

## 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

Mothers' Center of CNJ  
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NJ 07016

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

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My husband Mike and I live in Cranford with our two daughters Layla and Bethany. Mike and I met while getting our doctorates in psychology, and got married almost 5 years ago in Hilton Head Island, SC, our home away from home. Layla (2.5 years old) takes the big sister role very seriously and would tell you she likes nothing more than making her baby sister laugh. Bethany was born in August, 2021 and has brought so much joy to our little family.

I joined the Mother's Center this past fall after Bethany was born. As a psychologist working exclusively over telehealth since March 2020 and being home pretty frequently, I was craving connection. I was also excited to participate in more activities with my daughters. We have loved taking part in the weekly playgroups as a way to get us out of the house when the weather was nice, as well as Ms. Sheila's music class. Resin night was also a highlight for me. I'm looking forward to meeting more moms and attending different activities this spring! You will likely see me around with my twin sister Rebecca.

-Rachel G.



I am currently a stay at home Mom to my children, Henry (2.5) and Paige (3 mos) and my husband, Harold, works from home. When I decided to continue staying home from work this fall and after the very non-social pandemic period, I wanted to find a group that would give me some activities to do during the week to get out of the house, both with and without my kids. The Mothers Center was just that!

I am so happy that my twin sister, Rachel, suggested we go to the open house back in September. We both live in Cranford and our children are super close, like siblings. While we have each other, we wanted to meet other families in the area. Since joining in the fall, we have met so many wonderful moms going through similar joys and struggles. It has been such a warm and welcoming group from the beginning.

Henry and I enjoyed many warmer days at playground meetups exploring new parks and participating in music class while I was pregnant. Since Paige was born, we have been attending Mom and Baby sessions to have much needed Mom bonding time. I look forward to attending more Moms nights out and other activities this Spring! While we have lived in Cranford for almost 5 years now, the Mothers Center has given us the space to meet and bond with other moms and their children that would not have happened otherwise. I hope to continue to grow this network of families in our community as the kids get older and go to school together!

-Rebecca R



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## GROUPS

Any outdoor group will be weather dependent. Any cancellations or location changes will be posted to Tinyhood. All in-person groups will follow state and CDC COVID-19 guidelines. Please remember to stay home if you or your child is feeling sick or experiencing symptoms of COVID-19.

### MONDAY

#### Indoor Playgroup

**When:** Mondays 4/4 - 6/13

**Time:** 9:30 - 11 AM

**Where:** TBEMC (338 Walnut Avenue Cranford, NJ 07016)

**Facilitated By:** Alli S

**Cost:** Free

Need to get out? Join us for a meet up with your little ones and enjoy socializing while your child plays too. All ages welcome.

#### Mom Yoga

**When:** Mondays 4/26 - 6/13(no class 5/30)

**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.



### TUESDAY

#### Working Moms open Mic Night

**When:** Tuesdays 4/19, 5/17, 6/21

**Time:** 8 PM

**Where:** Zoom

**Facilitated By:** Sara G

**Cost:** Free

Working moms, how do you do it all? Come share your experiences balancing work and family. Drop in when you can and leave when you need to.



### WEDNESDAY

#### Creative Expressions

**When:** Wednesdays 4/27- 6/1

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

**Where:** TBEMC (338 Walnut Avenue Cranford, NJ 07016)

**Facilitated By:** Lauren M

**Cost:** \$50, \$25 per add'l sibling  
Join Ms. Julie to enjoy music, movement, art and more to go along with a fun story each week. Target age 18mo - 3.5 years. Max 10 children



#### Music Round Class

**When:** Wednesdays 4/27 - 6/15

**Time:** 3:30 - 4:15 PM

**Where:** Erin's Backyard (Cranford)

**Cost:** \$140 \$20 per additional sibling  
Children under the age of 1 are free with paid older sibling(s).

Come and join the center for singing and dancing with Ms. Sheila! Registration and payment will be completed directly with Ms. Sheila. All ages welcome.

Please email

[motherscentercnj@gmail.com](mailto:motherscentercnj@gmail.com) to get the registration link.



