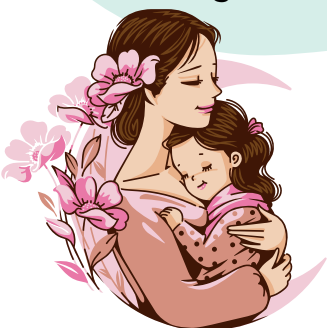




Monday	Tuesday	Wednesday	Thursday	Friday	WOMEN WITH PMAD WORLDWIDE:
			1 10:30am-12:30pm Workshop: Stress Management in Pregnancy and Postpartum (Spanish) Provided by Horizon	2 	1 IN 5 Women experience Perinatal Mood and Anxiety Disorder (PMAD). 7 IN 10 Women hide or downplay their symptoms which it could be a devastating impact on the women affecting their partner and families. 1 IN 10 Dad develop depression during this time. 20 - 25% of pregnancies end in miscarriage or stillbirth.
5 10:00am-1:00pm Pregnancy Testing 	6 11:30am-1pm Workshop: Presenting Your Best Self 11:00am-1:00pm Body & Soul	7 	8 11:00am-1:00pm Body & Soul	9 10:00am-1:00pm Pregnancy Testing 11:00am-2:00pm CUNA	
12 10am-2pm WIC & Pregnancy Testing (1554 Princeton Ave.) 	13 11:30am-1pm Workshop: Confidence and Communication 11:00am-1:00pm Body & Soul	14 10:00am-1:00pm Pregnancy Testing 11:00am-2:00pm CUNA 10:00am-1:00pm Health Insurance Applications 	15 10:30am-1:00pm Hospital Tour Body & Soul 2:00pm-4:00pm Postpartum Support Group English - In Person (1554 Princeton Ave.)	16 11:00am-2:00pm CUNA 	
19 10:00am-1:00pm Pregnancy Testing 	20 11:00am-1:00pm Body & Soul	21 10:00am-1:00pm Pregnancy Testing 2:00pm-4:00pm Pregnancy Testing 	22 10:30am-12:30pm Workshop: Family Planning Provided by Horizon 11:00am-1:00pm Body & Soul 5:00pm-7:00pm Breastfeeding Class	23 10:00am-1:00pm Pregnancy Testing 2:00pm-4:00pm Pregnancy Testing	
26   MEMORIAL DAY	27 10:00am-1:00pm Pregnancy Testing 11:00am-1:00pm Body & Soul 2:30pm-6:30pm Health Insurance Applications BY APPOINTMENT ONLY 	28 10:00am-1:00pm Pregnancy Testing 	29 10:00am-1:00pm Pregnancy Testing 11:00am-1:00pm Body & Soul 4:00pm-7:00pm Parent Café -Spanish	30 	31 10:00am-2:00pm Community Health Fair 

May 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**
Fabiana Palacios - 609-658-3435
- **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)



- **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
- **HORIZON NJ Health Workshops:**
 - Stress Management in pregnancy and Postpartum
 - Family Planning
 - **For registration: Contact: María Sellas**
609-439-9887 (call or text)
- **Dress to impress workshop series**
 - Presenting Your Best Self
 - Confidence and Communication
 - Where: Family Success Center Heritage South
 - **Registration: Karyn-609-960-4793 or**
609-695-6274 Ext 174 or 178
- **Parent Café:** Connect, Share, Grow, and Join us in a safe and supportive space for parents and caregivers to share the joys and challenges of raising a family.
 - **Registration: Karyn-609-960-4793 or**
609-695-6274 Ext 174 or 178
- **Community Health Fair :** Join our Community Health Fair and connect to variety of health resources available in our community as you spend a good time in family
 - **Saturday, May 31st from 10AM - 2PM**
 - The Children's Home Society
 - 635 S. Clinton Ave, Trenton



REGISTER NOW

