

MOM'S THE WORD!

A Mothers' Center of Central New Jersey Publication



General Information

What is the mothers' center?

The Mothers' Center is a non-profit, non-sectarian organization founded in 1978 by mothers for mothers of children of all ages. Our aim is to enhance parenting by offering daytime discussion groups, evening parenting education workshops, playgroups, social activities and library resources. The Mothers' Center offers the opportunity to share experiences, learn more about parenting and form lasting friendships.

Meeting policy

RSVPs are key to any successful gathering. All events and meetings, including steering, are open to all members. Please RSVP to the contact person for events at least 24 hours in advance.

CONTACT INFORMATION:

The Mothers' Center
of Central New Jersey
PO BOX 294
Cranford, NJ 07016
908-561-1751
(please leave a message)
mccnj@westfieldnj.com
(Email)
<http://cnj.motherscenter.org>

Phone numbers or other information may have been purposefully omitted in this newsletter to protect our members' privacy. If you are a new member and have not yet received a membership contact list, please leave a message at the above phone number or email address to get one. Thank you for your understanding.

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WELCOME TO THE VILLAGE

It has often been said that it "takes a village" to raise a child but when I look around our big towns, school systems and busy streets it is hard to see the village. I found my "village" seven years ago when I first attended an Open House at the Mothers Center.

The first group I attended at the Mother's Center was life changing. This discussion group focused the affect of being a mother our day-to-day life, friendships and marriages. Hearing about other women's experiences led to a better understanding and acceptance of changes within myself. It was refreshing to engage in such open communication and feel understood and supported by my peers. Within 8 weeks I knew my co-participants better than I now know some of the moms I've talked to everyday at school pick-up for the last four years.

My village grew when I joined Playgroup, began attending activities, and when I eventually helped out on one of the committees. My son and I were exposed to many new friends and experiences (my first trip to the shore was an MC daytrip).

Eight years into motherhood I can say that I've heard the experiences of many other moms. I bought "THE" book that one mom hailed as the map to a good night's sleep, tried another moms discipline technique... and figured out that our kids and our experiences are just different. I haven't encountered a universal experience or magic bullet but I have become a better listener.



Since that first Open House, I have openly been able to share my thoughts and felt heard, share my small triumphs and felt supported and shared my challenges and been embraced. Beyond just talking, I have played, laughed, danced and cried within this humble space. I am a better person and mother from a much better place.

Perhaps the adage should change to "It take a village to support a mom". That would not be too far from a truth. I hope that this year each of you find a sense of community, support, joy and strength as you navigate this next year in motherhood.

-Eileen M.

Upcoming Events & Activities

EVENING BOOK GROUP

8:00pm

October 3rd

November 7th

December 5th



Like a good read? Join the monthly evening book club to talk about books and enjoy the company of some of the Mothers' Center members. The book for October is "The Unlikely Pilgrimage of Harold Fry" by Rachel Joyce and the book for November is "The Pact" by Jodi Picoult. For more information about book club or if you are interested in joining, please contact Anna G. or Cydney B. at mccnnews@hotmail.com.

STEERING COMMITTEE MEETING

September 19th, 9:30 am

October 15th, 8:00 pm

November 14th, 10:15 am

December 17th, 9:30 am



Do you have some ideas for the Mothers' Center? **Please Come And Share With Us!** The Steering Committee will meet on the above dates and times. AM meetings will be held at the Garwood Presbyterian Church with babysitting available. Location for the PM meeting will be posted on Big Tent. All members are encouraged to attend. RSVP to Staci D. at mccnnews@hotmail.com

5K COMMITTEE MEETING

September 19th, 9:30am

November 21st, 10:15am

Garwood Presbyterian Church

Babysitting Provided



Last Spring the Mothers' Center held it's second annual NJ Miles With Moms 5K. It was very successful and a great family event due to an amazing committee and volunteers. Please come and join us as we prepare for the 3rd Annual 5K. If you plan to come please RSVP to Claire H. at mccnnews@hotmail.com.

