



MOM'S THE WORD

Winter Session 2023-2024

Photo recap: Fall 2023 Session!

We had an amazing Fall Session! Below are some highlights, from left to right: Our impressive donation to Moms Helping Moms organization from our Member Mingle event! Next, Cathryn O. shared her finished product from the Flower Arranging class ran by Melissa B. and hosted at Lisa K.'s house. Fall book club met up to discuss One Italian Summer. Beneath, families pose for a photo during the Halloween Spooktacular event hosted by Sutapa B. and Andrea Q. We love sharing our memories! Feel free to share your photos from events in the Mighty app or WhatsApp chat!



ABOUT US

The Mothers' Center of Central NJ (MCCNJ) 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-judgmental environment.

Contact us anytime at motherscentercnj@gmail.com

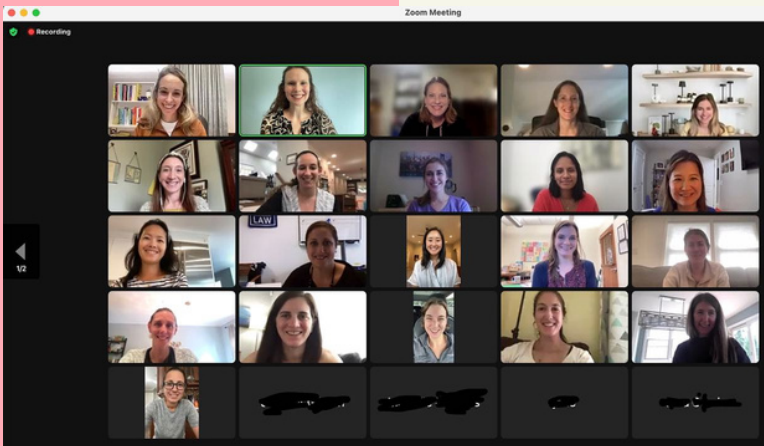
Want to get more involved? Join our Planning Committee meetings on the first Wednesday of every month from 8-9:30 PM at TBEMC!



Spotlight: Dr. Becky Zoom Call

On Friday, September 22, MCCNJ members enjoyed a private Q&A Zoom session with Dr. Becky Kennedy, the esteemed founder of the Good Inside parenting approach.

Many thanks to Sara G. for driving the efforts to win this exclusive opportunity for our community! Her efforts highlight the collaborative spirit that makes MCCNJ thrive!

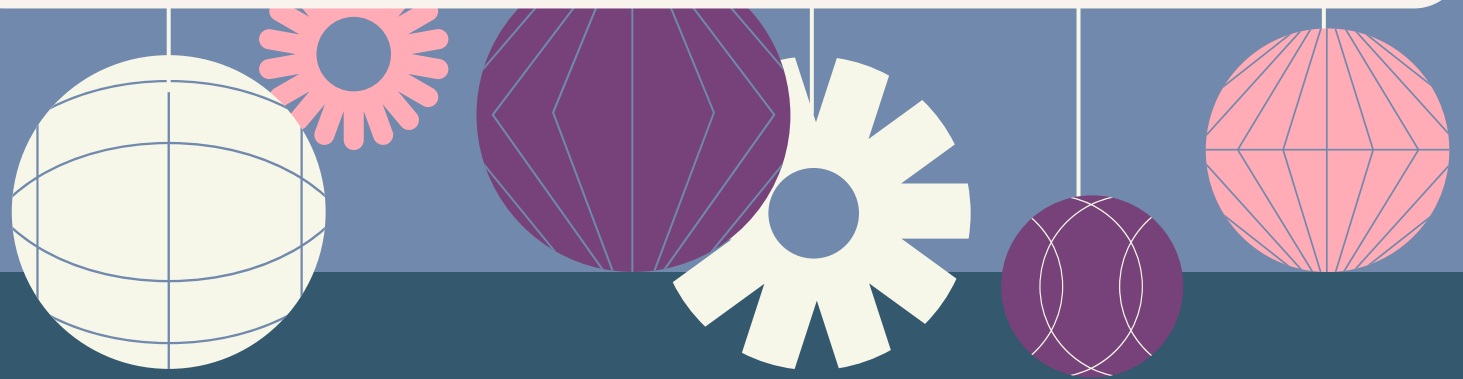


Winter Session 2023-2024 runs from December through March. Many of our programs meet at Temple Beth-El Mekor Chayim (TBEMC), located at 338 Walnut Ave in Cranford.

