



MOM'S THE WORD

Fall Session 2023

Summer Highlights



Clockwise from top, cheers to these moms celebrating the joys of motherhood over brunch!

At top right, we discussed our summer reading selection *Every Summer After* over lunch.

Armed with their creations, members enjoyed a Terrarium Therapy Workshop where they connected with .

At right, MCCNJ moms gave back to the community with a Volunteer Night at Moms Helping Moms.

The summer session of Ms. Erin's Magic of Make-Believe gather for a fun group photo. Beneath that, moms and their children circled together for a musical moment during the class.

Below, MCCNJ moms balanced strengthening poses and empowering stretches in a members-only mixed-level yoga class.



MCCNJ wins private Q&A with Dr. Becky!

Mobilizing together, The Mothers' Center of Central NJ (MCCNJ) collected enough nominations to win a private Zoom session with Dr. Becky Kennedy. A clinical psychologist and mom of three, Dr. Becky is the founder of the breakthrough global parenting community, Good Inside. A special thank you to Sara G. for driving our efforts!

As an organization committed to parent education, MCCNJ is very excited for this private Q&A with Dr. Becky to get expert, personalized answers to questions!

Alli S., co-chair of MCCNJ, says, "It's our mission to create a network of support and be a resource for moms. Connecting our members to Dr. Becky's parenting philosophy will help us guide this generation of mothers."

Keep an eye out on Mighty Networks for details on the Zoom Q&A!

ABOUT US The Mothers' Center of Central NJ (MCCNJ) is a non-profit 501(c)(3) organization established in 1978. We are dedicated to creating a supportive community for local mothers to connect through inclusive, non-judgmental peer support and a variety of activities. Reach out to us anytime at motherscentercnj@gmail.com.



Fall Session 2023 runs from September through December. Many of our programs meet at our current home base: Temple Beth-El Mevor Chayim (TBEMC), which is located at 338 Walnut Avenue in Cranford. Our annual registration runs from September 2023 through September 2024 and costs \$65.

Parent/Child Events

9/18-12/11
10-11:30 AM
@ TBD

Playgroup Adventures

Mondays



Join us at various playgrounds (check MCCNJ Mighty Community for details!) on Mondays for moms and children to have fun together. During inclement weather, we will meet at TBEMC!
Facilitator: Lauren S. | Cost: Free

10/2 - 9AM
AND
11/6 - 10AM
AND
12/4 - 9AM

Tiny Adventurers Series

Mondays

★ 10/2: Farm

Join us to visit A. Casola Farms in Holmdel, NJ, which features a petting zoo and hayrides. Visit www.acasolafarms.com/events!

★ 11/6: Zoo

Hop on our outing to the Turtle Back Zoo. Tickets: <2 are free; 2-12 years are \$16; and >12 are \$19

★ 12/4: Shops

Discover delightful shops (including "Tons of Toys"!), at our outing to downtown Madison, NJ for holiday shopping fun!



It's a world of excitement with our Tiny Adventurers series! Join us on the first Monday of each month this fall.
Facilitator: Erica S. | Cost: Pay your own

9/20-12/13
11 AM
@ TBEMC

Mom & Baby Meetups

Wednesdays

This casual discussion group is for moms and their babies to find support and connection. Join at your convenience, and come and go as needed. Flexibility is important with a newborn!
Cost: Free



9/21-10/26
10-10:45 AM
OR
4-4:45 PM
@ TBEMC

Ms. Erin's Magic of Make-Believe



Thursdays

Children have amazing imaginations! Let's nourish their potential with theater games, music, movement, and creative play. This class will foster so many important skills for your little explorers, such as: confidence, teamwork, creativity, connection, active listening, and more. Plus, they are going to have so much FUN! Ages 3-6

Cost: \$130 per child; \$90 per additional sibling.

9/22-11/10
4:30 PM
@ local
playgrounds

Family Playground Meetup

Fridays

Our Fridays end the week on a high note! Embrace the outdoors, find your new favorite playground, and make connections with other MCCNJ families.
Facilitator: Mindy R. | Cost: Free



TICKETS TO *DISNEY ON ICE* AT PRUDENTIAL CENTER IN NEWARK

Produced by Feld Entertainment



Wed 11/1 7 PM ◆ Thurs 11/2 7 PM ◆ Fri 11/3 11 AM 7 PM ◆ Sat 11/4 11 AM 3 PM 7 PM ◆ Sun 11/5 11 AM 3 PM 7 PM



2024

Thurs 1/11 7 PM ◆ Fri 1/12 7 PM ◆ Sat 1/13 11 AM 3 PM 7 PM ◆ Sun 1/14 11 AM 3 PM 7 PM ◆ Mon 1/15 1 PM

EVENT TICKETS

First come, first served!
 For tickets to "Magic in the Stars" contact
Melissa B. at
 melissalberns@gmail.com
 with the date & time
 you are interested in
 and how many tickets
 for pricing details!

