

# SEPTEMBER 2025

Perinatal Community Integration Model/Maternal Child Health

Monmouth & Ocean County



| SUNDAY                                  | MONDAY                                                                    | TUESDAY                                                      | WEDNESDAY                                                                           | THURSDAY                                                        | FRIDAY | SATURDAY |
|-----------------------------------------|---------------------------------------------------------------------------|--------------------------------------------------------------|-------------------------------------------------------------------------------------|-----------------------------------------------------------------|--------|----------|
|                                         | 1<br><b>LABOR DAY</b><br>                                                 | 2<br>Body & Soul<br>10:30am-1:30pm<br>CUNA<br>10:30am-1:30pm | 3<br>Body & Soul<br>10:30am-1:30pm<br>Food Donations<br>11:00am-4:00pm              | 4<br>CUNA<br>10:30am-1:30pm                                     | 5<br>  | 6        |
| 7<br><br><b>HISPANIC HERITAGE MONTH</b> | 8<br>Body & Soul<br>10:30am-1:30pm<br>Pregnancy Testing<br>11:00am-2:00pm | 9<br>CUNA<br>10:30am-1:30pm                                  | 10<br>Body & Soul Baby Shower<br>10:30am-1:30pm<br>Food Donations<br>11:00am-4:00pm | 11<br>CUNA<br>10:30am-1:30pm<br>Nurturing Nest<br>5:30pm-8:00pm | 12     | 13       |
| 14                                      | 15<br>Pregnancy Testing<br>11:00am-2:00pm                                 | 16<br>CUNA<br>10:30am-1:30pm                                 | 17<br>Food Donations<br>11:00am-4:00pm                                              | 18<br>CUNA Baby Shower<br>10:30am-1:30pm                        | 19     | 20       |
| 21                                      | 22<br><br>Pregnancy Testing<br>11:00am-4:00pm                             | 23<br>                                                       | 24<br>Food Donations<br>11:00am-4:00pm<br>Nurturing Nest<br>5:30pm-6:30pm           | 25<br>Nurturing Nest<br>5:30pm-8:00pm                           | 26     | 27       |
| 28<br>                                  | 29<br>Pregnancy Testing<br>11:00am-4:00pm                                 | 30                                                           | 31<br>Food Donations<br>11:00am-4:00pm                                              |                                                                 |        |          |



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101 Prosper Way, Brick Township, NJ

08723

# September 2025

## ACTIVITIES & SERVICES



### MONMOUTH COUNTY

#### Nurturing Nest

Join us as we uplift one another, exchange advice, and create a community where every mom feels heard, supported, and empowered. From Postnatal to toddlers, all moms are welcome.

Every 2<sup>nd</sup> and 4<sup>th</sup> Thursday of the month

Time: 5:30pm-7:00pm

Location: Ocean FSC, 1004 Comstock St Fl 1 Asbury Park 07712

#### Body & Soul

Body & Soul is a prenatal program that provides educational support starting in pregnancy and continuing postpartum for English & Haitian Creole speaking moms.

Monday & Wednesday from 10:00am-1:00pm

Location: Ocean FSC, 1004 Comstock St Fl 1 Asbury Park 07712



### OCEAN COUNTY

#### Pregnancy Testing

Every Monday, we provide free & confidential pregnancy testing. No insurance needed. Walk-ins are always welcome.

Location: 101 Prosper Way Unit # 10 Brick New Jersey 08723

Time: 11:00am-2:00pm

#### Donation Pick-up

Every Wednesday, food donations from Manhattan Bagel, Wawa, Pizza Hut, & KFC Chicken. (First come first served)

Location: 101 Prosper Way Unit # 10 Brick New Jersey 08723

Time: 11:00am-4:00pm

#### CUNA

CUNA is a prenatal program that provides educational support starting in pregnancy and continuing postpartum for Spanish speaking moms.

Tuesday & Thursday from 10:30am-1:030pm

Location: 100 Clifton Ave, Lakewood NJ 08701

#### Nurturing Nest

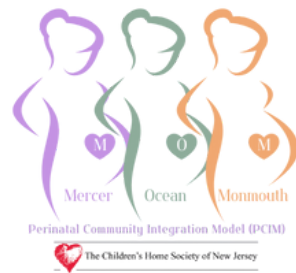
Join us as we uplift one another, exchange advice, and create a community where every mom feels heard, supported, and empowered. From Postnatal to toddlers, all moms are welcome.