To join us, register through our website or the QR code below. Our annual registration takes place in September and the cost is prorated throughout the year. Join today for \$45!



PARENT & CHILD ACTIVITIES



MOM & BABY

WEDNESDAYS
1/10 - 3/20
10:30 AM
@ TBEMC



This casual discussion group is for moms and their babies (typically <1 year old) to find support and connection. Join at your convenience! There's no pressure -- come and go as you need!
Host: Lauren M. | Cost: Free

MUSIC ROUND

WEDNESDAYS
1/10 - 2/28
3:30 PM
@ AMERICAN LEGION
WESTFIELD

Come join MCCNJ 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
to get the registration link.
Host: Andrea Q.
Cost: \$175 per child



PLAYGROUP

THURSDAYS
12/18 - 3/18
9:45 - 11:30 AM
@ TBEMC

Get out of the house and be a part of our Monday magic! Join us at the TBEMC playroom with your little ones. While they explore and engage, parents and caregivers can socialize. All ages welcome.

Host: Lauren S. | Cost: Free



TINY ADVENTURER SERIES!

FIRST MONDAYS

We're venturing out of our usual local settings with our "Tiny Adventurers Take On:..." series. Mark your calendars for the first Monday of each month for a journey of fun for parents and littles!
Host: Erica S.

**JAN
08**

THE CRAYOLA FACTORY

Discover the magic of color at Crayola Experience, Crayola's premier, one-of-a-kind family attraction! Tickets are \$28.99 for ages 3+. Purchase online to save \$3!
Destination: Easton, PA

**FEB
05**

VILLAGE PLAY CAFE

Join us at this fun-filled indoor open play space! The Village Play Care has multiple climbing structures for all ages and different themed play areas. Please reserve a spot ahead of time (\$23+tax per child/siblings 25% off). Note: Socks are required for kids and caretakers!
Destination: Chatham, NJ

**MAR
04**

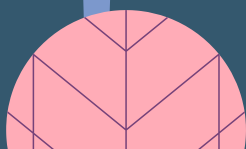
THE MENLO PARK MALL

Here's a great place to shop while letting little ones explore! Kid-friendly stores include Build-A-Bear Workshop, Barnes & Noble, Color Me Mine ceramic painting studio, Celine's Spa, and The Slime Factory. Other highlights are a Disney Junior play area and a food court!
Destination: Edison, NJ



LET'S GO

ADVENTURE



Winter Session Special Family Event: Valentine's Party

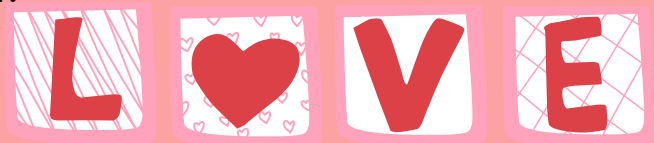
Friday, February 9, 2024

4:30-6:00 PM @ Cranford Community Center



Don't miss out on the excitement: come join us for our fun-filled Valentine's celebration with the whole family! Our Valentine's event promises fun games, crafts, and a chance to connect with other MCCNJ families during this sweet season. We'll have refreshments and snacks to keep you fueled for the fun we have planned!

Host: Andrea Q.
Cost: Free



Recurring Gatherings for Moms

1/3
2/7
3/6

Planning Committee

Want to dive deeper into the Mothers' Center? Have a fun idea for an event or meet up? Want to learn more about the group? We would LOVE to have you! Join us at TBEMC at 8PM on the first Wednesday of the month!



WEEKLY
SUNDAY
MORNING



Sunday Run Day

Lace up your shoes and join us on Sunday mornings at Tamaques Park in Westfield. All abilities (and strollers) are welcome. Keep an eye on the Mighty app for meet up details!

