

## History

In 1979, it was recognized by the State Association that a need existed in central New Jersey for a mother of twins club. Gathered around a kitchen table, the club's founding members organized and developed the guidelines for the first Central Jersey Mothers of Twins Club.

For the first several meetings, the group met in each other's homes. By the close of the first club year, meetings were scheduled monthly in a public building. The change for location was needed due to the rapid growth of the club.

Following the birth of the first set of triplets, Central Jersey Mothers of Twins Club officially changed its name to **Central Jersey Mothers of Multiples.**



## Helpful Websites

### Central Jersey Mothers of Multiples, Inc.

[www.cjmom.org](http://www.cjmom.org)

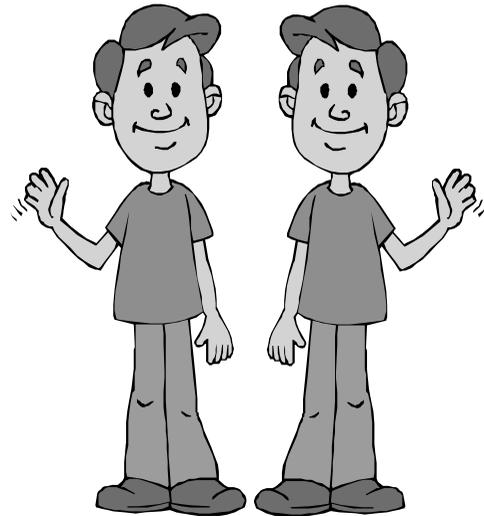
CJMOM is a member group of:

### National Organization of Mothers of Twins Clubs, Inc. (NOMOTC)

[www.nomotc.org](http://www.nomotc.org)

### New Jersey Association of Twins' Mothers Clubs (NJATMC)

[www.njatmc.org](http://www.njatmc.org)



Central Jersey Mothers of Multiples, Inc. (CJMOM) is open to expectant parents, parents, or legal guardians of multiples.

**For More Information Visit:**

[www.cjmom.org](http://www.cjmom.org)

**For Membership Information**

**Contact:**

Vice President of Membership

[membership@cjmom.org](mailto:membership@cjmom.org)

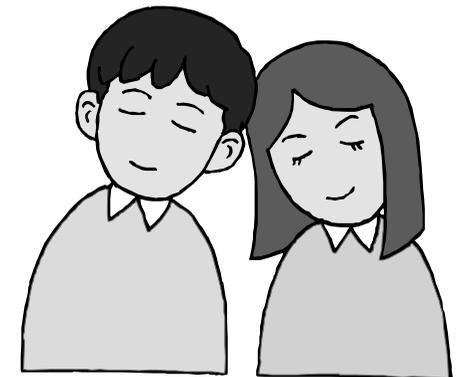


## Welcome

Congratulations on the multiple contribution you have made to society! We have been especially chosen for this role. Now, it's up to us to make the most of this blessing. We, CJMOM, have joined forces in an effort to share our "multipleship" with one another.

We are hopeful the information presented here will encourage you to attend a meeting and experience the common bond we share. The opportunity to talk to others who really understand the uniqueness associated with raising multiples is one you surely do not want to miss.

Our membership includes parents with multiples of all ages from all over the central New Jersey area. Currently boasting a 100+ membership, we are ever-ready to include YOU!



## Purpose

- ◆ Provide moral support and encouragement to parents of multiples (POMs)
- ◆ Meet other POMs, exchange ideas and hints, and increase your understanding of the unique challenges of raising multiples
- ◆ Provide information on multiples through personal experiences and meetings with guest speakers
- ◆ Maintain an extensive library of parenting information
- ◆ Offer participation in State and National workshops, meetings, conventions, scholarships and research
- ◆ Offer the opportunity to participate in various events for adults and children
- ◆ Provide a setting for clothing, toy and equipment exchange/donation, including by not limited to our annual Mother's Market
- ◆ Extend an invitation for an enjoyable and relaxing night out for POMs - which you need and deserve!

## Membership

Your membership with CJMOM entitles you to participate in various functions throughout the year, including:

- ◆ Informative and Fun Monthly Meetings
- ◆ Monthly POMs Night Out
- ◆ Infant/Toddler Play Dates
- ◆ Family Outings, Events and Picnics
- ◆ Adult Socials
- ◆ Hamilton NJ's Memorial Day Parade
- ◆ State and National Conventions
- ◆ Annual Officers Installation Dinner

Other benefits:

- ◆ Access to Members-Only Online Community
- ◆ Receipt of Monthly Club Newsletters and Bi-Monthly National Newsletters

We are a non-partisan, non-political, non-profit, non-racial and non-sectarian organization.

Membership in CJMOM is open to any expectant parents, parents, or legal guardians of multiples. You may attend meetings as a guest for the duration of your pregnancy and for one meeting after the arrival of your multiples. Annual dues are \$30. All members shall abide by the By-Laws and Standing Rules.

## Monthly Meetings

Regular meetings are usually held the first Wednesday evening of each month beginning in September and ending in June with the *Installation of Officers Dinner*. Meetings are held at the Emily C. Reynolds Middle School Cafeteria in Hamilton, NJ. (Check our Website at [www.cjmom.org](http://www.cjmom.org) for specific meeting dates/locations, as they are subject to change.) Meetings begin at 7 p.m. with time to meet other POMs and chat for a bit. The general business meeting begins at 7:30 p.m., followed by the program/speaker. The meetings usually last about two hours.

Programs are designed to be educational and enjoyable. Speakers have included: Pediatricians, Dentists, Sleep Specialists, Financial Advisors, Physical Therapists, Nutrition and Safety Experts, and Teachers. Other program examples are Get-To-Know-You Evenings, Twin Panels, Vendor Night, Interior Design, Craft Corner, and Stress Management.

Perhaps, the most enjoyable part of the evening is the social time spent with fellow POMs.

## Member Testimonials

"Since joining CJMOM in 2004, the benefits I've received are too numerous to count. The welcome and embrace from other members, the phone call just to see how I'm managing, and the warmth that only camaraderie can bring are invaluable. Most importantly, I've gained new skills and received immediate advice. I've learned that parents of multiples are a truly extraordinary group of people!"  
- Jean A.

"My twins were my first pregnancy, so not only did I not have a clue about babies, I really didn't have a clue about twins! CJMOMs have given me some great advice, things you'd never find in a baby book. I have to say that joining the club has been invaluable in terms of my gaining knowledge about twins, giving me confidence and support and I have made some friends that I know I'll have for the rest of my life."  
- Ann W.

"I first came to a CJMOM meeting when I was five months pregnant with my twins. Existing members gave me great product recommendations, which I found extremely helpful, as I'd not yet finished my registry at the time. I officially joined as a member in 2003 and was welcomed at a lovely New Member Tea the following month. I have been an active member ever since, enjoying the company of great women and continued great advice. My kids also always have a blast at the various kid-friendly functions with other POMs and their families. I'm proud to be a CJMOM!"  
- Kim S.