



MOM'S THE WORD

September & October 2024

MOMS MENTORING MOMS



zoom Links for webinars on Mighty!

NAVIGATING PARENTAL LEAVE & RETURN TO WORK

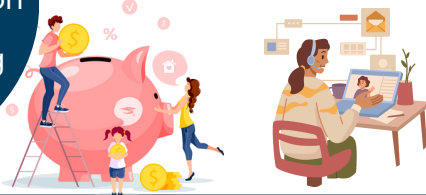
Thurs., Sept 12
7:30-8:30PM

Join Laura Brittingham, Founder of PeopleIQ & Executive Leadership Coach leads a facilitated discussion on managing the challenges of parental leave and the transition back to work.

FOUNDATIONAL FAMILY FINANCES

Wed., Sept 25
7:30-8:30PM

Alana McNichol, CPA, and Natalie Brickson, financial advisor, team up to present this interactive session on essential financial strategies, covering taxes, insurance and more.



MCCNJ

Book Clubs



Tom Lake

Sat., 9/7
12:00 PM

@ & Grain, Garwood

Ann Patchett's *Tom Lake* is our fall selection - a family reunites at their Michigan orchard to hear their mother's story of love and loss, forcing them to reconsider their lives and relationships. Join us for lunch as we discuss!
Host: Alyssa R.

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-judgmental environment.

Contact us anytime at motherscentercnj@gmail.com

All members are welcome to host!



Fall Session 2024 covers September through December. Check Mighty @ mccnj.mn.com to RSVP for events!

Many of our programs meet at Temple Beth-El Mekor Chayim (TBEMC), which is located at 338 Walnut Ave in Cranford.

Our annual registration takes place in September. Join today for \$65 to be a member through September 2025!



Coffee Chats

Friday, 9/13
9AM @ Track 5; Cranford

Tuesday, 10/15
9AM @ Yale Terrace; Cranford

Enjoy coffee with us! Kids welcome!

Host: Alli S.

Prenatal Meetup

Sept. 24
7PM
TBD

Join other expectant moms for conversation and camaraderie! Non-members are welcome to attend!
Host: Michele M.



Cranford YMCA & MCCNJ Partnership

Swim Lessons: 7 Sessions beginning week of 9/9. Basic Y Membership is required for child only. Check mighty for link to price details and the link to register! Coordinator: Alli S.



Parent & Me
Mondays @
9:30AM
Ages 6-35months



Stage 1
(Just Kids)
Thursdays @ 3PM
Ages 3-6 years

Sunday Run Day

Lace up your shoes and join us Sunday mornings at 8AM at Tamaques Park. Reach out to join the chat!
Host: Vicky Z.



Planning Meetings

All members are welcome to help steer our group to success on the second Wednesdays of the month! Join us @ 8PM @ TBEMC, Cranford
Sept. 11 | Oct. 9*

- Note the Oct. 9 meeting will take place
- immediately after the MCCNJ mixer, likely around 9PM.

WEEKLY MOM & CHILD ACTIVITIES - FALL 2024

MONDAYS

MS. SHEILA MUSIC ROUND

10:30AM-11:15AM

Use our exclusive discount to attend Ms. Sheila's Music Round! Check MCCNJ.mn.co or Mighty app for the link to register!

Location: Elite Performing Arts; Scotch Plains

Coordinator: Jade K.

THURSDAYS

INDOOR PLAYGROUP

11:00AM-12:30PM



Enjoy socializing with other members while your child plays in the temple's playroom. All ages welcome. Begins

on September 19th!

Location: TBEMC; Cranford

Host: Lauren M.



WEDNESDAYS

MOM & BABY

11:00AM-12:30PM



Join this relaxed meetup for moms and their babies (typically <1 year) to connect and find support. Drop in at your convenience; come and go as needed -- we understand flexibility is key with a newborn! Starts Sept. 4!

Location: TBEMC; Cranford

Host: Angela I.



THURSDAYS

STROLLING STROLLERS

5:00PM-5:45PM

The stroller meet up is continuing into the fall: meet us at the Homestead Farm at Oak Ridge for chats and solidarity while getting in some steps. Stroller optional!

