness Week (September 27- October 3) the Mothers' Center of Central NJ will be collecting diapers, wipes, formula, baby hygiene and feminine period products to be donated to Moms Helping Moms. Open packages of diapers are accepted. Please check Tinyhood for drop off locations.

### Open Houses

**When:** Monday 9/20  
**@**4 - 5 PM  
**Where:** Vanilla Bean Creamery

### Virtual Open House

**When:** Tuesday 9/21  
**@**8:30 - 10 PM  
**Where:** Zoom

<https://us02web.zoom.us/j/84811921784?pwd=Nld1Y1ZaZE1LZTVhSHFqaHB0cVEvUT09>  
Meeting ID: 848 1192 1784  
Passcode: 641628

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

## Fundraising

### Usborne Books Fundraiser

Keep an eye out in November - December for member Michelle R.'s book party! Support our group by purchasing books for your little ones, family and friends just in time for the holidays! Michelle will be generously donating her proceeds to help pay for our new meeting space!

### Poinsettia Fundraiser

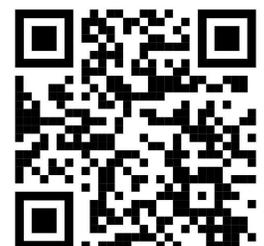


We will be ordering poinsettias from a local nursery in a variety of sizes and colors. Decorate your house in the holiday spirit while supporting MCCNJ! Check in with Tinyhood for more details.

## Tinyhood

### Are You Connected?

Make sure you're 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! Use the code below to get right to the site or go to [www.tinyhood.com/MCCNJ](http://www.tinyhood.com/MCCNJ)





# UPDATES

## We are excited to announce the Mothers' Center has a new home!



We look forward to partnering with Temple Beth-El Mekor Chayim (TBEMC). Conveniently located in the heart of Cranford, their sense of community and warm welcome brings us a renewed sense of excitement as we begin the fall session.



## New Babies



Let's extend a little extra love to these families who recently welcomed their newest additions!

**Ryan Victor Rodgers** was born on June 12th to parents Michelle & Shawn and big brother Ben weighing 7 lbs. 4 oz..

**Gabrielle Charlotte Waelde** was born on April 22nd weighing 6 lbs 8 oz to parents Katie & Rich and big brother Joey.

**Zander Max Glassman** was born on August 6th to parents Vicky (Zhou) & Matthew and big sister Zoey weighing 5 lbs. 10 oz.

**Anthony Joseph Benedetto** was born on May 7th to parents Amy and Joe weighing 8 lbs. 11 oz.

**Julian James Furcht** was born on June 14th to parents Alli (Stinsman) & Chris and big brother Benjamin weighing 5 lbs. 4 oz.

**Zachary James Harster** was born on September 8th to parents Amity and Ryan and big sister Alice weighing 8 lbs. 5 oz.

*Congratulations to all!*

## Child Health Guidelines

For the health of your child and all the children of the Mothers' Center, please do not bring your child to the Mothers' Center if he/she has:

- Temperature of 99.2 or higher
- Sincere complaints of discomfort
- Swollen glands
- Shortness of breath
- Sore throat
- Excessive discharge from the nose
- A cold (within the first 3 days)
- 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.

## Steering Committee Positions

We'd like to extend a warm welcome to our 2021/2021 leadership team. There are plenty of ways for members to get involved! If you'd like to learn more, come out for a Steering Committee Meeting or drop us a note at [motherscentercnj@gmail.com](mailto:motherscentercnj@gmail.com)

Co-Chairs: Lauren M. & Cathryn O.

Treasurer: Allison P.

Secretary: Sara G.

Groups & Events: Andrea Q. & Jade K.

New Membership: Michelle R.

Fundraising: YanYan M.

Community & Policy: Megan T.

Website: Christy P.

Meal Train: Michelle R.

Social Media: Meghan R.

Registration: Alli S.

5K Coordinator: Melissa B.

Newsletter: Erin H.

### Additional Volunteer Opportunities:

- Meal Train (make a meal for a fellow mom to help with the transitions in her life)
- Writer (share your experiences on our social media and/or website)
- Little Free Library Maintenance (help maintain our LFL at Unami Park)
- 5K Committee (help organize our annual fundraiser)
- Fundraising Committee (help plan session fundraisers)
- And more...



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



# REGISTRATION

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

- To **join** or **renew** membership, register online starting 9/20 using the form available at: <https://motherscentercnj.org/members/>
  - Annual membership dues: \$60 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](mailto:motherscentercnj@gmail.com)
- Membership runs from September 2021 to September 2022.
  - 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 winter and spring 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 in-person Ice Cream Social, September 20th at 4 PM at Vanilla Bean Creamery, or during our Virtual Open House, September 21st online at <https://forms.gle/jVXXJ3F4YAcWYyAeA>.

Follow our QR code to register now!



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