MOM'S NIGHT OUT

8:00pm

September 20th

October 15th

November & December Dates TBD

Kilkenny House, 112 South Ave., Cranford

Every Mom needs a night out. Please join other Mothers' Center moms for a casual, fun, and relaxing evening with friends. We will meet at the Kilkenny House in Cranford for a cocktail (or two), conversation, and some laughs. There's even food if you get hungry. We hope to see you there!



Audrey Elizabeth

4/27/13, 6 lbs. 5 oz., 17 inches

Congratulations to Mary Beth, Mike,
and Big Brother Danny

FALL OPEN HOUSE

September 24th, 9:30-11:00am

Garwood Presbyterian Church

341 Spruce Avenue, Garwood



Please join us for Fall Open House. This is an opportunity to check out the Mothers' Center and see what we have planned for the Fall Session. Refreshments will be offered and at this time you will be able to register for fall groups. Bring a Friend! Everyone is welcome!

FAMILY APPLE PICKING

Saturday, October 5th 10am

Alstede Farms

1 Chesterfield Dr., Chester, NJ

<http://alstedefarms.com>

Nothing says Fall like a trip to pick apples with the kids. Join other Mothers' Center Families for a trip to the orchard to pick apples and get some gourds and pumpkins to decorate for the season. Please RSVP to Claudia C. or Jen G. at mccnnews@hotmail.com if you plan to join in the fun.

ANNUAL FALL FARM/HAYRIDE

October 11th, 10:00am

Green Meadows Farm

10 Green Acres Dr., Hazlet

www.greenmeadowsfarmnj.com

Take advantage of the lovely fall weather. Join us for our annual trip to Green Meadows Farm for a hayride, a chance to milk a cow, and the opportunity to pet some other great animals. Strollers welcome. Please RSVP to Jen G. or Claudia at mccnnews@hotmail.com if you plan to join us.



Norah Ellen

7/10/13 & 7 lbs. 13 oz..

Congratulations to Piper, Michael,
and Big Sister Audrey

KID'S HALLOWEEN PARTY

October 24th, 3:30-5:00pm

Casano Community Center

314 Chestnut Street, Roselle Park

\$2/child



BOO! The annual Mothers' Center Halloween Party is not to be missed!! Children (and moms) are welcome to dress up in their costumes. There will be games, crafts, and some good treats. Please rsvp to Claudia C. or Jen G. at mccnnews@hotmail.com.



ETHNIC EATS

THE ORIGINAL MONGOLIAN BBQ!

Tuesday, October 29, 7:30pm

Magic Grill, 104 North Ave. Garwood,

<http://magic-grill.com>

PERUVIAN!

Friday, November 22, 8pm

Costanera Restaurant,

511 Bloomfield Ave., Montclair

<http://costaneranjan.com>

Please join other Mothers' Center ladies to try something new or share an old favorite. Do you know a fabulous restaurant? If so, we'd love to hear all about it. Please send any Ethnic Eats suggestions and all RSVP's to Gretchen B. at mccnnews@hotmail.com

HOLIDAY PARTY

December 5th, 3:30-5:00

Casano Community Center

314 Chestnut Street, Roselle Park

\$2 per child



Get in the holiday spirit at the Mothers' Center holiday party. There's sure to be festive music, good food, crafts, and games. Please rsvp to Claudia C. or Jennifer G. by at mccnnews@hotmail.com.

COMMUNITY & COOKIES

Date & Location TBD

Don't miss out on this gathering! We will gather together to share in everyone's favorite holiday desserts. Best part is that you can take some home to share with your family. We will also be collecting items for the Casano Community Center Food Bank for the holiday season. Look for more details on Big Tent.



*More information for Events & Activities will be posted on Big Tent. If you have any questions or suggestions for Special Events or Activities, please contact Staci D., Claudia C., or Jennifer G. at MCCNJnews@hotmail.com.

FALL GROUPS

All Groups will meet at Garwood Presbyterian Church, 341 Spruce Avenue, Garwood, unless otherwise noted.

