

FEBRUARY 2026

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



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 	2 Body & Soul 10:30am-1:30pm Pregnancy Testing 11:00am-4:00pm	3 CUNA 10:30am-1:30pm	4 Pregnancy Testing 10:00pm-5:00pm Body & Soul 10:30am-1:30pm Food Donations 11:00am-4:00pm	5 CUNA 10:30am-1:30pm	6 	7
8	9 Body & Soul 10:30am-1:30pm Pregnancy Testing 11:00am-4:00pm	10 CUNA 10:30am-1:30pm	11 Pregnancy Testing 10:00am-5:00pm Body & Soul 10:30am-1:30pm Food Donations 11:00am-4:00pm	12 CUNA 10:30am-1:30pm	13	14 Happy Valentine's Day
15	16 PRESIDENT'S DAY 	17 CUNA 10:30am-1:30pm	18 Pregnancy Testing 10:00am-5:00pm Body & Soul 10:30am-1:30pm Food Donations 11:00am-4:00pm	19 CUNA Baby Shower 10:30am-1:30pm	20	21
22 	23 Pregnancy Testing 11:00am-4:00pm 	24 	25 Pregnancy Testing 10:00am-5:00pm Food Donations 11:00am-4:00pm	26 Nurturing Nest 2:30pm-3:30pm 	27 	28



Dieufane Tilus (Didi)
Bilingual Women's Health Advocate
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Adriana Ortiz
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342 Atlantic City Blvd
Beachwood, NJ 08722

February 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 2nd and 4th 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 and Wednesday, we provide free & confidential pregnancy testing. No insurance needed. Walk-ins are always welcome.

Monday Location: Anchor Family Success Center 342 Atlantic City Blvd, Beachwood, NJ 08722

Wednesday Location: WLC in Lakewood 1771 Madison Ave, Lakewood NJ 08701

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-1:30pm

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: 2:30pm-3:30pm

Via Zoom

COMMUNITY-BASED DOULA SERVICES

For more information, contact:

Martine Pierre, PCIM Supervisor & Health Systems Liaison

mpierre@chsofnj.org (609-940-9655)

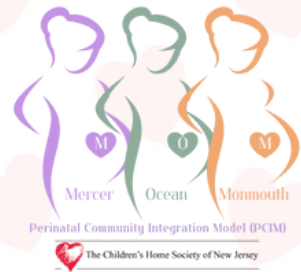
Bianca Louis, Bilingual Community-Based Doula

Blouis@ChsofNJ.org (609-947-4926)



FEBRERO 2026

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



DOMINGO	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SABADO
1 	2 Body & Soul 10:30am-1:30pm Prueba de Embarazo 11:00am-4:00pm	3 CUNA 10:30am-1:30pm	4 Prueba de Embarazo 10:00am-5:00pm Body & Soul 10:30am-1:30pm Donaciones de Alimentos 11:00am-4:00pm	5 CUNA 10:30am-1:30pm	6 	7
8	9 Body & Soul 10:30am-1:30pm Prueba de Embarazo 11:00am-4:00pm	10 CUNA 10:30am-1:30pm	11 Prueba de Embarazo 10:00am-5:00pm Body & Soul 10:30am-1:30pm Donaciones de Alimentos 11:00am-4:00pm	12 CUNA 10:30am-1:30pm	13	14 <i>Happy Valentine's Day</i>
15	16 	17 CUNA 10:30am-1:30pm	18 Prueba de Embarazo 10:00am-5:00pm Body & Soul 10:30am-1:30pm Donaciones de Alimentos 11:00am-4:00pm	19  CUNA Baby Shower 10:30am-1:30pm	20	21
22 	23 Prueba de Embarazo 11:00am-4:00pm 	24 	25 Prueba de Embarazo 10:00am-5:00pm Donaciones de Alimentos 11:00am-4:00pm	26 Nido Nutritivo 2:30pm-3:30pm 	27 	28



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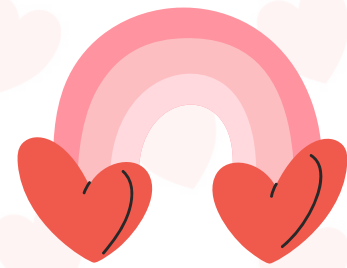
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342 Atlantic City Blvd
Beachwood, NJ 08722

Febrero de 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 BIPOC y de habla criolla haitiana.

