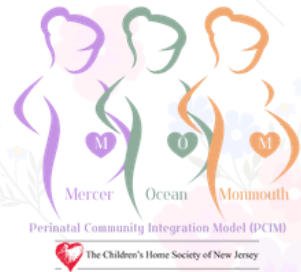


MAY 2026

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



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 FREE PREGNANCY TESTS		Maternal Mental Health Awareness Month				
3	4 Pregnancy Testing 11:00am-4:00pm	5  Cinco de Mayo	6 Food Donations 11:00am-4:00pm Nurturing Nest 5:30pm-7:00pm	7	8	9
10 Happy Mother's Day	11 Body & Soul 11:00am-1:30pm Pregnancy Testing 11:00am-4:00pm	12 CUNA 10:30am-1:30pm	13 Food Donations 11:00am-4:00pm	14 CAB Meeting 10:00am-11:30am	15	16
17	18  Body & Soul 11:00am-1:30pm Pregnancy Testing 11:00am-4:00pm	19 CUNA 10:30am-1:30pm	20 Body & Soul 10:30am-1:30pm Food Donations 11:00am-4:00pm Pregnancy Testing 1:00pm-5:00pm	21 CUNA 10:30am-1:30pm	22	23
24 	25  HAPPY MEMORIAL DAY 	26 CUNA 10:30am-1:30pm Body & Soul 11:00am-1:30pm Nurturing Nest 2:30pm-3:30pm	27 Food Donations 11:00am-4:00pm Pregnancy Testing 1:00pm-5:00pm Nurturing Nest 5:30pm-7:00pm	28 CUNA 10:30am-1:30pm	29	30
31						

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 342 Atlantic City Blvd
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May 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-1:30pm

Location: Asbury Park Library, 500 1st 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.

Time: 5:30pm-7:30pm

Location: Asbury Park Library, 500 1st Ave, Asbury Park NJ 07712

CAB Meeting

Quarterly, parents and community members unite to improve services, inform about resources and create workshops for the community by their ideas and suggestions presented by HWHF and PCIM.

Time: 10:00am-11:30am

Meeting ID: 819 9959 8843

Passcode: PCIM

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: WIC in Lakewood 1771 Madison Ave, Lakewood NJ 08701

Donation Pick-up

Every Wednesday, food donations from Wawa, Pizza Hut, & KFC Chicken. (First come first served)

Location: Anchor Family Success Center, 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 Workshop

Join us every fourth Tuesday of the month 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

Meeting ID: 829 1032 2896

Passcode: nest

COMMUNITY-BASED DOULA SERVICES

For more information, contact:

Bianca Louis, Bilingual Community-Based Doula (Haitian Creole/English)

blouis@chsofnj.org (609) 947-4926

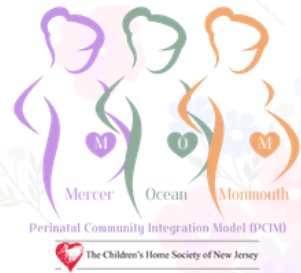
Ada Benavente, Bilingual Community-Based Doula (Spanish/English)

abenavente@chsofnj.org (609) 915-7146



MAYO 2026

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



DOMINGO	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO
 GRATIS PRUEBAS DE EMBARAZO		<p>Mes de la Concientización sobre la Salud Mental Materna</p>				
3	4	5	6	7	8	9
	<p>Prueba de Embarazo 11:00am-4:00pm</p>	 <p>Cinco de Mayo</p>	<p>Donaciones de Alimentos 11:00am-4:00pm</p> <p>Nido Nutritivo 5:30pm-7:00pm</p>			
10	11	12	13	14	15	16
 <p>Happy Mother's Day</p>	<p>Body & Soul 11:00am-1:30pm</p> <p>Prueba de Embarazo 11:00am-4:00pm</p>	<p>CUNA 10:30am-1:30pm</p>	<p>Body & Soul 10:30am-1:30pm</p> <p>Donaciones de Alimentos 11:00am-4:00pm</p> <p>Prueba de Embarazo 1:00pm-5:00pm</p>	<p>Reunión del CAB 10:00am-11:30am</p>		
17	18	19	20	21	22	23
	 <p>Body & Soul 11:00am-1:30pm</p> <p>Prueba de Embarazo 11:00am-4:00pm</p>	<p>CUNA 10:30am-1:30pm</p>	<p>Body & Soul 10:30am-1:30pm</p> <p>Donaciones de Alimentos 11:00am-4:00pm</p> <p>Prueba de Embarazo 1:00pm-5:00pm</p>	<p>CUNA 10:30am-1:30pm</p>		
24	25	26	27	28	29	30
	  <p>HAPPY MEMORIAL DAY</p>	<p>CUNA 10:30am-1:30pm</p> <p>Body & Soul 11:00am-1:30pm</p> <p>Nido Nutritivo 2:30pm-3:30pm</p>	<p>Donaciones de Alimentos 11:00am-4:00pm</p> <p>Prueba de Embarazo 1:00pm-5:00pm</p> <p>Nido Nutritivo 5:30pm-7:00pm</p>	<p>CUNA 10:30am-1:30pm</p>		
31						

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Mayo 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 11:00m-1:30pm

Ubicación: Asbury Park Library, 500 1st 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.