MONDAY

MORNING PLAYGROUP

Facilitated by Lauren B.

9:30-11:00 am

(3 weeks)

Early Fall Dates: 9/16, 9/23, & 9/30

(10 weeks)

Fall Dates: 10/7, 10/14, 10/21, 10/28, 11/4,
11/11, 11/18, 11/25, 12/2 & 12/9



Moms and kids enjoying each other's company in free play in the childcare room filled with age-appropriate toys, puzzles, coloring books and storybooks.

FIRST PLAYGROUP

Facilitated by Jennifer P.

(10 weeks)

10:00-11:30 am

Dates: 10/7, 10/14, 10/21, 10/28, 11/4,
11/11, 11/18, 11/25, 12/2 & 12/9

This playgroup is designed for those who are too big for the Mom & Baby group but are too small for the traditional playgroup. You and your child spend time together in an open space where they can learn to explore and play with their friends. For ages 9-15 months.

ART EXPLORATION

Facilitated & Instructed by Staci D.

(6 weeks)

12 participants per group

Group A: 9:45-10:15am

Group B: 10:30-11:00am



Free Trial Group: 9/16

Fall Group Fee: \$20 (\$30 for 2 children)

Dates: 10/21, 10/28, 11/4, 11/11, 11/18, & 11/25

Watch your toddler discover art with beginner projects like coloring, sculpting, and painting. With a focus on process rather than results we will learn techniques for (mostly) clean activities you can do at home. All ages welcome, but Group A will be tailored to the youngest artists who may still be tasting everything. Group B will be geared towards expanding fine motor skills. The fee covers supplies, including some to keep at the end of the session. *Please let us know of any allergies since play dough and paints contain food ingredients and can be adjusted to accommodate you.*



Gianna Ruth

7/27/13, 7 lbs. 5 oz., 21.5 inches

Congratulations to Amy, Dave,
and Big Brother David

*Sign up for all Tuesday groups
and pay only \$20 for group fees!!!*

TUESDAY

All Tuesday Groups Facilitated by Eileen M. & Lauren B.

CAN WE TALK?

(4 weeks)

(On-site babysitting available)

9:30-11:00am

Dates: 10/8, 10/15, 10/22, & 10/29

Group Fee: \$8

Sometimes it's easy to get lost in the daily routine and engage with others beyond small talk. This peer-facilitated discussion group explores many issues that we face as women and mothers through a series of meaningful conversations in a non-judgmental environment. The topics will be selected by participants and may include; Mindful Parenting, Good Nutrition (and what gets in the way), Getting Organized & In-laws/Outlaws. The first discussion will discuss the balancing act that is motherhood. Additional topics will be chosen by the group during the first week.

MOTHERS' WORK

Guest Facilitator Jennifer G.

(1 week)

9:30-11:00 am

Date: 11/5

Group Fee: \$2

What is the "work" of mothering? How do we feel about it? What informs our attitudes toward this work? These are some of the questions raised in this thought provoking outline based on the NY Times bestselling book "The Price of Motherhood: Why the Most Important Job in the World is Still the Least Valued" by Ann Crittenden. Reading the book is NOT a prerequisite.

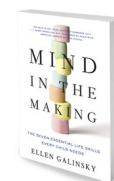
MIND IN THE MAKING

(4 weeks)

9:30-11:00am

Dates: 11/12, 11/19, 11/26, & 12/3

Group Fee: \$15



This discussion group is based on the work of Ellen Galinsky's book and video series Mind in the Making. Using video clips and short excerpts from the book, we will explore the research on how children develop the capacity for thinking, learning, using good judgment and succeeding in life. Participants will learn multiple ways to identify and nurture the development of these skills in the children in their lives.

HOLIDAYS, TRAVEL, & TRADITION

(1 week)

9:30-11:00am

Date: 12/10

Group Fee: \$2

How has your view of the holidays changed since the arrival of children? We will discuss the anticipation of holidays -- enjoyment or dread; deciding on holiday plans and schedules; balancing differences in traditions & family relationships.