#### Mom & Baby

**When:** Wednesdays 4/6 - 6/15

**Time:** 10:15 - 11:15 AM

**Where:** TBEMC (338 Walnut Avenue Cranford, NJ 07016)

**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!

### THURSDAY

#### Indoor Playgroup

**When:** Thursdays 4/7 - 6/16

**Time:** 9:30 - 11 AM

**Where:** TBEMC (338 Walnut Avenue Cranford, NJ 07016)

**Facilitated By:** Allison P

**Cost:** Free

Need to get out? Join us for a meet up with your little ones and enjoy socializing while your child plays too. All ages welcome.

#### Stay at Home Moms open Mic Night

**When:** Thursdays 4/21, 5/19 & 6/16

**Time:** 8 PM

**Where:** Hybrid

**Facilitated By:** Allison P

**Cost:** Free

Need some human connection outside of your family? Join us to talk about the highs and lows of being your family's rock. We will meet in person and have a zoom link for moms who can't make it out.

### FRIDAY

#### Playground Meetup

**When:** Fridays 4/8 - 6/17

**Time:** 9:30 - 11 AM

**Where:** Local parks

**Facilitated By:** TBD

**Cost:** Free

Need to get out? Join us for a playground meet up with your little ones. Check Tinyhood for weekly reminders and location.





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## EVENTS

### Just for Moms



#### Sip & Stitch Wine Bag

**When:** Friday 4/8

**Time:** 7 - 9:30 PM

**Where:** Urban Sewciety

**Facilitated by:** Jade K

**Cost:** \$40

Sign up for a fun night to sew a wine bag! You will get to select what phrase you would like on the outside of your bag. 18 people max, sign up in advance.

#### Discussion Series

**When:** Wednesday 4/13, 5/11, & 6/8

**Time:** 8 PM

**Where:** TBEMC

**Facilitated by:** Mindy, Jade, Allison & Sara

This series includes sessions on Self Care, CPR and Anxiety/Depression/Therapy. Please join us for informal discussions as we support each other in these challenging times. Our CPR session will be \$30 per person or \$50 per couple.



#### Book Club

**When:** Saturday 4/30 & 6/4

**Time:** 11 AM & 11:30 AM

**Where:** Echo Tap & Stage House

**Facilitated by:** Sara G

Join us for brunch and an informal discussion of our selected novels. April's selection is A Paper Palace and June's is When All is Said

#### Game Night

**When:** Wednesday 5/25 & 6/15

**Time:** 8 - 10 PM

**Where:** TBEMC

Join us for a casual night of board games and conversation.

#### Moms' Coffee

##### Meet-up

**When:** Tuesday 5/3

**Time:** 9:15 AM

**Where:** &Grain

**Facilitated by:** Jade K

**Cost:** Pay for your own Working from home or just dropped your kids off at school? Come grab a cup of coffee, tea or a snack and hang for a little!

#### Mom's Night Out

**When:** Thursday 5/12

**Time:** 8 - 10 PM

**Where:** Lion's Roar Brewery

**Facilitated By:** Melissa B

**Cost:** Pay your own

Tired of being stuck at home? In need of some in-person connection? If so, then join us at Lions Roar for some beer flights. BYO Food/snacks.



**When:** Thursday 6/2

**Time:** 8 PM

**Where:** Rosie's Wine Bar

**Facilitated By:** Sharon S

**Cost:** \$35 - 40

Join us for an in-person wine tasting with Rosie's Wine Bar! A staff member will guide us through a tasting of wines.



#### Running Club

**When:** Sundays

**Time:** 9:30 AM start

**Where:** Tamaques Park

**Facilitated By:** Allison P

Join us for one or more laps around the park. We are non-competitive and strollers are welcome. Time changes based on weather.

#### Hot Yoga

**When:** Sunday 4/24

**Time:** 3 PM

**Where:** Home Power Yoga

**Facilitated By:** Jade

**Cost:** \$20

This sweaty class is both challenging and accessible for all levels.

#### Year-End Celebration

**When:** Thursday June 23

**Time:** 8 PM

**Where:** Local Restaurant

**Facilitated by:** Lauren M & Cathryn O

Join us to celebrate and close out another successful year for the Mothers' Center! This is also where we present our Essence Award to a member who embodies the spirit of the Mothers' Center. Details to follow on Tinyhood!



