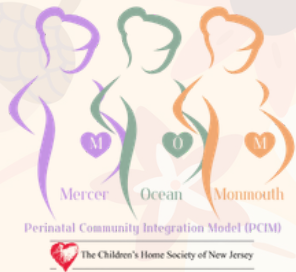


OCTOBER 2026

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



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



Dieufane Tilus (Didi)
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342 Atlantic City Blvd
Beachwood, NJ 08722

October 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 & Thursday from 10:30am-1:30pm

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, Asbury Park NJ 07712

OCEAN COUNTY

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

Ubicación: Wellpoint, 100 Clifton Ave, Lakewood NJ 0870

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

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)

Time: 11:00am-4:00pm

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

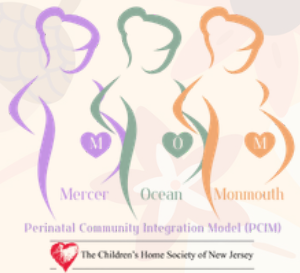
Ada Benavente, Bilingual Community-Based Doula (Spanish/English)

abenavente@chsofnj.org (609) 915-7146



OCTUBRE 2026

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



DOMINGO	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO
4 	5 Body & Soul 10:30am-1:30pm Prueba de Embarazo 11:00am-4:00pm	6 	7 	8 CUNA 10:30am-1:30pm Body & Soul 10:30am-1:30pm	9	10
11	12 	13 CUNA 10:30am-1:30pm Body & Soul 10:30am-1:30pm	14 Donaciones de Alimentos 11:00am-4:00pm Prueba de Embarazo 1:00pm-5:00pm Nido Nutritivo 5:30pm-7:00pm	15 CUNA 10:30am-1:30pm Body & Soul 10:30am-1:30pm	16	17
18 	19 Body & Soul 10:30am-1:30pm Prueba de Embarazo 11:00am-4:00pm	20 CUNA 10:30am-1:30pm	21 Donaciones de Alimentos 11:00am-12:00pm Prueba de Embarazo 1:00pm-5:00pm	22 CUNA 10:30am-1:30pm Body & Soul 10:30am-1:30pm	23	24
25	26 Body & Soul 10:30am-1:30pm Prueba de Embarazo 11:00am-4:00pm	27 CUNA 10:30am-1:30pm	28 Prueba de Embarazo 1:00pm-5:00pm Donaciones de Alimentos 11:00am-4:00pm Nido Nutritivo 5:30pm-7:00pm 	29 CUNA 10:30am-1:30pm Body & Soul 10:30am-1:30pm	30	31



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342 Atlantic City Blvd
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Octubre 2026

ACTIVIDADES & 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 Jueves de 10:30am-1:30pm

Ubicación: Launch Center, 1201 Springwood Ave #105, 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

CONDADO DE OCEAN

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: Wellpoint, 100 Clifton Ave, Lakewood NJ 08701

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

SERVICIOS DE DOULAS COMUNITARIAS

Para más información, contacte a:

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

blouis@chsofnj.org (609) 947-4926

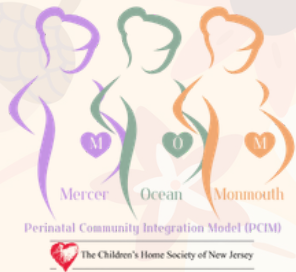
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OKTÓB 2026

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



DIMANCH	LENDI	MADI	MÉKREDI	JEDI	VANDREDI	SAMDI
4 	5 Kò ak Nanm 10:30am-1:30pm Tès Gwosès 11:00am-4:00pm	6 	7  Donasyon Manje 11:00am-4:00pm Tès Gwosès 1:00pm-5:00pm	8 CUNA 10:30am-1:30pm Kò ak Nanm 10:30am-1:30pm	9	10 
11	12 	13 CUNA 10:30am-1:30pm Kò ak Nanm 10:30am-1:30pm	14 Donasyon Manje 11:00am-4:00pm Tès Gwosès 1:00pm-5:00pm Nich Nourisan 5:30pm-7:00pm	15 CUNA 10:30am-1:30pm Kò ak Nanm 10:30am-1:30pm	16	17
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Oktòb 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 Jedi soti 10:30am-1:30pm

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

Nich Nourisan Workshop

Vin jwevin nou pou nou mèkredi ankouraje youn lòt, pataje konsèy, epi kreye yon kominote kote chak manman santi yo tandè, 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

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

OCEAN COUNTY

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: Wellpoint, 100 Clifton Ave, Lakewood NJ 0870

Tès Gwosès

Chak lendi avek 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

Mèkredi Lokal: WLC 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)

Tine: 11:00am-4:00pm

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

SEVIS KO AK NANM POU KOMINOTE

Pou Plis Enfòmasyon, tanpri kontakte nou:

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