Time: 5:30pm-7:00pm

Location: 101 Prosper Way Unit # 10 Brick New Jersey 08723

# SEPTIEMBRE 2025

Modelo de Integración Comunitaria Perinatal/Salud Materno Infantil  
Condado de Monmouth y Ocean



| DOMINGO                                     | LUNES                                                                      | MARTES                                                       | MIÉRCOLES                                                                                    | JUEVES                                                          | VIERNES                        | SABADO |
|---------------------------------------------|----------------------------------------------------------------------------|--------------------------------------------------------------|----------------------------------------------------------------------------------------------|-----------------------------------------------------------------|--------------------------------|--------|
|                                             | 1<br><b>LABOR DAY</b><br>                                                  | 2<br>Body & Soul<br>10:30am-1:30pm<br>CUNA<br>10:30am-1:30pm | 3<br>Body & Soul<br>10:30am-1:30pm<br>Donaciones de Alimentos<br>11:00pm-4:00pm              | 4<br>CUNA<br>10:30am-1:30pm                                     | 5<br><br><b>BACK to SCHOOL</b> | 6      |
| 7<br><br><b>HISPANIC HERITAGE MONTH</b>     | 8<br>Body & Soul<br>10:30am-1:30pm<br>Prueba de Embarazo<br>11:00am-2:00pm | 9<br>CUNA<br>10:30am-1:30pm                                  | 10<br>Body & Soul Baby Shower<br>10:30am-1:30pm<br>Donaciones de Alimentos<br>11:00pm-4:00pm | 11<br>CUNA<br>10:30am-1:30pm<br>Nido Nutritivo<br>5:30pm-8:00pm | 12                             | 13     |
| 14                                          | 15<br>Prueba de Embarazo<br>11:00am-2:00pm                                 | 16<br>CUNA<br>10:30am-1:30pm                                 | 17<br>Donaciones de Alimentos<br>11:00pm-4:00pm                                              | 18<br>CUNA Baby Shower<br>10:30am-1:30pm                        | 19                             | 20     |
| 21                                          | 22<br><br><b>HELLO FALL</b><br>Prueba de Embarazo<br>11:00am-2:00pm        | 23<br>                                                       | 24<br>Donaciones de Alimentos<br>11:00pm-4:00pm<br>Nido Nutritivo<br>5:30pm-6:30pm           | 25<br>Nido Nutritivo<br>5:30pm-8:00pm                           | 26                             | 27     |
| 28<br><br><b>PRUEBAS DE EMBARAZO GRATIS</b> | 29<br>Prueba de Embarazo<br>11:00am-2:00pm                                 | 30                                                           | 31<br>Donaciones de Alimentos<br>11:00pm-4:00pm                                              |                                                                 |                                |        |



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# Septiembre 2025

## ACTIVIDADES Y SERVICIOS



### CONDADO DE MONMOUTH

#### Nido nutritivo

Únete a nosotras para apoyarnos mutuamente, intercambiar consejos y crear una comunidad donde cada mamá se sienta escuchada, apoyada y empoderada. Desde la etapa posparto hasta los primeros pasos. Todas las mamás son bienvenidas.

Cada segundo y cuarto Jueves del mes

Hora: 5:30pm–7:00pm.

Ubicación: Ocean FSC, 1004 Comstock St FL 1 Asbury Park 07712

#### Body & Soul

Body & Soul es un programa prenatal que brinda apoyo educativo desde el embarazo y continúa después del parto para mamás que habla Ingles & Criollo Haitiano

Lunes y Miércoles de 10:00am–1:00pm

Ubicación: Ocean FSC, 1004 Comstock St FL 1 Asbury Park 07712



### CONDADO DE OCEAN

#### Prueba de embarazo

Todos los lunes ofrecemos pruebas de embarazo gratuitas y confidenciales. No se necesita seguro médico. Siempre son bienvenidas las personas sin cita previa.

Ubicación: 101 Prosper Way Unit # 10 Brick Nueva Jersey 08723

Horario: 11:00am– 2:00 pm

#### Recogida de donaciones

Todos los Miércoles, donaciones de comida de Manhattan Bagel, Wawa, Pizza Hut y KFC Chicken. (Por orden de llegada).

Ubicación: 101 Prosper Way Unidad # 10 Brick Nueva Jersey 08723

Horario: 11:00am–4:00pm

#### CUNA

CUNA es un programa prenatal que brinda apoyo educativo desde el embarazo hasta el posparto para mamás de habla hispana.

Martes y Jueves de 10:30am–1:30pm

Ubicación: 100 Clifton Ave, Lakewood NJ 08701

#### Nido nutritivo

Únete a nosotras para apoyarnos mutuamente, intercambiar consejos y crear una comunidad donde cada mamá se sienta escuchada, apoyada y empoderada.

Desde la etapa posparto hasta los primeros pasos, todas las mamás son bienvenidas.

Cada tercer Miércoles del mes

Hora: 5:30pm–7:30pm.