WHILE SUPPLIES LAST!

Fall Session: Special Family Events



Halloween Spooktacular

Friday 10/20 4-5:30 PM
@ Hartman Park, Garwood

Get ready for a frightfully delightful time at our annual Halloween party! Gather the entire family for an afternoon filled with bewitching games and activities as well as our thrilling costume parade where children (and daring parents!) can show off their creative ensembles. Light snacks and refreshments will keep your Halloween spirits high! We're brewing up a cauldron of memories you won't want to miss!

Hosts: Andrea Q. & Sutapa B.

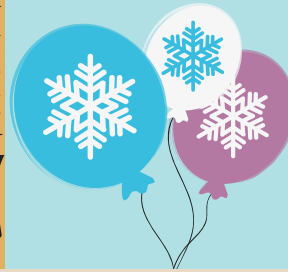
Cost: Free



Winter Wonderland Party

Wednesday
 12/6
 4-5:30 PM
 @ Cranford
 Community
 Center

Join us for a fun-filled winter celebration with the whole family! Engage in winter-themed games and activities that will light up the season while connecting with other MCCNJ families. Refreshments and snacks will fuel your festive spirit!
 Hosts: Sutapa B. & Andrea Q.
 Cost: Free



Child Health Guidelines

Please do not bring your child to a Mothers' Center activity if they have:

- Temperature of 99.2 or more
- Sincere complaints of discomfort
- Swollen glands
- Shortness of breath
- Sore throat
- Excessive nasal discharge
- A cold (during first 3 days)
- Persistent cough or sneezing
- Nausea, vomiting, or diarrhea
- Rash or inflammation of the eyelids
- Extreme lethargy
- COVID-19
- Rash
- Other contagious disease



Calling on YOU: Elevate Your MCCNJ Experience

Looking for more? We welcome everyone to contribute to making MCCNJ a vibrant community. Feel free to:

Share your brilliance: Have an event idea dancing around in your mind? Don't hold back! We're continuously curating our calendar of events.

Unearth common interests: Find your tribe within our group and create events around your passions.

Discover local delights: There's tons of hidden gems in our area! Has a beautiful park or interesting shop caught your eye? Let's plan an outing there!

Use a collaborative boost: Feel like you need a co-pilot to steer your idea? Ask for help in our chat, or email [motherscentercnj@gmail.com!](mailto:motherscentercnj@gmail.com)

Fall Session: Gatherings for Mom

Wednesday

10/11

8-10 PM
TBEMC



MCCNJ Member Mixer: Diaper Drive

Join our new member event: we're mingling with members with a delightful coffee and dessert bar while supporting Diaper Need Awareness Week! All are welcome! Drop by after bedtime or trade off evening duties for a night with a delightful coffee and dessert bar. Bring a donation item (such as diapers, wipes, or feminine care products) to support mothers and families in need

- Full list for donations: <https://momshelpingmoms.org/donate-items>

Host: Amy W. | Cost: Donation Item | Location: Cranford

Wednesday

10/25

8 PM
TBEMC

Parenting Discussion: Exploring Dr. Becky's Wisdom

You're invited to discuss the teachings of Dr. Becky, renowned parenting expert and bestselling author. Whether you've explored her books or podcasts, or you're curious about her insights, this is your chance to learn practical strategies for nurturing your child's growth and strengthening your parent-child bond.

Host: Andrea Q. | Cost: Free | Location: Cranford

Thursday

11/9

8 PM
TBD

Mom's Night Out

Take a well-deserved break, and join us for an evening to unwind and enjoy!

Host: Amy W. | Cost: Pay your own | Location: TBD



Wednesday

11/15

8-9:30 PM
TBEMC

Creative Threads: Craft & Laugh

Whether it's knitting, drawing, or other crafts, bring your portable project and enjoy the company of fellow creative minds while you work on your crafts and engage in conversation.

Host: Alli S. | Cost: Free / Bring your own | Location: Cranford

Tuesday

11/21

8 PM
TBD

Flower Arranging: Thanksgiving Centerpieces

Elevate your Thanksgiving table with this flower arranging class! Join us to create a beautiful centerpiece for your own table, or as a gratitude gift for someone else!

Host: Melissa B. | Cost: \$25 | Location: TBD

Time to register for the 2023-2024 year!

- WHAT IS MCCNJ?
 - Our community is a place where you can share experiences, seek advice, and attend events to meet moms in the greater Cranford, NJ area. Whatever your stage in the motherhood journey, we believe that connecting with others is incredibly valuable.
- HOW CAN I JOIN?
 - Register at: <https://motherscentercnj.org/members>
 - Annual cost is \$65 (prorated)
 - Payment via Paypal takes place after registration.
 - For financial concerns, reach out to motherscentercnj@gmail.com
- HOW LONG IS MY MEMBERSHIP GOOD FOR?
 - Valid from September 2023 to 2024.
- HOW DO I REGISTER/RSVP FOR GROUPS AND EVENTS?
 - Please RSVP on MCCNJ Mighty Network website or app under the Events tab.
- HOW DO I ACCESS MCCNJ MIGHTY NETWORKS?
 - Upon registration, you gain access to mccnj.mn.co (MCCNJ Mighty Networks), our online community featuring real-time discussions for advice, special interest groups, event details and RSVPs, and a members-only marketplace.



