

# JANUARY 2026

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



| SUNDAY                                                                                                           | MONDAY                                                                                   | TUESDAY                                                                                          | WEDNESDAY                                                                                                  | THURSDAY                                                                                 | FRIDAY                                                                                      | SATURDAY |
|------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|----------|
| <br><b>FREE PREGNANCY TESTS</b> |                                                                                          |                                                                                                  |                                                                                                            | <br>1 |                                                                                             | 3        |
| 4                                                                                                                | 5<br>Pregnancy Testing<br>11:00am-4:00pm                                                 | 6                                                                                                | 7<br>Food Donations<br>11:00am-4:00pm                                                                      | 8                                                                                        | 9<br>    | 10       |
| 11<br>                         | 12<br>Body & Soul<br>10:30am-1:30pm<br>Pregnancy Testing<br>11:00am-4:00pm               | 13<br>CUNA<br>10:30am-1:30pm                                                                     | 14<br>Body & Soul<br>10:30am-1:30pm<br>Food Donations<br>11:00am-4:00pm<br>Nurturing Nest<br>5:40pm-7:30pm | 15<br>CUNA<br>10:30am-1:30pm                                                             | 16                                                                                          | 17       |
| 18                                                                                                               | 19<br> | 20<br>Body & Soul<br>10:30am-1:30pm<br>CUNA<br>10:30am-1:30pm<br>Nurturing Nest<br>3:00pm-4:00pm | 21<br>Body & Soul<br>10:30am-1:30pm<br>Food Donations<br>11:00am-4:00pm                                    | 22<br>CUNA<br>10:30am-1:30pm                                                             | 23                                                                                          | 24       |
|                                 | 26<br>Body & Soul<br>10:30am-1:30pm<br>Pregnancy Testing<br>11:00am-4:00pm               | 27<br>CUNA<br>10:30am-1:30pm                                                                     | 28<br>Body & Soul<br>10:30am-1:30pm<br>Food Donations<br>11:00am-4:00pm                                    | 29<br>CUNA<br>10:30am-1:30pm                                                             | 30<br> | 31       |

 Dieufane Tilus (Didi)  
Bilingual Women's Health Advocate  
dtilus@chsofnj.org  
(609) 577-0119

 Adriana Ortiz  
Bilingual Women's Health Advocate  
aortiz@chsofnj.org  
(609) 915-5406

 342 Atlantic City Blvd  
Beachwood, NJ 08722

# January 2026

## ACTIVITIES & SERVICES



### MONMOUTH COUNTY

#### Body & Soul

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

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

Location: 913 Sewall Ave, Asbury Park, NJ 07712

#### Nurturing Nest Workshop

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> Wednesday of the month

Time: 5:30pm–7:00pm

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

### COMMUNITY-BASED DOULA SERVICES IS NOW OPEN FOR BOTH COUNTIES

For more information, contact:

Martine Pierre, PCIM Supervisor & Health Systems Liaison

[mpierre@chsofnj.org](mailto:mpierre@chsofnj.org) (609-940-9655)

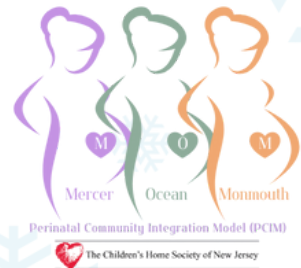
Bianca Louis, Bilingual Community-Based Doula

[Blouis@ChsofNJ.org](mailto:Blouis@ChsofNJ.org) (609-947-4926)



# ENERO 2026

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



| DOMINGO                                                                                                                | LUNES                                                                                                                                                                           | MARTES                                                                                            | MIERCOLES                                                                                                           | JUEVES                                                                              | VIERNES                                                                                     | SABADO |
|------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|--------|
| <br><b>GRATIS PRUEBAS DE EMBARAZO</b> |                                                                                                                                                                                 |                                                                                                   |                                                                                                                     |  |                                                                                             |        |
| 4                                                                                                                      | 5<br>Prueba de Embarazo<br>11:00am-4:00pm                                                                                                                                       | 6                                                                                                 | 7<br>Donaciones de Alimentos<br>11:00am-4:00pm                                                                      | 8                                                                                   | 9<br>    | 10     |
| 11<br>                               | 12<br>Body & Soul<br>10:30am-1:30pm<br>Prueba de Embarazo<br>11:00am-4:00pm                                                                                                     | 13<br>CUNA<br>10:30am-1:30pm                                                                      | 14<br>Body & Soul<br>10:30am-1:30pm<br>Donaciones de Alimentos<br>11:00am-4:00pm<br>Nido Nutritivo<br>5:30pm-7:30pm | 15<br>CUNA<br>10:30am-1:30pm                                                        | 16                                                                                          | 17     |
| 18                                                                                                                     | 19<br><br> | 20<br>Body & Soul<br>10:30am-1:30pm<br>CUNA<br>10:30am-1:30pm<br>Nido Nutritivo<br>10:30am-1:30pm | 21<br>Body & Soul<br>10:30am-1:30pm<br>Donaciones de Alimentos<br>11:00am-4:00pm                                    | 22<br>CUNA<br>10:30am-1:30pm                                                        | 23                                                                                          | 24     |
|                                                                                                                        | 26<br>Body & Soul<br>10:30am-1:30pm<br>Prueba de Embarazo<br>11:00am-4:00pm                                                                                                     | 27<br>CUNA<br>10:30am-1:30pm                                                                      | 28<br>Body & Soul<br>10:30am-1:30pm<br>Donaciones de Alimentos<br>11:00am-4:00pm                                    | 29<br>CUNA<br>10:30am-1:30pm                                                        | 30<br> | 31     |



