

Perinatal Community Integration Model

August 2024



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



National Breastfeeding Month!

Breastmilk contains important components to protect and build the baby's immature immune system. Breastmilk is more easily digested than infant formulas, and changes from feed to feed to suit each baby's unique needs, making it the ideal food to promote healthy growth and development.



			1	2	3
5	6 10am-2pm Health Insurance Applications BY APPOINTMENT ONLY NJ FAMILY CARE 4pm - 6:30pm Body & Soul starts 11am-1pm Breastfeeding Event (WIC Office)	7 10am - 1pm Pregnancy Testing	8 4pm - 6:30pm Body & Soul	9 10am - 1pm Pregnancy Testing	
12 10am-2pm WIC & Pregnancy Testing Family Success Heritage North (1554 Princeton Av.) WIC	13 4pm - 6:30pm Body & Soul	14 10am - 1pm Pregnancy Testing 4:30pm - 6:00pm Prenatal Mental Health Workshop	15 2pm - 3pm Postpartum Breastfeeding Awareness Month Celebration Family Success Heritage North (1554 Princeton Av.) 4pm - 6:30pm Body & Soul	16 10am-11:30am Postnatal Mental Health Workshop 12pm-1:30pm Postnatal Grief Mental Health Workshop	
19 10am - 1pm Pregnancy Testing	20 2pm-6:30pm Health Insurance Applications BY APPOINTMENT ONLY NJ FAMILY CARE 4pm - 6:30pm Body & Soul	21 10am - 1pm Pregnancy Testing	22 4pm - 6:30pm Body & Soul	23 4pm - 6:30pm Body & Soul	
26 10am - 1pm Pregnancy Testing	27 4pm - 6:30pm Body & Soul	28 10am - 1pm Pregnancy Testing 10am-12pm BURP starts (Bebés Unidos Resultados Positivos) 4pm-5pm Postpartum Support Group (English) via Zoom	29 4pm - 6:30pm Body & Soul	30 10am - 1pm Pregnancy Testing 10am-12pm BURP (Bebés Unidos Resultados Positivos)	

Maria Sellas - Case Manager

(609) 439-9887

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635 S Clinton Av. Trenton NJ 08611

August 2024 Activities and Services

Perinatal Services/ events

- **Pregnancy Test:** Free Pregnancy test at the Children's Home Society @635 S. Clinton Ave, Trenton. No appointment needed.
- **Body & Soul:** Join us for a Free, Educational Prenatal Support Group. (English)
 - Learn how to have a safe, stress free pregnancy, form a bond, learn how to be a self advocate.
 - **For registration: Contact: Shahera Hutchinson**
(609)306-2675
shutchinson@chsofnj.org
- **WIC:** Public health nutrition program, which provides healthy foods, nutrition education, and community support to income-eligible pregnant and postpartum women, infants, and children up to five years old. Walk between 10am - 2pm at the Family Success Center Heritage North @1554 Princeton Ave Trenton, NJ
- **BURP (Bebés unidos, resultados positivos):** Join this maternal group classes (Spanish)
 - You will learn about how to care for your baby and how to give them the attention and love they deserve. For mom with infants 0-11 months old.
 - **For registration: Contact: Glorimar Sellas**
(609)731-9755
gsellas@chsofnj.org
- **Postpartum Support Group (English):** Helping Parents Adjust (English) via Zoom
 - After bringing home a new baby, whether it's your first or not, you can feel overwhelmed, isolated or anxious. Join us for a safety place where you can share your feelings, reconnect, be nurtured, empower and informed.
- **For registration: Contact: Alaina Snell-Broach**
(609)331-4088 (call or text)

Health Services

- **NJ Family Care Applications BY APPOINTMENT ONLY:**
 - If your child or a member of your family needs health insurance from NJ Family Care, we will have representatives from NJ Fam Care completing NEW applications, RENEWALS. (English and Spanish)
 - *On August 20th: NJ Family Care will receive the last participant until 6:30pm.*
 - **For appointments: Contact:**
 - Karyn 609-960-4793
 - Mairelys 609-306-1301
 - Maria 609-439-9887
- **Mental Health Workshops (Bilingual)**
 - Prenatal, Postnatal and Postnatal Grief
 - Transportation available
 - **For registration: Contact: Maria Sellas**
(609)439-9887
msellas@chsofnj.org



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