#### Prenatal Meetups

**When:** Wednesday 4/27 & 5/18

**Where:** TBEMC

**Time:** 8 PM

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:** 4/6, 5/4, 6/1

**Time:** 8:30 - 10 PM

**Where:** 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.

### Family Time

#### Family Playground Meet-up

**When:** Saturday 4/9, 5/21, 6/11

**Time:** 9:30 - 11 AM

**Where:** Local Parks

Bring the whole family and enjoy the spring weather!

#### Easter Egg Hunt

**When:** Thursday 4/14

**Time:** 4 PM

**Where:** HaVi's Yard

**Facilitated By:** Jenna, Josie, Jesse, & Lauren S

**Cost:** Free

Bring the whole family to hunt for Easter eggs with treats!

#### Parents' Night Out - Hatchet Throwing

**When:** Friday 5/6

**Time:** 8 - 10 PM

**Where:** Stumpy's Greenbrook

**Facilitated By:** Jade

**Cost:** \$40 per person; BYOB and Food.

#### Ice Cream Social

**When:** Friday 6/10

**Time:** 4 PM

**Where:** Vanilla Bean

**Facilitated By:** Lauren M

**Cost:** Pay your own

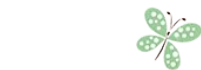
Let's get ready for summer and enjoy an afternoon ice cream treat.





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## UPDATES



### New Babies



*Let's extend a little extra love to these families who welcomed their newest additions this fall & winter!*

**Paisley Marie Mills-Ramos** was born on 9/13/2021, 6lbs 1oz 18in. She was welcomed home by her three siblings, Wesley, Elana & Violet and of course Mom & Dad, Heather &

**Emilia Quinn Sypniewski** was born 11/11/2021 7lbs 5 oz 20 in. She welcomed home by big sister Avery and Mom & Dad, Lauren & Jason.

**Antonio Almeida Wales** was born 1/11/2022, 7lbs 11oz 21 in. He was welcomed home by Mom & dad, Giovanna & Alan.

**Sending love to our newest little members!**

### Meal Train!

Our meal train program is one of the most popular long-standing traditions at the Mother's Center. When members go through a major life change, such as welcoming a new baby to the family, we organize members to drop off meals to help them during the transition. Our meal train usually covers two or three nights a week for about three 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- up link you'll see a list of dates available and contact information for the member you will be dropping to. You don't need to be a chef to participate! Just make an 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](mailto:motherscentercnj@gmail.com)

### Child Health Guidelines

For the good health of your child and all the children of the Mothers' Center, please do not bring your child to the Mothers' Center if they have:



- Temperature of 99.2 or higher
- Sincere complaints of discomfort
- Swollen glands
- Sore throat
- Excessive discharge from the nose
- Is in the first three 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.

### Fundraising

Looking to support the Center? Take a look at our upcoming Spring Fundraisers!

#### Flower Power

Please support our spring flower fundraiser through Flower Power Fundraising. They have a variety of seeds and flowers for sale. We will receive 50% of the profit on all sales. You can order through the website set up just for us and they will ship directly to you. Shop the entire month of April!

#### Usborne Card Sale

Everyone has things in life to celebrate- birthdays, holidays, new babies, weddings, etc., and therefore everyone needs greeting cards. The beautiful, handcrafted greeting cards come in five styles and are held in sturdy decorative boxes. Shop from Wednesday 3/9 - Wednesday 3/23.

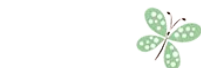


Have an idea or want to lead a group? Email us at [motherscentercnj@gmail.com](mailto:motherscentercnj@gmail.com)! MCCNJ is a volunteer based organization and our programs adjust to members' needs. All ideas are welcome!



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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: \$20 (prorated 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](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 summer session.
- 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

**tinyhood**

#### 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 member news, baby stuff trading, and pop-up events and meetups! Use this code to get right to the site or go to [www.tinyhood.com/MCCNJ](http://www.tinyhood.com/MCCNJ)



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 to the next Steering Meeting. MCCNJ is a volunteer-based organization and our programs adjust to members' needs. All ideas are welcome!