



MOM'S THE WORD

Winter 2025

Adventures Out & About

JAN 10

NEVERLAND FUN

Friday, 9:00AM - 10:30AM

Explore this imaginative indoor play place with us! Cost: 15% discount! Check Mighty app for code. Destination: Berkeley Heights | Host: Angela I.

JAN 18

SUPERFLY FAMILY DANCE PARTY

Saturday, 10:00AM - 11:00AM

Kick off the new year in your dancing shoes and your whole family! Cost: \$18 per family Destination: Westfield | Host: Cate L.

FEB 13

VALENTINE'S DAY [AT] THE PLAYROOM

Thursday, 4:00PM-5:30PM

MCCNJ-exclusive event with a card-making craft, open play, pizza/juice, and bubbles! Cost: \$35 Destination: Clark | Host: Angela I.

POT O' FUN FAMILY PARTY

Friday, March 14
5:00PM-6:30PM
Cranford Community Center

Join us for a St. Patrick's Day family celebration filled with crafts, games, pizza, and loads of shamrock shenanigans!

Cost: Free
Hosts: Heather M. & Bethanie T.

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

Want to get more involved? Join our Steering Committee meetings or speak up on the WhatsApp chat!



Winter Session 2025 covers January through March 2025.

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

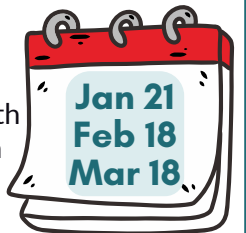
To join us this, register through our website or the QR code below. The Winter membership fee for new members is \$45.



Third Tuesdays Together

10:30AM - 12:30PM

Join us on the third Tuesday of the month for a discount at SMALL TOWN CAFE, a local favorite play place! | Cost: \$20 Destination: Westfield | Host: Cate L.



WEEKLY MEETUPS

TINY TALES

MONDAYS
1/13 - 3/31
10 AM @ TBEMC

Kick off your week with some indoor play and listening to a story read by Miss Heather! This group is aimed for children aged 2-4.

Host: Heather M.



MOM & BABY

WEDNESDAYS
1/8 - 3/26
11 AM @ TBEMC

This casual discussion group is for moms and their babies (typically <1 year old) to find support and connection.

Host: Christina S.
**Looking for a new volunteer host in February; Reach out on WhatsApp or Mighty!

INDOOR PLAYGROUP

THURSDAYS
1/9 - 3/27
11 AM @ TBEMC

Come & socialize at the Temple while your little one(s) play! All ages welcome. Keep an eye on WhatsApp if we head to a local playgroup on warmer days!

Host: Lauren M.



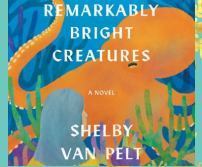
GATHERINGS JUST FOR MOMS

Keep an eye on WhatsApp & Mighty (either the app or MCCNJ.MN.CO website!). We are constantly updating and adding to our schedule!

SATURDAY
1/4
12PM

JANUARY BOOK CLUB

Our January pick Remarkable Bright Creatures by Shelby Van Pelt. Join us for brunch to discuss the book that includes fun octopus facts... and an octopus narrator!
LOCATION: &GRAIN, GARWOOD | COST: PAY YOUR OWN | HOST: ALYSSA R.



SUNDAYS
1/5-3/30
8AM

SUNDAY RUN DAY

All paces welcome, including walkers!
Feel free to bring little ones in a stroller along for the adventure!
LOCATION: TAMAQUES PARK, WESTFIELD | COST: FREE | HOST: VICKY Z.



THURSDAY
1/16
TBD

MOMS NIGHT OUT

Yay! Mark your calendar! Take a break and connect with local moms! Check out a local spot and enjoy an evening just for you! Details to come on Mighty!
LOCATION: TBD | COST: PAY YOUR OWN | HOST: KIM Y.



WEDNESDAY
1/22
7:30 PM

MOTHERS OF CHILDREN WITH SPECIAL NEEDS

Robyn Krugman, LCSW, will facilitate a conversation to support with the challenging journey of parenting a child with special needs in this one-time support group. This MCCNJ-sponsored event is open to the public, so feel free to bring or share with a friend!
LOCATION: TBEMC LIBRARY, CRANFORD | COST: FREE | HOST: ELISHA S.

SUNDAY
1/26
11AM

LET THERE BE BRUNCH

Carve out time for yourself for a delightful morning of good food and great company! Enjoy brunch with friends.
LOCATION: PARAGON, CLARK | COST: PAY YOUR OWN | HOST: AMY W.

Brunch



SATURDAY
2/22
2:30PM

BLOW DRY CLASS

Learn the art of giving yourself a salon-worthy blowout! BYO blow-dryer and brushes. Limited size class; please RSVP on Mighty.
LOCATION: PINK COMB, WESTFIELD | COST: \$60 | HOST: ERICA S.

SATURDAY
3/1
12PM

MARCH BOOK CLUB: THE MIDNIGHT LIBRARY

Join us for lunch to discuss our March pick - The Midnight Library by Matt Haig. The book explores the infinite possibilities of life and the consequences of decisions.
LOCATION: &GRAIN, GARWOOD | COST: PAY YOUR OWN | HOST: ALYSSA R.



SATURDAY
3/8
2PM

WINE TASTING

Indulge in a wine-tasting journey to celebrate International Women's Day with some of your favorite local women in MCCNJ!
LOCATION: TOMASELLO WINERY, CRANFORD | COST: \$18 | HOST: ERICA S. AND MICHELE M.

WEDNESDAY
3/26
7:30 PM

KNIT NAMES

Get crafty with us! You'll learn how to embroider a custom sweater for your baby or child -- no experience needed!
LOCATION: ANTHEM, CRANFORD | COST: \$85 (FOR SWEATER, MATERIAL & SNACKS) | HOST: AMY W.