Recurring MCCNJ Gatherings

Mornings Unfiltered: Coffee Chats

Start your day with MCCNJ friends! Whatever season of motherhood you're currently in, if you are looking for a jumpstart to your day, then

we have a space just for you. And, yes, little ones are more than welcome to join the fun!

Host: Alli S.



Friday 9/29
9 AM

Kirshenbaums, Westfield

Thursday 10/26
9 AM

Track 5, Cranford

MCCNJ Book Club

Sara G. hosts our book club on the 1st Saturday of every other month. Join for the fall sessions!

One Italian Summer

Saturday, 9/9, 12:30 PM

@ Addams Tavern, Westfield

One Italian Summer by Rebecca Serle is a touching story about the bond between mother and daughter. Enjoy lunch with us!

This Time Tomorrow

Saturday, 11/4, 12:30 PM

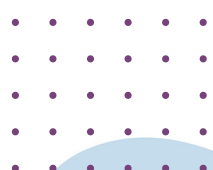
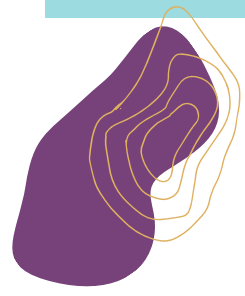
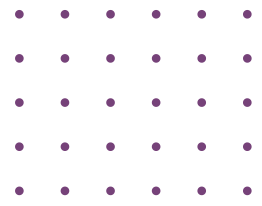
@ Cafe Paris, Cranford

This Time Tomorrow by Emma Staub is our selection. This novel explores a 40-year-old's journey back in time to her teenage self. Share a meal with us to discuss!

Mom Village Round Table

A haven of wisdom, support, and camaraderie, this evening discussion group connects you to a community of moms who understand the joys and challenges that come with raising a family. Join us virtually at 8 PM on the third Tuesday of every month (note: 4th Tuesday in November).

RSVP on the MCCNJ Mighty Networks for the Zoom link!

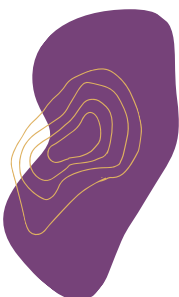


9/19 Host: Sara G.

10/17 Host: Mindy R.

11/28 Host: HaVi J.

12/19 Host: Sutapa B.



2023-2024 MCCNJ Planning Committee

The Planning Committee is a volunteer-led group that meets on the first Wednesday of every month at 8 PM at Temple Beth-El Mekor Chayim (TBEMC), which is located at 338 Walnut Ave in Cranford, or through dialing in to a call. All are welcome and encouraged to attend!
Your presence, ideas, and enthusiasm are valuable additions to our organization.

Our Executive Board

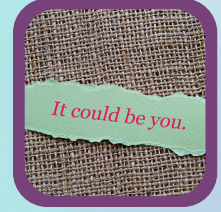
The MCCNJ board is responsible for providing strategic guidance, oversight, and leadership to the organization. Contact the MCCNJ Board at motherscentercnj@gmail.com



Alli S.
Co-chair and Secretary



Allison P.
Co-chair and interim Treasurer



Open
Treasurer

Organizational Coordinators

This team guides the overall direction of MCCNJ, helping it stay on course with its mission and values. The organizational coordinators keep our non-profit well-functioning and transparent while managing logistics, administrative activities, and member engagement.



Amy W.
Membership



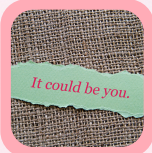
Yan Yan M.
Registration



Cathryn O.
Temple Liaison



Melissa B.
Registration



Open
Marketing



Erica S.
Social Media



Karen R.
Newsletter & Communication



Jesse M.
Website

Programming Coordinators

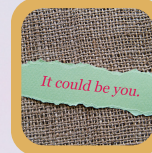
This group oversees the programs and activities of MCCNJ, ensuring that our activities run smoothly and align with our mission and goals. Their focus is on planning, coordinating, and executing the events and activities.



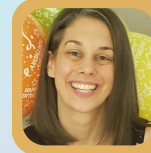
Erica S.
Community & Outreach



Jade K.
Events



Open
Meal Train



Andrea O.
Parent/Child Groups & Special Family Events Co-Lead



Sutapa B.
Special Family Events Co-Lead

2022-2023 Year End Celebration



Members enjoyed closing out another successful year at Venue 104. Hosts Cathryn O. and Allison P. planned a fabulous evening. The annual Essence Award was presented to Alli S. for embodying the spirit of the Mothers' Center!