Dieufane Tilus (Didi)  
Defensora Bilingüe de la Salud de la Mujer  
dtilus@chsofnj.org  
(609) 577-0119



Adriana Ortiz  
Defensora Bilingüe de la Salud de la Mujer  
aortiz@chsofnj.org  
(609) 915-5406



342 Atlantic City Blvd  
Beachwood, NJ 08722

# Enero 2026

## ACTIVIDADES Y SERVICIOS



### CONDADO DE MONMOUTH

#### Body & Soul

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

Haitiano

Lunes y Miércoles de 10:30am-1:30pm

Ubicación: 913 Sewall Ave, Asbury Park, NJ 07712

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.

Hora: 5:30pm-7:00pm.

Via Zoom

### 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- 4:00 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.

Hora: 3:00pm-4:00pm.

Via Zoom

### LOS SERVICIOS DE DOULAS COMUNITARIAS YA ESTÁN DISPONIBLES PARA AMBOS CONDADOS

Para obtener más información, póngase en contacto con:

Martine Pierre, PCIM Supervisor & Health Systems Liaison

[mpierre@chsofnj.org](mailto:mpierre@chsofnj.org) (609-940-9655)

Bianca Louis, Bilingual Community-Based Doula

[Blouis@ChsofNJ.org](mailto:Blouis@ChsofNJ.org) (609-947-4926)



# JANVYE 2026

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



| DIMANCH | LENDI                                 | MADI | MÉKREDI | JEDI                               | VANDREDI                                                            | SAMDI        |
|---------|---------------------------------------|------|---------|------------------------------------|---------------------------------------------------------------------|--------------|
| 4<br>   | 5<br><br>Tès Gwosès<br>11:00am-4:00pm | 6    | 7       | 1<br>Happy New Year<br>2<br>CLOSED | 3                                                                   |              |
| 8       | 9                                     | 10   | 11      | 12                                 | 13                                                                  |              |
| 14      | 15                                    | 16   | 17      | 18<br>                             | 19<br>                                                              | 20<br>CLOSED |
| 21      | 22                                    | 23   | 24      | 25                                 | 26<br>Body & Soul<br>10:30am-1:30pm<br>Tès Gwosès<br>11:00am-4:00pm | 27           |
| 28      | 29                                    | 30   | 31<br>  |                                    |                                                                     |              |



Dieufane Tilus (Didi)  
Bilingual Women's Health Advocate  
dtilus@chsofnj.org  
(609) 577-0119



Adriana Ortiz  
Bilingual Women's Health Advocate  
aortiz@chsofnj.org  
(609) 915-5406



342 Atlantic City Blvd  
Beachwood, NJ 08722

# January 2026

## ACTIVITIES & SERVICES



### KONTE MONMOUTH

#### 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

Adrès: 913 Sewall Ave Asbury Park 07712

#### Nich nourisan Atelye

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

Lè: 5:30pm–7:00pm

Via Zoom

### KONTE OSEYAN

#### Tès Gwosès

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

Adrès: 342 Atlantic City Blvd, Beachwood, NJ 08722

Tine: 11:00am–4:00pm

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

Tine: 11:00am–4:00pm

#### CUNA

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

Adrès: 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 tande, 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

### COMMUNITY-BASED DOULA SERVICES IS NOW OPEN FOR BOTH COUNTIES

Pou Plis Enfòmasyon, kontakte:

Martine Pierre, PCIM Supervisor & Health Systems Liaison

[mpierre@chsofnj.org](mailto:mpierre@chsofnj.org) (609-940-9655)

Bianca Louis, Bilingual Community-Based Doula

[Blouis@ChsofNJ.org](mailto:Blouis@ChsofNJ.org) (609-947-4926)

