

FAMILY RESOURCE NEWSLETTER

March 2026



Developmental Disabilities Awareness Month

Observed every March to promote inclusion, independence and, a time to celebrate their contributions! Click below to check out the resources below for more ↓

→ [Abilities of Northwest Jersey](#)

→ [The Arc of Somerset County](#)

→ [The Arc of Hunterdon County](#)

→ [The Arc of Warren County](#)

→ [DAWN Center for Independent Living](#)

Women's History Month

Observed every March where we honor and celebrate the history, contributions, and achievements made by women! Check out these women-owned business ↓

→ [Bloom and Grow Coaching](#)

→ [Practical Insights](#)

→ [Contextual Family Services](#)

Tri County CMO ResourceNet

If you are in search of resources, services, and support for your youth, Tri County CMO has its very own search engine! You can look for summer camps, events, support groups, and so much more!

→ [**RESOURCE NET**](#)

Connect
with us

→ www.tricountycmo.org → www.tricountyresourcenet.org



Resources & Events in your County

March 2026



WARREN COUNTY

→ 03/11: Beginner Scrapbooking Class

→ 03/18: Holiday Topiary

HUNTERDON COUNTY

→ 03/07: Imagination! Comics and Cartooning

→ 03/31: Beautiful Puzzles

SOMERSET COUNTY

→ 03/14: Detective Science Workshop

→ 03/24: Preeclampsia Education & Baby Clothing Swap

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

or

Click below to donate ↓

SUPPORT OUR TCCMO FAMILIES

Connect with us

→ www.tricountycmo.org → www.tricountyresourcenet.org



Boletín De Recursos Familiare

Marzo 2026



Mes de Concienciación sobre las Discapacidades del Desarrollo

Se celebra cada marzo para promover la inclusión y la independencia; es un momento para reconocer y celebrar sus contribuciones. Haz clic abajo para los recursos y obtener más información ↓

→ [Abilities of Northwest Jersey](#)

→ [The Arc of Somerset County](#)

→ [The Arc of Hunterdon County](#)

→ [The Arc of Warren County](#)

→ [DAWN Center for Independent Living](#)

Mes de la Historia de la Mujer

Se celebra cada marzo, honramos y celebramos la historia, las contribuciones y los logros de las mujeres. Descubre estos negocios propiedad de mujeres ↓

→ [Bloom and Grow Coaching](#)

→ [Practical Insights](#)

→ [Contextual Family Services](#)

Tri County CMO ResourceNet

Si estás buscando recursos, servicios y apoyo para tus jóvenes, Tri County CMO tiene su propio motor de búsqueda! Puedes encontrar campamentos de verano, eventos, grupos de apoyo y mucho más!

→ [**RESOURCE NET**](#)

Conéctate con nosotros → www.tricountycmo.org → www.tricountyresourcenet.org



Recursos y Eventos en su condado

Marzo 2026



CONDADO DE WARREN

→ 03/11: Beginner Scrapbooking Class

→ 03/18: Holiday Topiary

CONDADO DE HUNTERDON

→ 03/07: Imagination! Comics and Cartooning

→ 03/31: Beautiful Puzzles

CONDADO DE SOMERSET

→ 03/14: Detective Science Workshop

→ 03/24: Preeclampsia Education & Baby Clothing Swap

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

o

Haz clic abajo para donar ↓

SUPPORT OUR TCCMO FAMILIES

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