



Perinatal Community Integration Model

March 2025



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>3</p> <p>9:30am - 12:30pm Pregnancy Testing</p> <p>1:30pm - 4:00pm Pregnancy Testing</p>	<p>4</p> <p>5:00pm - 7:00pm Body & Soul</p> 	<p>5</p> <p>10:00am - 1:00pm Pregnancy Testing</p> <p>10:30am - 12:00pm Cooking Class 11am - 2pm CUNA</p>	<p>6</p> <p>5:00pm - 7:00pm Body & Soul</p>	<p>7</p> <p>10:00am - 1:00pm Pregnancy Testing</p> <p>11am - 2pm CUNA</p>	 <p>International Women's Day was established originally to honor the women's role in 1917 Russian Revolution. In 1975 was marked for a first time by the United Nations. It is a day when women are recognized for their achievements without regard to divisions, whether national, ethnic, linguistic, cultural, economic or political.</p> <p><i>Empowered Women Empower Women</i></p>	
 <p>10</p> <p>10am-2pm WIC & Pregnancy Testing (1554 Princeton Av. Trenton, NJ)</p> <p>1:30pm - 4:00pm Pregnancy Testing</p>	<p>11</p> <p>5:00pm - 7:00pm Body & Soul</p>	<p>12</p> <p>11am - 2pm CUNA</p> <p>10:30am-12:30pm Health Insurance Applications</p> 	 <p>13</p> <p>5:00pm - 7:00pm Body & Soul</p> <p><i>Baby Shower</i></p>	<p>14</p> <p>11am - 2pm CUNA</p> <p>1:00pm - 4:00pm Pregnancy Testing</p>		
<p>17</p> <p>10:00am - 1:00pm Pregnancy Testing</p> <p>1:30pm - 4:00pm Pregnancy Testing</p> <p><i>St. Patrick's Day</i></p> 	<p>18</p> <p>2:30pm-6:30pm Health Insurance Applications BY APPOINTMENT ONLY</p> 	<p>19</p> <p>10:00am - 1:00pm Pregnancy Testing</p> <p>11am - 2pm CUNA</p> <p>2:30pm - 3:30pm KinderSmile - Oral Health workshop-SPANISH SESSION</p>	<p>20</p> <p>10:00am - 1:00pm Pregnancy Testing</p> <p>2:00pm-4:00pm Postpartum Support Group IN PERSON (ENGLISH) (1554 Princeton Av. Trenton, NJ)</p>	<p>21</p> <p>11am - 2pm CUNA</p> <p><i>Baby Shower</i></p> 		
<p>24</p> <p>10:00am - 1:00pm Pregnancy Testing</p>	<p>25</p> 	<p>26</p> <p>10:00am - 1:00pm Pregnancy Testing</p> <p>1:30pm - 4:00pm Pregnancy Testing</p>	<p>27</p> <p>5pm-7pm Breastfeeding Classes (SPANISH)</p> 	<p>28</p> <p>10:00am - 1:00pm Pregnancy Testing</p>		
<p>31</p> <p>10:00am - 1:00pm Pregnancy Testing</p> <p>2:00pm - 4:00pm Pregnancy Testing</p>			<p><i>Hello</i></p> <h1>Spring</h1>			

March 2025 Activities and Services

- **Pregnancy Testing: 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.
 - **No appointment needed**
- **CUNA:** Six-week prenatal program that includes breastfeeding classes, nutrition, myths and facts, hospital tour, and more.
 - Learn how to have a safe and stress-free pregnancy, build a bond, and learn how to advocate for yourself. (Spanish)
 - **For Registration: Contact: Glorimar Sellas - 609-731-9755**
- **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**
- **Postpartum Support Group (English):** Helping Parents Adjust - 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)**
- **KinderSmile:** Inviting all pregnant and postpartum mummies (up to 3 years) to learn about the dental health of themselves and their babies/children. In return, mummies have the opportunity to earn free to low cost dental care at KinderSmile, and link their children to the same dental home for continuous care.
 - **For registration: Contact: María Sellas 609-439-9887 (call or text)**
- **Cooking class : SNAP-ED:** A series of cooking classes for the whole family to learn different healthy dishes while having fun together.
- **Breastfeeding Class (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 Insurance Applications with NJ Family Care & Fidelis Care BY APPOINTMENT ONLY:**
 - If your child or a member of your family needs health insurance, we will have a representative from **NJ Fam Care and Fidelis Care** completing NEW & RENEWAL applications(English and Spanish).
 - **For appointments Contact: Karyn-609-960-4793, Maria 609-439-9887**

