

Perinatal Community Integration Model



MARCH 2026

Monday

Tuesday

Wednesday

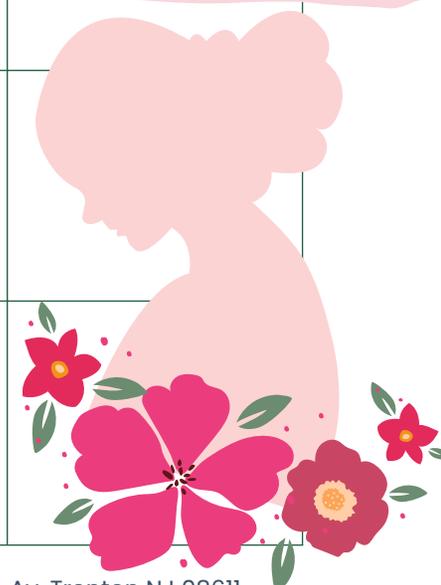
Thursday

Friday

<p>2 10:00am - 1:00pm Pregnancy Testing</p>	<p>3 11:00am - 12:30pm Infant Massage</p>	<p>4 11:00am - 2:00pm CUNA</p>	<p>5 11:00am - 12:30pm Infant Massage Celebration</p>	<p>6 10:00am - 1:00pm Pregnancy Testing 11:00am - 2:00pm CUNA</p>
<p>9 10am-2pm WIC & Pregnancy Testing (1554 Princeton Av. Trenton, NJ)</p>	<p>10</p> <p>11 10:00am - 1:00pm Pregnancy Testing WIC Office 1440 Parkside Ave, Ewing 11:00am - 2:00pm CUNA</p>	<p>12 2:30pm-6:30pm Health Insurance Applications BY APPOINTMENT ONLY</p>	<p>13 10:00am - 1:00pm Pregnancy Testing 11:00am - 2:00pm CUNA</p>	
<p>16 10:00am - 1:00pm Pregnancy Testing</p>	<p>17 10:00am - 1:00pm Pregnancy Testing 5:00pm - 7:30pm Body & Soul 10:00am-12:00pm Health Insurance Applications</p> <p>HAPPY ST. PATRICK'S DAY</p>	<p>18 11:00am - 2:00pm CUNA</p>	<p>19 11:00am - 2:00pm Brushes & Bumps 5:00pm - 7:30pm Body & Soul</p>	<p>20 10:00am - 1:00pm Pregnancy Testing 11:00am - 2:00pm CUNA</p>
<p>23 10:00am - 1:00pm Pregnancy Testing</p>	<p>24 10:00am - 1:00pm Pregnancy Testing 11:30am-1:00pm Breastfeeding Class by Zoom 5:00pm - 7:30pm Body & Soul</p>	<p>25 11:00am - 2:00pm CUNA</p>	<p>26 5:00pm - 7:30pm Body & Soul</p>	<p>27 10:00am - 1:00pm Pregnancy Testing 11:00am - 2:00pm CUNA</p>
<p>30 10:00am - 1:00pm Pregnancy Testing</p>	<p>31 10:00am - 1:00pm Pregnancy Testing 5:00pm - 7:30pm Body & Soul</p>	<p>hello Spring</p>		

International Women's Day

International Women's Day was established originally to honor the women's role in 1917 Russian Revolution. In 1975 was marked for a first time by the United Nations. It is a day when women are recognized for their achievements without regard to divisions, whether national, ethnic, linguistic, cultural, economic or political.



MARCH 2026 ACTIVITIES AND SERVICES

Perinatal Services/ Events

- **Pregnancy Testing: Free Pregnancy test** at the Children's Home Society @635 S. Clinton Ave, Trenton. **No appointment needed.**
- **WIC:** Public health nutrition program, which provides healthy foods, nutrition education, and community support to income-eligible pregnant and postpartum women, infants, and children up to five years old.
 - **No appointment needed**
- **CUNA:** Six-week prenatal program that includes breastfeeding classes, nutrition, myths and facts, hospital tour, and more.
 - Learn how to have a safe and stress-free pregnancy, build a bond, and learn how to advocate for yourself. (Spanish)
 - **For Registration: Contact: Glorimar Sellas - 609-731-9755**
- **Body & Soul:** Join us for a Free, Educational Prenatal Support Group. (English).
 - Learn how to have a safe, stress free pregnancy, form a bond, learn how to be a self advocate.
 - **For registration: Contact: Shahera Hutchinson (609)306-2675 shutchinson@chsofnj.org**

Health Services/ Events

- **Breastfeeding Class (Spanish):**
 - Come and learn about breastfeeding, what are myth and real facts and take the time to clarify your doubts about it.
 - **For registration: Contact: Karyn Montepeque 609-960-4793 (call or text)**
- **Health Insurance Applications with NJ Family Care & Fidelis Care BY APPOINTMENT ONLY:**
 - If your child or a member of your family needs health insurance, we will have a representative from **NJ Fam Care and Fidelis Care** completing NEW & RENEWAL applications(English and Spanish).
 - **For appointments Contact: Karyn-609-960-4793, Maria 609-439-9887**
- **Brushes & Bumps:** Brushes & Bumps by Horizon (SPANISH SESSION): Come and have some time relaxing while you paint and learn about Maternal Mental Health.
- **For pregnant and postpartum mummies up to 3 months.**
 - **Thursday, March 19th from 11:00AM-2:00PM**
 - The Children's Home Society
 - 635 S. Clinton Ave, Trenton
 - **Registration needed.**

