

# Perinatal Community Integration Model

# September 2024

Monday



Tuesday

Wednesday

Thursday

Friday

Saturday

<p><b>2</b></p> <p><b>LABOR DAY!</b></p> 	<p><b>3</b></p>	<p><b>4</b></p> <p>10am-12pm BURP</p> <p>10am - 1pm Pregnancy Testing</p>	<p><b>5</b></p> <p>2:30pm-6:30pm Health Insurance Applications BY APPOINTMENT ONLY</p> 	<p><b>6</b></p>	<p><b>7</b></p>
<p><b>9</b> 10am-2pm WIC &amp; Pregnancy Testing (1554 Princeton Av.)</p> <p>10am-12pm BURP</p> 	<p><b>10</b></p>	<p><b>11</b></p> <p>10am-12pm BURP</p> <p>10:30am-12:30pm Health Insurance Applications</p>  <p>10am-11am Postpartum Support Group (English) via Zoom</p> 	<p><b>12</b></p>	<p><b>13</b></p> <p>10am-12pm BURP</p> <p>10am - 1pm Pregnancy Testing</p>	<p>Sept 15th- <b>HISPANIC HERITAGE MONTH</b> Oct 15th</p> 
<p><b>16</b></p> <p>10am - 1pm Pregnancy Testing</p>	<p><b>17</b></p> <p>10am-12pm BURP</p> <p>10am-2pm Health Insurance Applications BY APPOINTMENT ONLY</p>  <p>3pm-6pm Pregnancy Testing</p>	<p><b>18</b></p> <p>10am - 1pm Pregnancy Testing</p>	<p><b>19</b></p> <p>10am - 1pm Pregnancy Testing</p> <p>5pm-6:30pm Let's talk about Breastfeeding In person (Spanish)</p> <p>2pm-3:30pm Postpartum Support Group (English) In person</p> <p>3pm-6pm Pregnancy Testing</p> 	<p><b>20</b></p> <p>10am-12pm BURP Graduation</p>	<p><b>21</b></p> <p>10am-3pm <b>WIC 50 Years of Service Fair</b> 1440 Parkside Ave, Ewing</p> 
<p><b>23</b></p> <p>10am - 1pm Pregnancy Testing</p>	<p><b>24</b></p> <p>10am - 1pm Pregnancy Testing</p> 	<p><b>25</b></p> <p>10:30am-12:30pm Health Insurance Applications</p>  <p>10am - 1pm Pregnancy Testing</p> <p>4pm-5pm Postpartum Support Group (English) via Zoom</p>	<p><b>26</b></p> <p>10am - 1pm Pregnancy Testing</p>	<p><b>27</b></p> <p>10am - 1pm Pregnancy Testing</p>	
<p><b>30</b></p> <p>10am - 1pm Pregnancy Testing</p> 				<p><b>31</b></p> 	

*Did you know?*

The Pregnant Workers Fairness Act 2023 (PWFA) is a new federal law that requires employers to make reasonable accommodations for employees who have a known limitation due to pregnancy, childbirth, or related medical conditions, unless the accommodation poses an undue hardship to the employer.

# September 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.
- **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.
- **Postpartum Support Group (English):** Helping Parents Adjust (English) via Zoom and In person
  - 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)
- **Let's talk about Breastfeeding (Spanish):**
  - Come and learn about breastfeeding, what are myth and real facts and take the time to clarify your doubts about it.
  - **For registration: Contact: Karyn Montepeque**  
609-960-4793 (call or text)

## Health Services/ Events

- **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 September 5th: 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
- **WIC Turns 50!:**
  - Celebrate with the WIC with Community Resources, Fun Activities & more.
    - **Sat, Sept 21st**
    - **1440 Parkside Ave, Ewing**
    - **10am-3pm**

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