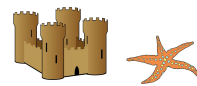
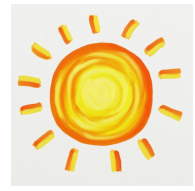




Summer 2022



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: Mondays 7/11 - 8/15 (6 weeks)
Time: 8:30 PM - 9 PM
Where: Zoom
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

Morning Playground Meetup

When: Tuesdays 7/12 - 8/16
Time: 9:30 AM - 11 AM
Where: Local playgrounds
Facilitated By: Various members
Cost: Free
 Need to get out? Join us for a playground meet up with your little ones. Check Tinyhood for weekly reminders and location.

Working Moms Open Mic Night

When: Tuesdays 7/19 & 8/16
Time: 8 PM
Where: Zoom
Facilitated By: Sara G.
Cost: Free
 Balancing a career and motherhood? Come share your experiences balancing work and family. Drop in when you can and leave when you need to.



WEDNESDAY

Mom and Baby

When: Wednesdays 7/13 - 8/17
Time: 11 AM - 12:30 PM
Where: Temple Beth-EL Cranford-Westfield (TBEMC)
 338 Walnut Avenue Cranford, NJ 07016
Facilitated By: TBD
Cost: Free
 Whether you are 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 0-9 months or non-walkers.



THURSDAY

Indoor Playgroup

When: Thursdays 7/14 - 8/18
Time: 9:30 AM - 11 AM
Where: Temple Beth-EL Cranford-Westfield (TBEMC)
 338 Walnut Avenue Cranford, NJ 07016
Facilitated By: TBD
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 7/21 & 8/18
Time: 8 PM
Where: Local homes & Zoom
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

Afternoon Playground Meetup

When: Fridays 7/15 - 8/19
Time: 4:30 PM - 5:30 PM
Where: Local playgrounds
Facilitated By: Mindy
Cost: Free
 Need to get out? Join us for a playground meet up with your little ones. Check Tinyhood for weekly reminders and location.



SUNDAY

Running Club

When: Sundays
Time: 9:30 AM
Where: Tamaques Park
Facilitated By: Allison P.
 Join us to run off some steam and chat about your week ahead. We are non-competitive and strollers are welcome. Run times are weather dependent and coordinated via our MCCNJ Runners Whatsapp chat.

Events

Family Playground Meetups

When: 7/9 & 8/13
Time: 9:30 AM
Where: Local playgrounds
Facilitated by: TBD
Cost: Free
 Bring the whole family and enjoy the summer weather while meeting other members. Family Playground Meetups are weather dependent. Check Tinyhood for reminders and updates.

Westfield Pool Meetups

When: 7/18, 8/5, 8/17
Time: 10 AM - 12 PM
Where: Memorial Pool
Facilitated by: Alli S., Jade, Allison
 Come try out local pools and cool down with your Mothers' Center friends. Check the pool rules for diaper policies, permitted toys, and cost of a guest pass.



Nature Walks

When: 7/16 & 8/19
Time: 10 AM
Where: Local trails
Facilitated by: TBD
 Experience the beauty of our local kid-friendly trails. Wear sneakers and bring water.

Sweet Sounds On Quimby

When: 8/9
Time: 7 PM - 9 PM
Where: Downtown Westfield
Facilitated by: Lauren M.
Cost: Free
 Bring the family or head out solo as we listen to live music together. You can bring your own snacks or pick up dinner from one of the local restaurants! Rain date: 8/10.



Moms' Night Out

When: 7/14
Time: 8 PM
Where: Sunny Side Studio
Facilitated by: Jade
Cost: \$50
 Join us for a crafty MNO to work with beads and make stackable bracelets, phone chains, and more! RSVP and payment required in advance.

Brunch Family Picnic

When: 7/23
Time: 9 - 11:30 AM
Where: Merrill Park Playground
Facilitated by: Sutapa
 Pack your picnic basket, blankets/chairs, games, and family, and join us for brunch at Merrill Park! This place also has an animal haven that kids will enjoy. You can chat and chill out while the kids run around and play with old friends and new. Feel free to bring light snacks to share.



Book Club Brunch

When: 8/6
Time: 11 AM
Where: Central Kitchen in Clark
Facilitated by: Sara G.
Cost: Pay your own
Untamed by Glennon Doyle is our summer selection: the story of learning to stop meeting others' expectations and to find your true self. Join us for brunch as we share our thoughts.

Steering Meetings



When: 7/6 & 8/3
Where: TBEMC & Zoom
Time: 8 PM - 9:30 PM

Want to get more involved? Help us make decisions that shape the direction of our Center. New members are always welcome!