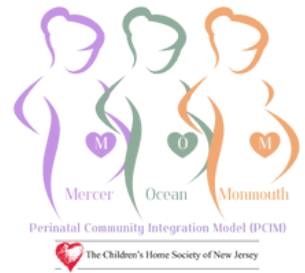
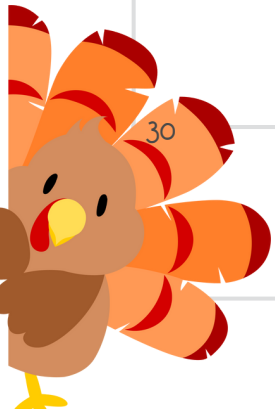


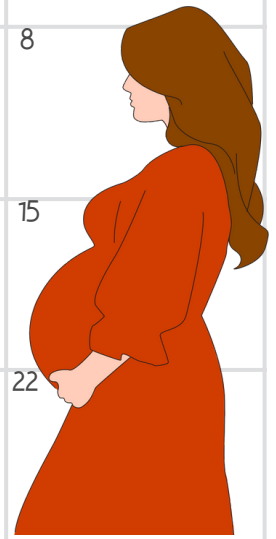
NOVEMBER 2025

Perinatal Community Integration Model/Maternal Child Health

Monmouth & Ocean County



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1  FREE PREGNANCY TESTS						1
2	3 <i>Body & Soul</i> 10:30am-1:30pm <i>Pregnancy Testing</i> 11:00am-4:00pm	4 	5 <i>Body & Soul</i> 10:30am-1:30pm <i>Food Donations</i> 11:00am-4:00pm	6 <i>CUNA</i> 10:30am-1:30pm	7	8
9	10 <i>Body & Soul</i> 10:30am-1:30pm <i>CUNA</i> 10:30am-1:30pm	11  Veterans DAY	12 <i>Body & Soul</i> 10:30am-1:30pm <i>Food Donations</i> 11:00am-4:00pm <i>Nurturing Nest</i> 5:30pm-6:30pm	13 <i>CUNA</i> 10:30am-1:30pm <i>Baby Shower</i>	14 <i>Body & Soul</i> 10:30am-1:30pm <i>Baby Shower</i>	15
16	17 <i>Pregnancy Testing</i> 11:00am-4:00pm	18	19 <i>Food Donations</i> 11:00am-4:00pm	20	21	22
23	24 <i>Pregnancy Testing</i> 11:00am-4:00pm	25	26 <i>Food Donations</i> 11:00am-4:00pm <i>Nurturing Nest</i> 5:30pm-6:30pm	27  Happy Thanksgiving	28 	29 
30 						



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342 Atlantic City Blvd
Beachwood, NJ 08722

November 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: 342 Atlantic City Blvd, Beachwood, NJ 08722

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: 342 Atlantic City Blvd, Beachwood, NJ 08722

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

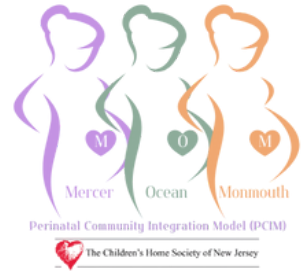
Join us as we uplift one another, exchange advice, and create a community where every mom feels heard, supported, and empowered. From Postnatal to toddlers, all moms are welcome.

Time: 5:30pm-7:00pm

Via Zoom

NOVIEMBRE 2025

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



DOMINGO	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SABADO
 2		 4				1
3	Body & Soul 10:30am-1:30pm Prueba de Embarazo 11:00am-4:00pm	 4	Body & Soul 10:30am-1:30pm Donaciones de Alimentos 11:00am-4:00pm	CUNA 10:30am-1:30pm	7	8
9	Body & Soul 10:30am-1:30pm CUNA 10:30am-1:30pm	 11	Body & Soul 10:30am-1:30pm Donaciones de Alimentos 11:00am-4:00pm Nido Nutritivo 5:30pm-6:30pm	CUNA 10:30am-1:30pm Baby Shower	Body & Soul 10:00am-1:00pm Baby Shower	15
16	Prueba de Embarazo 11:00am-4:00pm	18	Donaciones de Alimentos 11:00am-4:00pm	20	21	22
23	Prueba de Embarazo 11:00am-4:00pm	25	Donaciones de Alimentos 11:00am-4:00pm Nido Nutritivo 5:30pm-6:30pm	 27	 28	 29



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Noviembre 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: 342 Atlantic City Blvd, Beachwood, NJ 08722

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: 342 Atlantic City Blvd, Beachwood, NJ 08722

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.

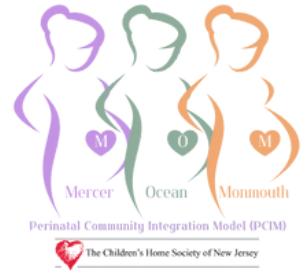
Cada tercer Miércoles del mes

Hora: 5:30pm–7:30pm.

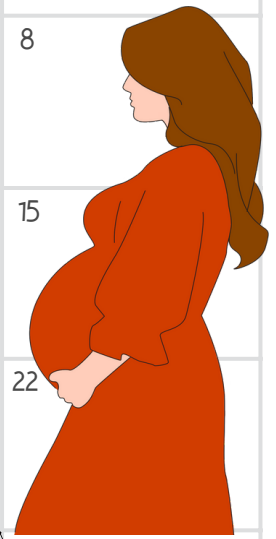
Via Zoom

NOVANM 2025

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



DIMANCH	LENDI	MADI	MÉKREDI	JEDI	VANDREDI	SAMDI
 GRATIS TÉST GROSE						1
2	3 Kò ak Navm 10:30am-1:30pm	4 	5 Kò ak Navm 10:30am-1:30pm Donasyon Manje 11:00am-4:00pm	6 CUNA 10:30am-1:30pm	7	8
9	10 Kò ak Navm 10:30am-1:30pm CUNA 10:30am-1:30pm	11 	12 Kò ak Navm 10:30am-1:30pm Donasyon Manje 11:00am-4:00pm Nich Nourish 5:30pm-8:00pm	13 CUNA Selebrasyon Bebe 10:30am-1:30pm <i>Baby Shower</i>	14 B&S Selebrasyon Bebe 10:00am-1:00pm <i>Baby Shower</i>	15
16	17	18	19 Donasyon Manje 11:00am-4:00pm	20	21	22
23	24	25	26 Donasyon Manje 11:00am-4:00pm	27 	28 	29 



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Novanm 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: 342 Atlantic City Blvd, Beachwood, NJ 08722

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: 342 Atlantic City Blvd Beachwood, NJ 08722 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

Via Zoom

