

OCTOBER 2025

Perinatal Community Integration Model/Maternal Child Health

Monmouth & Ocean County



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Food Donations 11:00am-4:00pm	2	3	4
5 BREAST CANCER AWARENESS	6 Body & Soul 10:30am-1:30pm Pregnancy Testing 11:00am-4:00pm	7 CUNA 10:30am-1:30pm	8 Body & Soul 10:30am-1:30pm Food Donations 11:00am-4:00pm Nurturing Nest 5:30pm-8:00pm	9 CUNA 10:30am-1:30pm	10 	11
12	13 HAPPY Columbus DAY OCTOBER 12 CLOSED	14 Body & Soul 10:30am-1:30pm CUNA 10:30am-1:30pm	15 Body & Soul 10:30am-1:30pm Food Donations 11:00am-4:00pm	16 CUNA 10:30am-1:30pm	17	18
19	20 Body & Soul 10:30am-1:30pm Pregnancy Testing 11:00am-4:00pm	21 CUNA 10:30am-1:30pm	22 Food Donations 11:00am-4:00pm Nurturing Nest 5:30pm-6:30pm Nurturing Nest 5:30pm-8:00pm	23 CUNA 10:30am-1:30pm CAB Meeting 11:00am-12:30pm	24 Sudden Infant Death Syndrome (SIDS) AWARENESS MONTH	25
26  FREE PREGNANCY TESTS	27 Body & Soul 10:30am-1:30pm Pregnancy Testing 11:00am-4:00pm	28 CUNA 10:30am-1:30pm	29 Body & Soul 10:30am-1:30pm Food Donations 11:00am-4:00pm	30 CUNA 10:30am-1:30pm	31	



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Adriana Ortiz
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101 Prosper Way, Brick Township, NJ

08723



October 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 2nd and 4th Wednesday 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

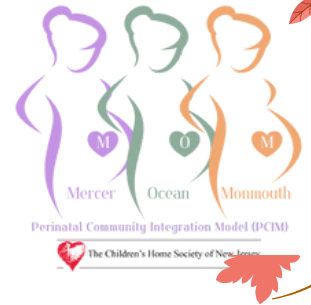
Join us as we uplift one another, exchange advice, and create a community where every mom feels heard, supported, and empowered. From Postnatal to toddlers, all moms are welcome.

Time: 5:30pm-7:00pm

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

OCTUBRE 2025

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



DOMINGO	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SABADO
			1 Donaciones de Alimentos 11:00am-4:00pm	2	3	4
5 BREAST CANCER AWARENESS	6 Body & Soul 10:30am-1:30pm Prueba de Embarazo 11:00am-4:00pm	7 CUNA 10:30am-1:30pm	8 Body & Soul 10:30am-1:30pm Donaciones de Alimentos 11:00am-4:00pm Nido Nutritivo 5:30pm-8:00pm	9 CUNA 10:30am-1:30pm	10 	11
12	13 HAPPY Columbus DAY OCTOBER 12 CLOSED	14 Body & Soul 10:30am-1:30pm CUNA 10:30am-1:30pm	15 Body & Soul 10:30am-1:30pm Donaciones de Alimentos 11:00am-4:00pm	16 CUNA 10:30am-1:30pm	17	18
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26  FREE PREGNANCY TESTS	27 Body & Soul 10:30am-1:30pm Prueba de Embarazo 11:00am-4:00pm	28 CUNA 10:30am-1:30pm	29 Body & Soul 10:30am-1:30pm Donaciones de Alimentos 11:00am-4:00pm	30 CUNA 10:30am-1:30pm	31 MES DE CONCIETIZACIÓN	



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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.

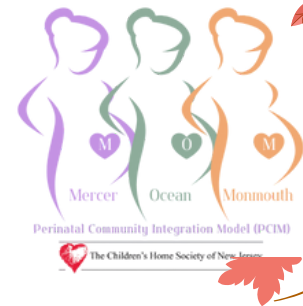
Cada tercer Miércoles del mes

Hora: 5:30pm–7:30pm.

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

OKTÓB 2025

Perinatal Community Integration Model/Maternal Child Health
Monmouth & Ocean County



DIMANCH	LENDI	MADI	MÉKREDI	JEDI	V ANDREDI	SAMDI
			1 Kò ak Navm 10:30am-1:30pm Donasyon Manje 11:00am-4:00pm	2	3	4
5 BREAST CANCER - AWARENESS -	6 Kò ak Navm 10:30am-1:30pm Pregnancy Testing 11:00am-4:00pm	7 CUNA 10:30am-1:30pm	8 Kò ak Navm 10:30am-1:30pm Donasyon Manje 11:00am-4:00pm	9 CUNA 10:30am-1:30pm	10 	11
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Októb 2025

AKTIVITE & SÈVIS



KONTE MONMOUTH

Nich nourisan

Vin jwenn nou pou nou mèkredi 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 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