FALL GROUPS (cont.)

All Groups will meet at Garwood Presbyterian Church, 341 Spruce Avenue, Garwood, unless otherwise noted.

WEDNESDAY

A to Z

Facilitated by Sandra F.

(10 weeks)

(On-site babysitting available)

9:30-11:00 am

Dates: 10/9, 10/16, 10/23, 10/30, 11/6, 11/13, 11/20, 11/27, 12/4, & 12/11

Do you have little projects or hobbies but no time to complete them without interruption? Well now is your chance! Sign up for A-Z and bring any project such as knitting that gift sweater, organizing baby photos, clipping coupons, scrap-booking or simply balancing the checkbook. Just bring yourself and something to work on for 90 minutes (even reading the gossip mag counts) and enjoy chatting with other moms while you get those projects completed!

YOGA

Facilitated & Instructed by Anna G.

(10 weeks)

(On-site babysitting available)

9:30-11:00 am

Dates: 10/9, 10/16, 10/23, 10/30, 11/6, 11/13, 11/20, 11/27, 12/4, & 12/11

Group Fee: \$60



Yoga taught by Anna G., a certified instructor who is also a Mothers' Centers member since 2005. The intensity of the practice will be tailored depending on the participants in the group. Beginners Welcome!. Please bring your own yoga mat, towel, and water.

MOM & BABY

Facilitated by Claudia C.

(10 weeks)

(On-site babysitting available for older siblings)

9:30-11:00 am

Dates: 10/9, 10/16, 10/23, 10/30, 11/6, 11/13, 11/20, 11/27, 12/4, & 12/11



Whether you're 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! Topics include how motherhood has changed your life, birth/adoption experience, and questions about feeding, discipline, scheduling, sleeping and more. Moms with 0-9 month olds welcome. We support breast and bottle-feeding.

THURSDAY

ZUMBA®

Facilitated by TBD

Instructed by Raeanne T.

(8 weeks)

(On-site babysitting available)

9:15-10:15 am

\$48 Group Fee

Dates: 10/10, 10/17, 10/24, 10/31,

(11/7-No Group), 11/14, 11/21,

(11/28-No Group), 12/5 & 12/12



Zumba® is an aerobic workout that combines world music and easy-to-follow moves to create a one-of-a-kind experience that is fun and exciting. Come dance your way to great fitness with a certified instructor and some other Mothers' Center friends. Children are welcome to remain in babysitting until 10:45am.

A to Z

Facilitated by TBD

(8 weeks)

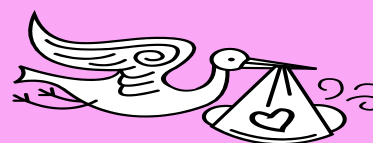
(On-site babysitting available)

9:15-10:45 am

Dates: 10/10, 10/17, 10/24, 10/31, (11/7-No Group),

11/14, 11/21, (11/28-No Group), 12/5 & 12/12

Do you have little projects or hobbies but no time to complete them without interruption? Well now is your chance! Sign up for A-Z and bring any project such as knitting that gift sweater, organizing baby photos, clipping coupons, scrap-booking or simply balancing the checkbook. Just bring yourself and something to work on for 90 minutes (even reading the gossip mag counts) and enjoy chatting with other moms while you get those projects completed!



Monica Therese

8/3/13, 7 lbs. 7 oz., & 18.5 inches

Congratulations to Trulie, Luke,
Big Brother Linus, & Big Sister Chiara

Our Center is a cooperative; each member fills a role in keeping the center thriving, safe, clean and functioning smoothly. Our collective goal is to create an organization that is welcoming, supportive, inclusive and flexible. We best meet your needs when you become involved, communicate ideas and participate. At a Mothers' Center we want women to feel able to take on tasks and responsibilities that may be new to them, to learn new skills, and to feel a sense of ownership and responsibility for their center. We encourage you to become involved in a way that fits in with the demands of motherhood and your family life.