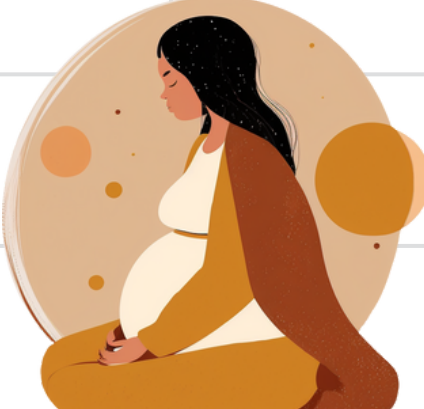
Ubicación: 101 Prosper Way Unit # 10 Brick Nueva Jersey 08723



# SEPTANM 2025

Kominote Prenatal Model Pouw Entegre/Sante Manman Ak  
Timounn Monmouth & Ocean



| DIMANCH                                                                                                                                                                                                             | LENDI                                                                                                                    | MADI                                                                                      | MÉKREDI                                                                                                                                                             | JEDI                                                                                                                                 | VANDREDI                                                                                 | SAMDI |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|-------|
|                                                                                                                                                                                                                     | 1<br><b>LABOR DAY</b><br>               | 2<br>Kò e Nanm<br>10:30am-1:30pm<br>CUNA<br>10:30am-1:30pm                                | 3<br>Kò e Nanm<br>10:30am-1:30pm<br>Donasyon Manje<br>11:00pm-4:00pm                                                                                                | 4<br>CUNA<br>10:30am-1:30pm                                                                                                          | 5<br> | 6     |
| 7<br><br><b>HISPANIC HERITAGE MONTH</b><br>14<br> | 8<br>Kò e Nanm<br>10:30am-1:30pm<br>Tèst Grosé<br>11:00am-2:00pm                                                         | 9<br>CUNA<br>10:30am-1:30pm                                                               | 10<br>Selebrasyon Bebe<br>10:30am-1:30pm<br>Donasyon Manje<br>11:00pm-4:00pm<br> | 11<br>CUNA<br>10:30am-1:30pm<br>Nich Nourisan<br>5:30pm-8:00pm                                                                       | 12                                                                                       | 13    |
|                                                                                                                                                                                                                     | 15<br>Tèst Grosé<br>11:00am-2:00pm                                                                                       | 16<br>CUNA<br>10:30am-1:30pm                                                              | 17<br>Donasyon Manje<br>11:00pm-4:00pm                                                                                                                              | 18<br>CUNA Selebrasyon Bebe<br>10:30am-1:30pm<br> | 19                                                                                       | 20    |
| 21                                                                                                                                                                                                                  | 22<br><br>Tèst Grosé<br>11:00am-2:00pm | 23<br> | 24<br>Donasyon Manje<br>11:00pm-4:00pm<br>Nich Nourisan<br>5:30pm-6:30pm                                                                                            | 25<br>Nich Nourisan<br>5:30pm-8:00pm                                                                                                 | 26                                                                                       | 27    |
| 28<br><br><b>GRATIS TÈST GROSE</b>                                                                                               | 29<br>Tèst Grosé<br>11:00am-2:00pm                                                                                       | 30                                                                                        | 31<br>Donasyon Manje<br>11:00pm-4:00pm                                                                                                                              |                                                                                                                                      |     |       |



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# Septanm 2025

## AKTIVITE & SÈVIS



### KONTE MONMOUTH

#### Nich nourisan

Vin jwenn nou pou nou ankouraje youn lòt, pataje konsèy, epi kreye yon kominote kote chak manman santi yo tandè, sipòte, epi pran pouvwa. Depi apre akouchman rive nan tibebe, tout manman yo akeyi.

Chak 2èm ak 4èm Jedi nan mwa a Lè: 5:30pm–7:00pm  
Kote: Ocean FSC, 1004 Comstock St Fl 1 Asbury Park 07712

#### Kò ak Nanm

Kò ak Nanm se yon pwogram prenatal ki bay sipò edikatif kòmanse nan gwosès la epi kontinye apre akouchman pou manman ki pale anglè.

Lendi ak Mèkredi soti 10:00am–1:00pm



### KONTE OSEYAN

#### Tès Gwosès

Chak lendi, nou ofri tès gwosès gratis e konfidansyèl. Pa bezwen asirans. Nou toujou akeyi moun ki vini san randevou.

Lè: 11:00am–2:00pm

Adrès: 101 Prosper Way Inite # 10 Brick New Jersey 08723

#### Ranmase Donasyon

Chak mèkredi, donasyon manje soti nan Manhattan Bagel, Wawa, Pizza Hut, ak KFC Chicken. (Premye moun ki rive, premye moun ki sèvi)

Adrès: 101 Prosper Way Inite # 10 Brick New Jersey 08723 Lè: 11:00am–4:00pm

#### BÈSO

CUNA se yon pwogram prenatal ki bay sipò edikatif kòmanse nan gwosès la epi kontinye apre akouchman pou manman ki pale panyòl.

Madi ak Jedi soti 10:30am–1:30pm

Kote: 100 Clifton Ave, Lakewood NJ 08701

#### Nich nourisan

Vin jwenn nou pou nou ankouraje youn lòt, pataje konsèy, epi kreye yon kominote kote chak manman santi yo tandè, sipòte, epi pran pouvwa. Depi apre akouchman rive nan tibebe, tout manman yo akeyi.

Chak 3yèm mèkredi nan mwa a Lè: 5:30pm–7:00pm

Kote: 101 Prosper Way Inite # 10 Brick New Jersey 08723