Lunes y miércoles de 10:30am-1:30pm

Ubicación: 913 Sewall Ave, Asbury Park, NJ 07712

Taller de 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 miércoles del mes Hora: 5:30 p. m. a 7:00 p. m. Ubicación: Ocean FSC, 1004 Comstock St FL 1 Asbury Park 07712

CONDADO DEL OCÉANO

Prueba de Embarazo

Todos los lunes y miércoles ofrecemos pruebas de embarazo gratuitas y confidenciales. No se necesita seguro médico. Siempre se aceptan pacientes sin cita previa.

Ubicación del lunes: Anchor Family Success Center 342 Atlantic City Blvd, Beachwood, NJ 08722

Ubicación del miércoles: WLC en Lakewood 1771 Madison Ave, Lakewood NJ 08701

Recogida de Donaciones

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

Ubicación: 342 Atlantic City Blvd, Beachwood, NJ 08722 Horario: 11:00 a. m. a 4:00 p. m.

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

Via Zoom

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

SERVICIOS DE DOULA COMUNITARIOS

Para obtener más información, póngase en contacto con:

Martine Pierre, Supervisora del PCIM y Enlace de los Sistemas de Salud

mpierre@chsofnj.org (609-940-9655)

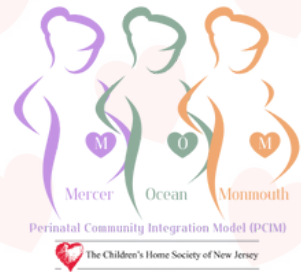
Bianca Louis, Doula comunitaria bilingüe

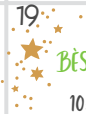
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FEVRIYE 2026

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



DIMANCH	LENDI	MADI	MÉKREDI	JEDI	VANDREDI	SAMDI
1 	2 Kò ak Nanm 10:30am-1:30pm Tès Gwosès 11:00am-4:00pm	3 BÈSO 10:30am-1:30pm	4 Tès Gwosès 10:00am-5:00pm Kò ak Nanm 10:30am-1:30pm Donasyon Manje 11:00am-4:00pm	5 BÈSO 10:30am-1:30pm	6 	7
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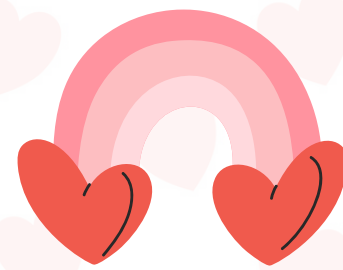
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342 Atlantic City Blvd
Beachwood, NJ 08722

Fevriye 2026

AKTIVITE & SÈVIS



MONMOUTH COUNTY

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

Lokal: 913 Sewall Ave, Asbury Park, NJ 07712

Nich nourisan Workshop

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.

Chak 2èm ak 4èm nan mwa a Lè: 5:30pm–7:00pm

Kote: 500 1st Ave, Asbury Park 07712

OCEAN COUNTY

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

Lendi: Anchor Family Success Center 342 Atlantic City Blvd, Beachwood, NJ 08722

Mèkredi: WLC Lakewood 1771 Madison Ave, Lakewood NJ 08701

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 tande, sipòte, epi pran pouvwa. Depi apre akouchman rive nan tibebe, tout manman yo akeyi.

Chak 3yèm mèkredi nan mwa a Lè: 3:00pm–4:00pm

Via Zoom

SEVIS KO AK NANM POU KOMINOTE

For more information, contact:

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