Our Center has a "Steering Committee" which is the governing and policy making body of the center. This committee is our central "forum" to discuss all aspects of our program. There is also an element of fun and socialization at all meetings and Steering Committee meetings are open to all members.

Even if you are not quite ready to engage in leadership role we encourage you to sign up to participate in one of our many

The Operations Committee

(Claire H., Jennifer G., & Teri K.)

- Manages the Facility, Supplies and Babysitting Staff.
- Acts as liaison with host sites (Garwood Presbyterian Church and Casano Community Center).
- Manages Babysitting program and staff and coordinates with Program & Groups Committee to ensure proper staff/child ratios.
- Conveys Babysitting and Host-site Guidelines to members & coordinates keys for facilitators.
- Maintains supplies and other possessions of the Center.
- Arranges for pickup and distribution of incoming mail.

The Groups & Program Committee

(Eileen M., Sandra F., & Lauren B.)

- Plans discussion groups and educational opportunities for members and children.
- Plans and schedules discussion groups, playgroups and their facilitators.
- Works closely with operations to coordinate meeting locations and appropriate babysitting requirements.
- Organizes facilitator training annually.
- Registers and maintains database of members and groups.
- Holds Open House before the start of each group cycle.

The Activities & Events Committee

(Staci D., Claudia C., & Jennifer G.)

- Fosters social connections and friendship among members and potential members.
- Organizes social activities such as member luncheons, holiday parties, Mom's Nights Out, and the Annual Year End Dinner.
- Supports social aspect of center-wide meetings (General Membership Meeting, Year End Dinner)

The Communications/Publicity Committee

(Kelly G., Amanda P., Rosie K., & Trish J.)

- Is the Center's voice to members and the public.
- Edits, prints and distributes quarterly newsletter.
- Maintains website.
- Distributes press releases, advertising and other publicity to the local media.
- Arranges for distribution of incoming emails and phone calls.

The Community/Member Outreach Committee

(Andrea H. & Jensyn M.)

- Promotes a sense of community within and beyond the Center.
- Organizes outreach projects such as food and clothing drives.
- Reaches out to members in need of assistance at the time of a birth of a new child or the sickness of a family member.
- Coordinates "Big Sister" mentors for new members.

The Finance Committee

(Jessica H. & Teri K.)

- Manages the Center's material resources.
- Maintains accounts, budget and tax reporting.
- Presents budget and concerns to steering committee.

The 5K/Fund Development Committee

(Claire H. & Rosie K.)

- Helps organize our annual 5K fundraiser
- Brainstorms and helps organize any other fundraisers or grant applications

The Steering Committee

(A representative from each committee & all current members are welcome to attend)

- Oversees all aspects of the organization and coordinates the work of all committees.
- Consists of representatives of all the committees and meetings are open to all members.
- Meets monthly to discuss all aspects of the Mothers' Center.
- The agenda is organized and facilitated by the Co-Facilitators.
- All decisions are made by consensus.

The Co-Facilitators of the Steering Committee

(Staci D., Rosie K., & Jessica H.)

Serve as the center's liaison with the National Association of Mothers' Centers, communicate discussion and decisions of the community by keeping minutes of each meeting and troubleshoot with Committees between Steering meetings.

Church Facility Guidelines

- The group may use the building from Monday through Thursday, from 9AM to 12 Noon.
- The rooms that can be used: Nursery, Adjoining (Primary) classroom, Music Room & the two large open areas and kitchen* in the basement. The kitchen can only be use for discussion groups. *No Children are permitted in the basement kitchen at any time.
- All lights must be turned off when leaving the building.
- All doors must be locked when leaving the building.
- All heat and air conditioning must be turned off (down) when leaving the building.
- Smoking is not permitted anywhere in or outside of the building.
- The Church must be left clean and orderly, including checking any restrooms used (sinks and toilets must be clean) and any floors vacuumed if necessary. Any equipment (chairs, tables, etc.) must be put back as found. Please report any malfunction or breakage of equipment.
- Do not place soiled diapers into church garbage cans. Each parent will have to remove their own child's diapers.
- Any garbage refuse created by a group must be removed at the end of each meeting by the group facilitators.
- The parking lot may be used, however once all the spaces are filled cars must be parked on the street.
- Garwood Presbyterian Church will give 24 hours notice if church is needed for a church activity. Church activities will always have precedence over any activities by the Mothers' Center.



