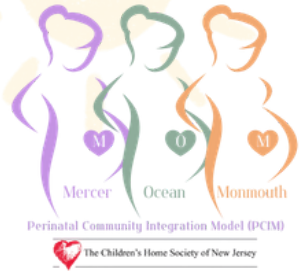


JULY 2026

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



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

July 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: Asbury Park Library, 500 1st Ave, 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

Tuesday Location: 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

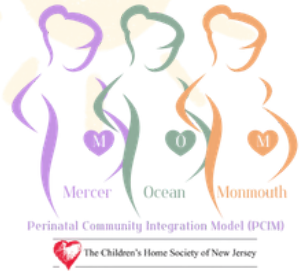
Ada Benavente, Bilingual Community-Based Doula (Spanish/English)

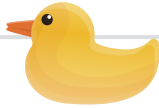
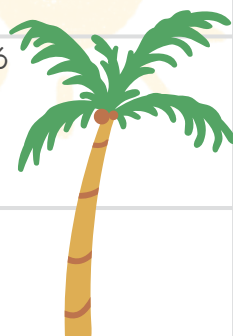
abenavente@chsofnj.org (609) 915-7146



JULIO 2026

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



DOMINGO	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SABADO
1  GRATIS PRUEBAS DE EMBARAZO			1 Donaciones de Alimentos 11:00am-4:00pm Prueba de Embarazo 1:00pm-5:00pm Body & Soul 5:00pm-7:30pm	2 	3  CLOSED	4  4TH OF July
5	6 Prueba de Embarazo 11:00am-4:00pm	7 Body & Soul 5:00pm-7:30pm	8 Donaciones de Alimentos 11:00am-4:00pm Prueba de Embarazo 1:00pm-5:00pm Body & Soul 5:00pm-7:30pm Alto Nutritivo 5:30pm-7:00pm	9	10 	11
12	13 Prueba de Embarazo 11:00am-4:00pm Body & Soul 5:00pm-7:30pm	14  Donations	15 Donaciones de Alimentos 11:00am-4:00pm Prueba de Embarazo 1:00pm-5:00pm Body & Soul 5:00pm-7:30pm	16	17	18
19 	20 Prueba de Embarazo 11:00am-4:00pm Body & Soul 5:00pm-7:30pm	21 CUNA 10:30am-1:30pm	22 Donaciones de Alimentos 11:00am-4:00pm Prueba de Embarazo 1:00pm-5:00pm Body & Soul 5:00pm-7:30pm Alto Nutritivo 5:30pm-7:00pm	23 CUNA 10:30am-1:30pm	24	25
26	27 Prueba de Embarazo 11:00am-4:00pm Body & Soul 5:00pm-7:30pm	28 CUNA 10:30am-1:30pm	29 Donaciones de Alimentos 11:00am-4:00pm Prueba de Embarazo 1:00pm-5:00pm Body & Soul 5:00pm-7:30pm	30 CUNA 10:30am-1:30pm	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

Julio 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: Asbury Park Library, 500 1st Ave, 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

Ubicación del miércoles: 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/Inglés)

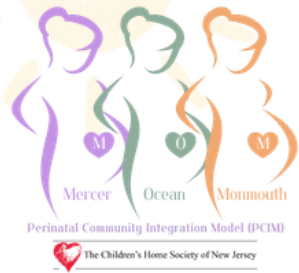
blouis@chsofnj.org (609) 947-4926

Ada Benavente, Doula Bilingüe Comunitaria (Español/Inglés)

abenavente@chsofnj.org (609) 915-7146

JIYÈ 2026

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



DIMAMCH	LENDI	MADI	MÉKREDI	JEDI	VANDREDI	SAMDI
1 			1 Donasyon Manje 11:00am-4:00pm Tès Gwosès 1:00pm-5:00pm Kò ak Navm 5:00pm-7:30pm	2 	3 	4
5	6 Tès Gwosès 11:00am-4:00pm	7 Kò ak Navm 5:00pm-7:30pm	8 Donasyon Manje 11:00am-4:00pm Tès Gwosès 1:00pm-5:00pm Kò ak Navm 5:00pm-7:30pm Nich Nourisan 5:30pm-7:00pm	9	10 	11
12	13 Tès Gwosès 11:00am-4:00pm Kò ak Navm 5:00pm-7:30pm	14 	15 Donasyon Manje 11:00am-4:00pm Tès Gwosès 1:00pm-5:00pm Kò ak Navm 5:00pm-7:30pm	16	17	18
19	20 Tès Gwosès 11:00am-4:00pm Kò ak Navm 5:00pm-7:30pm	21 CUNA 10:30am-1:30pm	22 Donasyon Manje 11:00am-4:00pm Tès Gwosès 1:00pm-5:00pm Kò ak Navm 5:00pm-7:30pm Nich Nourisan 5:30pm-7:00pm	23 CUNA 10:30am-1:30pm	24	25
26 	27 Tès Gwosès 11:00am-4:00pm Kò ak Navm 5:00pm-7:30pm	28 CUNA 10:30am-1:30pm	29 Tès Gwosès 1:00pm-5:00pm Donasyon Manje 11:00am-4:00pm Kò ak Navm 5:00pm-7:30pm	30 CUNA 10:30am-1:30pm	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

Jiyè 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 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 avek 4th Mèkredi chak mwa

Le: 5:30pm-7:30pm

Lokal: Asbury Park Library, 500 1st Ave, 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: Pou detèmine

OCEAN COUNTY

Tès Gwosès

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

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

Madi Lokal: 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

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)

blouis@chsofnj.org (609) 947-4926

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

abenavente@chsofnj.org (609) 915-7146

