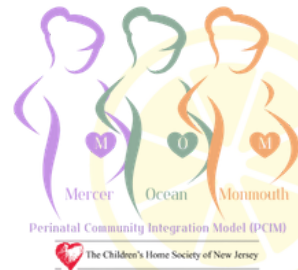


AUGUST 2026

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



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
World Breastfeeding Week August 1-7						1
2 FREE PREGNANCY TESTS	3 Pregnancy Testing 11:00am-4:00pm.	4 CUNA 10:30am-1:30pm Body & Soul Baby Shower 4:00pm-7:00pm 	5 Food Donations 11:00am-4:00pm Pregnancy Testing 1:00pm-5:00pm	6 CUNA 10:30am-1:30pm	7	8
9	10 Pregnancy Testing 11:00am-4:00pm	11 CUNA 10:30am-1:30pm	12 Food Donations 11:00am-4:00pm Pregnancy Testing 1:00pm-5:00pm Nurturing Nest 5:30pm-7:00pm	13 CUNA 10:30am-1:30pm	14	15
16	17 Pregnancy Testing 11:00am-4:00pm	18 	19 Food Donations 11:00am-12:00pm	20 CUNA 10:30am-1:30pm	21	22
23 	24 Pregnancy Testing 11:00am-4:00pm	25 CUNA 10:30am-1:30pm	26 Food Donations 11:00am-4:00pm Pregnancy Testing 1:00pm-5:00pm Nurturing Nest 5:30pm-7:00pm	27 CUNA Baby Shower 10:30am-1:30pm	28	29
30	31					



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342 Atlantic City Blvd
Beachwood, NJ 08722

August 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 5:00pm-7:30pm

Location: Launch Center, 1201 Springwood Ave #105, 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 every month

Time: 5:30pm-7:30pm

Location: Launch Center, 1201 Springwood Ave #105, Asbury Park, NJ 07712

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: CARC, 913 Sewall Ave, Asbury Park, NJ 07712

OCEAN COUNTY

Pregnancy Testing

Every Monday and Wednesday, we provide free and confidential pregnancy testing. No insurance is needed, and walk-ins are always welcome. Tuesdays are available once a month.

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

Monday, August 10th: Wellpoint Storefront, 100 Clifton Ave, Lakewood NJ 08701

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

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

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

COMMUNITY-BASED DOULA SERVICES

For more information, contact:

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

blouis@chsofnj.org (609) 947-4926

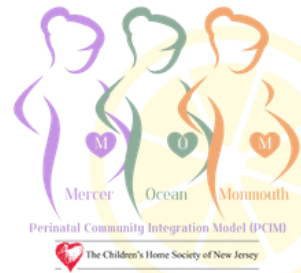
Ada Benavente, Bilingual Community-Based Doula (Spanish/English)

abenavente@chsofnj.org (609) 915-7146



AGOSTO 2026

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



DOMINGO	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO
Semana Mundial de la Lactancia Materna. 1 al 7 de Agosto						1
2  GRATIS PRUEBAS DE EMBARAZO	3 Prueba de Embarazo 11:00am-4:00pm.	4 CUNA 10:30am-1:30pm Body & Soul Baby Shower 4:00pm-7:00pm	5  Donaciones de Alimentos 11:00am-4:00pm Prueba de Embarazo 1:00pm-5:00pm	6 CUNA 10:30am-1:30pm	7	8 
9	10 Prueba de Embarazo 11:00am-4:00pm	11 CUNA 10:30am-1:30pm	12 Donaciones de Alimentos 11:00am-4:00pm Prueba de Embarazo 1:00pm-5:00pm Nido Nutritivo 5:30pm-7:00pm	13 CUNA 10:30am-1:30pm	14	15
16	17 Prueba de Embarazo 11:00am-4:00pm	18 	19 Donaciones de Alimentos 11:00am-12:00pm	20 CUNA 10:30am-1:30pm	21	22
23 	24 Prueba de Embarazo 11:00am-4:00pm	25 CUNA 10:30am-1:30pm	26 Donaciones de Alimentos 11:00am-4:00pm Prueba de Embarazo 1:00pm-5:00pm Nido Nutritivo 5:30pm-7:00pm	27  CUNA Baby Shower 10:30am-1:30pm	28	29 
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 342 Atlantic City Blvd
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Agosto 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 5:00pm-7:30pm

Ubicación: Asbury Park Library, 500 1st 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.

Ubicación: Launch Center, 1201 Springwood Ave #105, Asbury Park, NJ 07712

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: CARC, 913 Sewall Ave, Asbury Park, NJ 07712

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

10 de Agosto: Wellpoint Storefront 100 Clifton Ave, Lakewood NJ 08701

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

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

SERVICIOS DE DOULAS COMUNITARIAS

Para más información, contacte a:

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

blouis@chsofnj.org (609) 947-4926

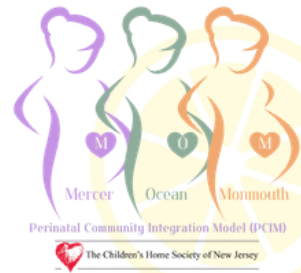
Ada Benavente, Doula Bilingüe Comunitaria (Español/Anglés)

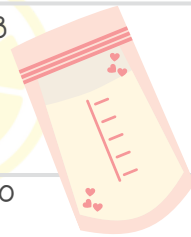
abenavente@chsofnj.org (609) 915-7146



AOÛT 2026

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



DIMANCH	LENDI	MADI	MÉKREDI	JEDI	VANDREDI	SAMDI
Semen Mondyal Bay Tete AOÛT 1-7						
1  GRATIS TÊST GROSE						1
2	3 Têst Grosé 11:00am-4:00pm	4 CUNA 10:30am-1:30pm Kò e Nanm Fet Pou Ti Bebe 4:00pm-7:00pm 	5 Donasyon Manje 11:00am-4:00pm Têst Grosé 1:00pm-5:00pm	6 CUNA 10:30am-1:30pm	7	8 
9	10 Têst Grosé 11:00am-4:00pm	11 CUNA 10:30am-1:30pm	12 Donasyon Manje 11:00am-4:00pm Têst Grosé 1:00pm-5:00pm Nich Nourisan 5:30pm-7:00pm	13 CUNA 10:30am-1:30pm	14	15
16	17 Têst Grosé 11:00am-4:00pm	18 	19 Donasyon Manje 11:00am-12:00pm	20 CUNA 10:30am-1:30pm	21	22
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AOÛT 2026

AKTIVITE AK SÈVIS



KONTE MONMOUTH

Kò ak Navm

Kò ak Navm 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 5:00pm–7:30pm

Lokal: Launch Center, 1201 Springwood Ave #105, 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 2nd aveck 4th Mèkredi chak mwa

Le: 5:30pm–7:30pm

Lokal: Launch Center, 1201 Springwood Ave #105, Asbury Park, NJ 07712

CUNA

CUNA 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: CARC, 913 Sewall Ave, Asbury Park, NJ 07712

KONTE OCEAN

Tès Gwosès

Chak lendi aveck mèkredi nou ofri tès gwosès gratis e konfidansyèl. Pa bezwen asirans. Nou toujou akeyi moun ki vini san randevou. Madi yo disponib yon fwa pa mwa.

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

Lendi, Aout 10th: Wellpoint Storefront, 100 Clifton Ave, Lakewood NJ 08701

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)

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

Le: 11:00am–4:00pm

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

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

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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