Location: Oak Ridge Park; Clark

Hosts: Becki T. & Christina R.



FRIDAYS

4:30PM-6:00PM

FAMILY PLAYGROUND MEETUPS

Head to the playground for a fun-filled Friday! The whole family is welcome to connect and enjoy some time together while exploring a variety of local playgrounds!

9/6: Mindowaskin; Westfield
Host: Sutapa B

9/13: Kramer; Scotch Plains
Host: Samantha L.

9/20: Caitlin Nelson; Clark
Host: Samantha L.

9/27: Mohawk; Cranford
Host: Mindy R.

10/4: Greenside; Scotch Plains
Host: Sutapa B.

10/11: Watchung Loop; Watchung
Host: Mindy R.

10/18: Nomahegan; Cranford
Host: Mindy R.

10/25: Halloween Spooktacular!!

11/1: Brookside; Scotch Plains
Host: Sutapa B.



**** NOTE: TBEMC IS CLOSED/PLAYGROUPS ARE CANCELED OCTOBER 3-4 & OCTOBER 17**

TINY ADVENTURER SERIES!

We love broadening our horizons and exploring exciting places together on these pay-your-own excursions. RSVP on mighty app or mcnj.mn.co!

FRIDAY
SEPT

6
4PM-5PM

VANILLA BEAN CREAMERY



Make the end of summer a little sweeter with an MCCNJ ice cream social! Continue the fun by heading to the Mindowaskin playground meet up afterwards! Destination: Cranford, NJ | Host: Meghan R.

MONDAY
SEPT

27

9AM-12:30PM

VILLAGE PLAY CAFE

Register online to reserve your spot at this indoor play cafe! Use code "25off" for a discount! Work around your child's nap schedule, and drop in at your convenience during open play!

Destination: Chatham, NJ | Host: Angela I.



MONDAY
SEPT

30

10AM-12:30PM

TURTLE BACK ZOO

Bring your stroller and snacks to join us in exploring TBZ! We'll meet at the entrance of the zoo and kick off our day with a fun train ride before looking at the many animals.

Destination: West Orange, NJ | Host: Jade K.



TUESDAY
OCT

8

10AM-1:00PM

A. CASOLA FARM

Let's visit the farm for pumpkin picking, hayrides, and a petting zoo. Feel free to pack a lunch to enjoy at the picnic tables afterwards.

Destination: Holmdel, NJ | Host: Erica S.



Halloween Spooktacular

Friday, October 25
4:30-6:00 PM

@ Hartman Park; Garwood

Get ready for a frightfully delightful time at our annual Halloween party! The whole family is invited for an afternoon filled with games and activities, topped off with an exciting costume parade! Light snacks and refreshments will keep your Halloween fun going strong!

Hosts: Heather M. & Bethanie T.

Cost: Free

Just for Moms: Building Our Community

September Happy Hour

Tuesday, 9/17, 5PM
@ 16 Prospect; Westfield
Let's get together for a happy hour!
Cost: Pay your own
Host: Rebecca K.

Private barre3 Class

Friday, 9/20, 7:30PM
@ barre3; Westfield
Check out a local fitness options at our private barre3 signature class!
Cost: \$25
Host: Erica S.

Kindergarten Mom Night

Monday, 9/23, 7:30PM
@ Addams Tavern, Westfield
Connect with K+ moms, supporting each other with this transition.
Cost: Pay Your Own
Host: Karen R.

Paint & Sip Night

Friday, 9/27, 6:45PM
@ ArteVino; Millburn
Take a well-deserved break for a bit of paint, sip, chat, and fun!
Cost: \$40
Host: Michelle B.

Closet Clean Out: Clothing Swap

Saturday, 10/5, 9AM
@ Erica S.'s house; South Plainfield
Come to our clothing swap! Meet up with other moms while swapping women's and children's clothes (no shoes/accessories). Bring your clothes that no longer spark joy, grab some new-to-you pieces, and we'll donate the rest!
Cost: Free
Host: Angela I.

