

FAMILY RESOURCE NEWSLETTER

FEBRUARY 2026

Black History Month

February is Black History Month, a time to celebrate the achievements of Black Americans and recognize their central role in U. S History. TCCMO takes pride in celebrating and honoring this month! Check out these Black Owned Restaurants in our three counties & surrounding areas ↓

**The Kombucha Bar
in Flemington, NJ**

BAM Desserts in Somerset, NJ

**Morgan Island Grill in
Hightstown, NJ**

**4 Brothers Breakfast in
Warren, NJ**

**The burgerly in
New Hope, PA**

Teen Dating Violence Awareness Month

A month-long effort focused on advocacy and education to stop dating abuse before it starts. Every February, nationwide, young adults and loves ones spread awareness on such an important issue.

→ **Safe in Hunterdon**

→ **DASACC**

→ **Safe + Sound Somerset**

National Eating Disorders Awareness Week

An annual campaign to educate the public, raising awareness, and ensuring those affected receive the visibility and support they need.

→ **National Eating Disorders Association**

→ **Eating Disorders Program at RWJ**

→ **Center for Discovery: Eating Disorder
Treatment**

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RESOURCES & EVENTS IN IN YOUR COUNTY

FEBRUARY 2026



WARREN COUNTY

→ 02/20: Pokémon Club

→ 02/21: Winter Family Fun Day

HUNTERDON COUNTY

→ 02/15: Kids' Hike for Fun

→ 02/21: Teen Comic & Cartooning

SOMERSET COUNTY

→ 02/05: SC 4-H Winter Paint & Sip

→ 02/07: Lunar New Year Craft



Nurtured Heart Approach®

The nurtured heart approach is a philosophy for creating healthy relationships with people in your life. It teaches us to celebrate the small things, to not be so tough on yourself and make miracles from molecules!

TCCMO offers two monthly trainings every 2nd Tuesday, 6:00PM-8:30pm & every 3rd Wednesday, 10:30AM-1:00pm

For more information, please contact below ↓

Janet Hrehowesik

Donate Today!

Ready to make a big impact? Partner with us to fundraise for Tri County CMO families!

Email Deja Amos today ↓

damos@tricountycmo.org

Click below to donate ↓

SUPPORT OUR FAMILIES

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BOLETÍN DE RECURSOS FAMILIARES

FEBRERO 2026

Mes de la Historia Afroamericana

Febrero es el Mes de la Historia Afroamericana, un tiempo para celebrar los logros de los afroamericanos y reconocer su papel central en la historia de los Estados Unidos. TCCMO se enorgullece de celebrar y honrar este mes! Descubre estos restaurantes de propietarios afroamericanos en nuestros tres condados y áreas circundantes ↓

**The Kombucha Bar
in Flemington, NJ**

BAM Desserts in Somerset, NJ

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Mes de Concientización de la Violencia en el Noviazgo Adolescente

Un esfuerzo de un mes enfocado en la defensa y la educación para detener el abuso en las relaciones antes de que comience. Cada febrero, en todo el país, jóvenes adultos y seres queridos difunden conciencia sobre un tema tan importante.

→ **Safe in Hunterdon**

→ **DASACC**

→ **Safe + Sound Somerset**

Semana Nacional de Concienciación sobre los Trastornos de la Conducta Alimentaria

Una campaña anual para educar al público, crear conciencia y garantizar que las personas afectadas reciban la visibilidad y el apoyo que necesitan.

→ **National Eating Disorders Association**

→ **Eating Disorders Program at RWJ**

→ **Center for Discovery: Eating Disorder
Treatment**

Conéctate
con
nosotros

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RECURSOS Y EVENTOS EN SU CONDADO

FEBRERO 2026



CONDADO DE WARREN

→ 02/20: Pokémon Club

→ 02/21: Winter Family Fun Day

CONDADO DE HUNTERDON

→ 02/15: Kids' Hike for Fun

→ 02/21: Teen Comic & Cartooning Workshop

CONDADO DE SOMERSET

→ 02/05: SC 4-H Winter Paint & Sip

→ 02/07: Lunar New Year Craft



Método del Corazón Nutrido®

El enfoque del corazón nutrido es una filosofía para crear relaciones saludables con las personas en tu vida. Nos enseña a celebrar las cosas pequeñas, a no ser tan duros con nosotros mismos y a hacer milagros de moléculas

Ofrecemos dos entrenamientos mensuales, cada segundo martes de 6:00pm a 8:30pm y cada tercer miércoles de 10:30 AM a 1:00 PM

Para más información, por favor contacte a ↓

Janet Hrehowesik

Dona Hoy!

Listos para hacer un gran impacto? Únete a nosotros para recaudar fondos para las familias de Tri County CMO!

Envía un correo electrónico a Deja Amos hoy ↓

damos@tricitycmo.org

Haz clic abajo para donar ↓

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