Child Health Guidelines

For the good health of your child and all the children in of the Mothers' Center, please do not bring your child to the Mothers' Center if he/she has:

- Temperature of 99.2 or higher
- Sincere complaints of discomfort
- Swollen glands
- Sore throat
- Excessive discharge from the nose
- Is in the first 3 days of a cold
- Persistent cough or sneezing
- Nausea, vomiting or diarrhea
- Rash or inflammation of the eyelids
- Extreme lethargy
- Chicken pox
- Rash
- Other contagious disease

Children who have been vomiting and/or had a fever should be kept home for one full day after symptoms have disappeared. Please call or email your facilitator if you will not be attending your group so that we can make the appropriate adjustments in the babysitting room.

Mothers' Center of Central New Jersey, Inc.

Membership & Groups Registration Form

- Determine which group(s) you would like to take.** All groups are limited to 10 members, first come, first served so sign up early! Some groups may be filled or may not run. Please specify first and second choices.
- Determine your babysitting needs and appropriate fees.** Babysitting fees are \$5.50 per group meeting for one child; \$4.00 per group meeting for the second child and \$2.50 per group meeting for each additional child. Please specify any allergies your child may have. Parents must stay on premises during discussion groups.
- If the costs associated with babysitting, group fees, or dues prevents you from taking a group, please contact Jessica H.

Group Length	One Child	Two Children	Three Children
1 Day	\$5.50	\$9.50	\$12.00
4 weeks	\$22.00	\$38.00	\$48.00
8 weeks	\$44.00	\$76.00	\$96.00
10 weeks	\$55.00	\$95.00	\$120.00

4. Make all checks payable to: The Mothers' Center of Central New Jersey, Inc. **Mail registration form and check to:** Mothers' Center of CNJ, PO Box 294, Cranford NJ 07016, or bring completed registration form to our open house on September 24th.

5. Important Note: You will receive confirmation of your group via email from the facilitator prior to the beginning of the group. Groups begin promptly at 9:30 AM and end at 11:00 AM unless otherwise noted. Your promptness is essential to the group to run smoothly. Your attendance is expected each session. If for any reason you cannot attend a session, please call or email your facilitator as soon as possible.

-----detach and return-----

Registration Deadline: September 24, 2013

Registration for groups will only be accepted if both babysitting and membership fees have been paid.

Name _____ Husband/Partner name _____ Date _____

Address _____ email _____

Home Phone _____ Cell Phone _____

Children	Birthday (mo/yr)	Any allergies?	Need Babysitting?
_____	____ / ____	_____	yes / no
_____	____ / ____	_____	yes / no
_____	____ / ____	_____	yes / no

Which group(s) do you want to attend?

Will you need babysitting?

For how many children?

yes / no
yes / no
yes / no
yes / no

OUTREACH VOLUNTEER: Please contact me to prepare A meal for new moms. (Please Circle) YES NO

Which committee(s) would you be interested in joining? (Please Circle)

OPERATIONS GROUPS ACTIVITIES COMMUNICATIONS OUTREACH FINANCE 5K STEERING

Annual Dues (9/13–8/14) \$55.00, Alumni Members \$20

Payment: Membership Dues \$ _____
 Group Fees \$ _____
 Babysitting Fees \$ _____
 Donation to MCCNJ \$ _____ (optional and tax deductible) **Total Enclosed \$ _____**

PHOTO RELEASE AGREEMENT (Choose One) I Agree I Do Not Agree

The Mothers' Center of Central New Jersey may use photographs of me or my child/ren, without our names for any lawful purpose, including for example such purposes as publicity, illustration, advertising, and Web content.

Signature _____ Date _____