MCCNJ Member Mixer: Diaper Drive

Wednesday, 10/9, 7:30PM
@ TBEMC; Cranford
Mix and mingle with members at this casual get together at our home base, TBEMC. We're meeting and greeting while supporting a local charity!
Cost: Bring a donation (diapers, wipes or feminine care products) that we will drop off at Moms Helping Moms
Host: Planning Committee

Brunch is for the Moms

Sunday, 10/13, 12PM
@ Echo Lake Tap & Grill; Mountainside
Enjoy a Sunday with friends while exploring a local spot!
Cost: Pay your own
Host: Amy W.

Create With Clay

Friday, 10/18, 6:30PM
@ Have A Nice Clay; Westfield
Get behind a pottery wheel with us! You'll make 1-2 pieces during this 2 hour "Try It" class. Feel free to BYO drinks and snacks.
Cost: \$79
Host: Amy W.

October Happy Hour

Thursday, 10/24, 5PM
@ Thirsty Turtle; Cranford
Join us for some fun and drinks! Enjoy the local happy hour menu and great company!
Cost: Pay your own
Host: Cate L.



Annual Registration Information



WHAT IS MCCNJ ALL ABOUT?

We know that the journey of parenthood can be both rewarding and challenging. Our community is a place where you can share your experiences, seek advice, and attend curated events to meet moms who are navigating similar challenges 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?

To join or renew membership for access to our Mighty community and WhatsApp group, register online using the form available at: <https://motherscentercnj.org/members/> or through this QR code:



HOW MUCH DOES MEMBERSHIP COST?

Annual membership: \$65; prorated through the year. If the cost is a barrier, please contact motherscentercnj@gmail.com. Membership is renewed annually and currently runs through September 2025.

WHERE DO I RSVP FOR EVENTS?

After joining the Mothers' Center, you will receive access to MCCNJ Mighty Networks (mccnj.mn.co), our online membership community. Please RSVP on MCCNJ Mighty app or mccnj.mn.co, under the Events tab.

DO YOU HAVE ANY BRANDED SWAG?

We sure do! Pick up some MCCNJ merch through our newest fundraiser! Our very own Michelle R. (@madebyemichelle on instagram) is making t-shirts and tote bags. Support MCCNJ & a local small business at the same time! Click the QR code below for details and to order!



2024-2025 MCCNJ Planning Committee

The Planning Committee is a volunteer-led group that meets on the second Wednesday of every month at 8PM, usually at Temple Beth-El Mekor Chayim (TBEMC), which is located at 338 Walnut Ave in Cranford, or on Zoom. All are welcome and encouraged to attend!

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.
Tri-Chair /
Temple Liaison



Erica S.
Tri-Chair /
Community Engagement



Karen R.
Tri-Chair /
Newsletter



Alyssa R.
Secretary /
Book Club



Mchelle B.
Treasurer

Organizational Coordinators

This team keeps our non-profit well-functioning and transparent while managing logistics, administrative activities, and member engagement.



Amy W.
Membership and
Registration



Allison J.
Website &
Social Media



Open
Fundraising

Programming Coordinators

This team ensures that our activities run smoothly and align with our mission and goals. Their focus is on planning and/or coordinating various events and activities.



Rebecca K.
Events Team



Jade K.
Events Team



Kim Y.
Meal Train



Mindy R.
Playground Lead



Heather M. Bethanie M.
Special Family Events Co-Leads



Fall 2024 Fundraisers

While run by volunteers, fundraisers and membership fees are crucial for our non-profit. They help cover rent at TBEMC, fees for our technology, including Zoom and Mighty Network, insurance policies, subsidizing events, such as the year-end dinner and the Special Family Events, and more! Reach out if you'd like to join the fundraising team.

Mums for Moms!



Order your 6" or 9" mums by Friday, September 13 to help our fundraiser blossom! Check Mighty or scan the QR code below to plant your order!



MCCNJ Swag

MCCNJ member Michelle R. (@madebyemichelle on instagram) is creating the branded shirts and totes for our merch fundraiser! Check mighty or the QR code above to order!

Mothers' Center of Central New Jersey

Committed to building and fostering a community of support and empowerment for all mothers.

SOME OF OUR PROGRAMS

↓

Mom & Baby

Mom's Night Out

Playtime Meet-Ups