



Presbyterian Women  
in the Presbytery  
of the Coastlands & Highlands  
**SPRING GATHERING**  
Saturday, May 30, 2026  
9:00 a.m. – 1:30 p.m.

at

First Presbyterian Church of Metuchen Social Center\*  
270 Woodbridge Ave., Metuchen, NJ 08840

## **Dimensions of Women's Wellness**

with

**Robin Collier, M.S.W.**

**Dr. Jordyn Cain-Rahmann, Psy.D.**

and

**the Rev. Amy E. S. Lincoln,**

Learn how a Wellness Recovery Action Plan (WRAP) can help you  
create the life and wellness you want

Discover simple, safe, and effective tools to create and maintain wellness

Gain support and stay in control even in a crisis

Hear how mental health issues affect moms, grandmothers, and youth

Explore the spiritual aspects of mental wellness

**Light breakfast – Luncheon - Doors open at 9:00 a.m.**

RSVP BY MAY 25 TO [pwcoastlands@gmail.com](mailto:pwcoastlands@gmail.com) or (908) 432-6252

ALL ARE WELCOME - \$10 suggested donation

Merchant Gift Cards (\$15 or \$25 suggested, i.e., Target, ShopRite, Wawa, Walmart, Burger King, McDonald's) or canned protein items will be collected for the FPC of Metuchen Food Pantry

*\*Coming from Main Street the Social Center is located on the left side of Woodbridge Avenue  
AFTER you pass the NJ Transit parking lot, the main church building and the cemetery.  
Immediately after the cemetery is a driveway leading to ample parking at the Social Center.*