Ubicación: Asbury Park Library, 500 1st Ave, Asbury Park NJ 07712

Reunión del CAB

Cada trimestre, los padres y miembros de la comunidad se reúnen para mejorar los servicios, informar sobre recursos y crear talleres para la comunidad, basándose en las ideas y sugerencias presentadas por HWHF y PCIM.

Horario: 10:00am-11:30am

ID de reunión: 819 9959 8843

Código de acceso: PCIM

CONDADO DE OCEAN

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: WIC en Lakewood 1771 Madison Ave, Lakewood NJ 08701

Recogida de Donaciones

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

Horario: 11:00am-4:00pm

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

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.

Horario: 2:30pm-3:30pm

ID de reunión: 829 1032 2896

Código de acceso: nest

SERVICIOS DE DOULAS COMUNITARIAS

Para más información, contacte a:

Bianca Louis, Doula Bilingüe Comunitaria (Criolla haitiana/Anglés)

blouis@chsofnj.org (609) 947-4926

Ada Benavente, Doula Bilingüe Comunitaria (Español/Anglés)

abenavente@chsofnj.org (609) 915-7146



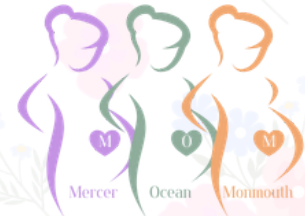
MAY 2026

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



The Children's Home Society

O F N E W J E R S E Y



Perinatal Community Integration Model (PCIM)
The Children's Home Society of New Jersey

DIMANCH	LENDI	MADI	MÉKREDI	JEDI	VANDREDI	SAMDI
		Maternal Mental Health Awareness Month				
3	4	5	6	7	8	9
GRATIS TEST GROSE	Tès Gwosès 11:00am-4:00pm	Cinco de Mayo	Donasyon Manje 11:00am-4:00pm Nich Nourisan 5:30pm-7:00pm			
10	11	12	13	14	15	16
Happy Mother's Day	Kò ak Navm 11:00am-1:30pm Tès Gwosès 11:00am-4:00pm	Kò ak Navm 10:30am-1:30pm CUNA 10:30am-1:30pm	Kò ak Navm 10:30am-1:30pm Donasyon Manje 11:00am-4:00pm Tès Gwosès 1:00pm-5:00pm	CAB Meeting 10:00am-11:30am		
17	18	19	20	21	22	23
	 Kò ak Navm 11:00am-1:30pm Tès Gwosès 11:00am-4:00pm	CUNA 10:30am-1:30pm	Donasyon Manje 11:00am-4:00pm Tès Gwosès 1:00pm-5:00pm	CUNA 10:30am-1:30pm		
24	25	26	27	28	29	30
	 HAPPY MEMORIAL DAY 	CUNA 10:30am-1:30pm Kò ak Navm 11:00am-1:30pm Nur-turing Nest 2:30pm-3:30pm	Donasyon Manje 11:00am-4:00pm Tès Gwosès 1:00pm-5:00pm Nich Nourisan 5:30pm-7:00pm	CUNA 10:30am-1:30pm		
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May 2026

ACTIVITIES & SERVICES



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 11:00am-1:00pm

Lokal: Asbury Park Library, 500 1st 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

Le: 5:30pm-7:30pm

Lokal: Asbury Park Library, 500 1st Ave, Asbury Park NJ 07712

GAB Meeting

Rejinyon chak trimes pou paran ak manm kominite a reyini pou amelyore sevis yo. Bay enfòmasyon sou resous ki disponib epi kreye atelye ki baze sou lide ak sijesyon kominote a HWHF and PCIM.

Le: 10:00am-11:30am

Meeting ID: 819 9959 8843

Passcode: PCIM

OCEAN COUNTY

Tès Gwosès

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

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

Mekredi Lokal: WIC in 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)

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

Tine: 11:00am-4:00pm

GUNA

GUNA se yon pwogram prenatal ki bay sipò edikatif kòmanse nan gwosès la epi kontinye apre akouchman pou manman ki pale panyòl.

Madi & Jedi 10:30am-1:30pm

Lokal: 100 Clifton Ave, Lakewood NJ, 08701

Nich Nourisan Workshop

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.

Le: 2:30pm-3:30pm

Meeting ID: 829 1032 2896

Passcode: nest

SEVIS KO AK NANM POU KOMINOTE

Pou Plis Enfòmasyon, tanpri kontakte nou:

Bianca Louis, Bilingual Community-Based Doula (Haitian Creole/English)

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