Host: Allison P.

Recurring MCCNJ Gatherings

Mornings Unfiltered: Coffee Chats



This winter season, mark the 8th of the month to start your day with MCCNJ friends! Whatever

season of motherhood you're currently in, if you are looking for a jumpstart to your day, we have a space for you! Children are welcome to attend.

Host: Alli S.



Monday 1/8
9 AM
Lokal, Cranford

Thursday 2/8
9 AM
Kirshenbaums, Westfield

Friday, 3/8
9 AM
Alonso's Cafe, Garwood

MCCNJ Book Club

Sara G. hosts our book club on the 1st Saturday of every other month. Max 10 people; please RSVP on Mighty!

Sea of Tranquility

Saturday, 1/6, 12:00 PM

@ Paragon Tap & Table, Clark

Sea of Tranquility by Emily St. John Mandel is our winter selection - "a story of humanity across centuries and space." Join us for lunch as we share our thoughts on this novel!

Hello Beautiful

Saturday, 3/2, 12:00 PM

@ &grain, Garwood

Hello Beautiful by Ann Napolitano is our spring selection - a moving family saga of love and grief. Come share your thoughts on this novel over lunch!

MOM VILLAGE ROUNDTABLE

2024

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. RSVP on the MCCNJ Mighty Networks for the Zoom link!

12/19
Sutapa B.

Natural Home Remedies

Share home remedies for common ailments like cough and cold, skin and hair problems, and allergies.

Family Traditions & Rituals

The importance of creating traditions and rituals that bring joy and a sense of belonging to your family.

1/16
Sara G.

2/20
Amy W.

All Things Mental Health

How do you maintain your sanity?

How Women Rise

How to break habits that hold you back to unleash your full leadership potential

3/19
Karen R.

Winter Session: Gatherings for Mom

Monday
1/22
7 PM
Garwood

Self-Defense Workshop

Our local martial arts studio is offering a self-defense workshop centered on women and parents and how to react in often vulnerable positions (handling strollers, car seats, and small children). Course is exclusive to MCCNJ members!

Host: Erica S. | Cost: Max. \$40 | Location: Hands of Life Martial Arts, Garwood



Saturday
1/27
Time TBD
Metuchen



Saturdays Are For the Moms (Brunch)

Let's brunch and munch at this Instagrammable spot in downtown Metuchen! Max: 8 people.

Host: Erica S. | Cost: Pay your own | Location: Hatch 44 in Metuchen

Tuesday
1/30
7:30 PM
Zoom

Will/Estate Planning Session

Join us virtually to hear from Mark Hobbie Esq. of Hobbie & Hobbie, Attorneys at Law in Cranford. We will discuss the basics of estate planning and writing a will. Spouses are welcome to join! Check Mighty App for the link to the Zoom meeting.

Host: Erica S. | Cost: Free | Location: Virtual/Zoom

Thursday
2/?
8 PM
TBD

Mom's Night Out

Take a well-deserved break, and join us for an evening to unwind and enjoy! Keep an eye on Mighty for details!

Host: TBD | Cost: Pay your own | Location: TBD



Commit to Yourself Series

Let 2024 be the Year of You! Motherhood is busy; join us in a journey of self-discovery as we explore ways to carve out time for ourselves and prioritize our needs. In addition to a series of events, we will have pop ups on Mighty and a WhatsApp group with weekly check-ins. We're excited for this opportunity to support each other!

Host: Allison P. | Pay your own

SUNDAY
1/14

Nourish & Flourish: Brunch

12:00 PM @ Addams Tavern, Westfield

Join us for meaningful conversation, delicious bites, and the empowering energy needed to start the year off with intention and inspiration!

FRIDAY
2/9

Nocturnal Nosh: Dinner

7:00 PM @ Grain & Cane, Berkeley Heights

Come out for an evening of good food, good company, and good vibes!

TBD

Mindful Movement: Yoga

Evening @ Alluem Yoga, Cranford
Incorporate wellness into your routine with an evening yoga session! Details to be finalized soon on the Mighty app.

