

BLACK MATERNAL HEALTH WEEK

April 11th - 17th, 2025

Black Maternal Health Week was founded by the Black Mamas Matter Alliance (BMMA) to celebrate, support, and amplify the voices of Black mothers. Stop by these events hosted by our #NurtureNJ partners around the state!

This calendar covers events from April 7th to April 20th, 2025.



APR
5

Women's Health Breakfast

Hosted by: Burlington Camden Regional Chronic Disease Coalition

The Women's Health Awareness event will be hosted by the Burlington Camden Regional Chronic Disease Coalition on Saturday, April 5, 2025 at the Tabernacle Baptist Church.

This woman only event will include a free breakfast, health education, as well as onsite screening on the BCCRCDC mobile screening van.

Registration is recommended.

DATE & TIME: April 5, 8:30am to 3:30pm

LOCATION: Tabernacle Baptist Church, 150 E. 2nd Street Burlington, NJ 08016

CONTACT: Stephanie Catano, scatano@virtua.org

APR
5

Capital Health Community Baby Shower

Hosted by: Capital Health System

Capital Health Maternity services is hosting a spring Community Baby Shower at the Trenton War Memorial. This free community event is for pregnant or recently pregnant birthing persons and their support people. It includes over 30 community tables, lunch, give-aways, fresh groceries, blood pressure screenings, and more.

DATE & TIME: April 5, 11:00am to 1:30pm

LOCATION: 1 Memorial Drive Trenton, NJ 08608

CONTACT: Alexandra Nelson, Anelson1@capitalhealth.org

APR
7

Beyond the Buzzwords: Advancing Black Health Equity with Purpose

Hosted by: Montclair State University - Department of Public Health

In honor of National Public Health Week and Black Maternal Health Week, please join us in person with special guest speaker Bianca Mayes, MSU alum and National Director of Black Health Equity at Planned Parenthood Federation of America.

This free event will focus on tangible strategies for dismantling health disparities, mobilizing communities, and sustaining impactful change in reproductive justice and Black health equity. All are welcome!

Paid parking is available for guests in the Red Hawk Deck.

DATE & TIME: April 7, 7:00pm to 8:30pm

LOCATION: Montclair State University, University Hall Room 1070 (First Floor)

CONTACT: Becky Ofrane, ofraner@montclair.edu

APR
9

Lactancia Materna y Leche Materna: Sus Preguntas ... ¡Respondidas!

Hosted by: Family Connects NJ - Central Jersey Family Health Consortium

Presenter is Alba Lucia Thomas, IBCLC, Materna Lactation. He escuchado que "el pecho es lo mejor", pero... ¿Por qué? ¿Cómo y por cuánto tiempo? ¿Cómo empezar, mantener, dejar de amamantar? Ya tiene suficiente con que lidiar: preparando o viviendo con un nuevo bebé o un pequeñin... ¡No se preocupe, estamos aquí para ayudarle!

This event is in Spanish only.

To attend, participants must register [here](#).

DATE & TIME: April 9, 5:00pm to 6:00pm

LOCATION: Virtual, register [here](#).

CONTACT: Karen Armas Landau, karmaslandau@cjfhc.org

APR
10

RISE UP! Advancing Black Maternal Health Equity in New Jersey- Black Maternal Health Conference

Hosted by: Central Jersey Family Health Consortium

This year's theme, Rise Up! Advancing Black Maternal Health Equity in New Jersey is a powerful call to action focused on advancing maternal health equity for Black and Brown mothers through action and advocacy.

The keynote speaker will be Shawnee Benton Gibson - Aftershock Documentary. A panel will follow, moderated by Lisa Asare, President and CEO of NJ Maternal and Infant Health Innovation Authority.

We aim to explore solutions for addressing systemic barriers and advancing health equity. As we continue to shed light on the critical disparities in maternal healthcare, this conference will gather community leaders, healthcare professionals, state agency professionals, advocates and families.

[Click here to register by Saturday April 5th.](#)

DATE & TIME: April 10, 9:00am - 3:00pm

LOCATION: Pierre's of South Brunswick, 582 Georges Road, Monmouth Junction, NJ 08852

CONTACT: Judith Francis, Program Manager HWHF, jfrancis@cjfhc.org

APR
10

Black Mamas Matter

Hosted by: University Hospital Network

The purpose of this event is to bring together exhibitors, including community organizations focused on supporting Black mothers. Healthcare professionals, including nurses, will provide education on pregnancy and hypertension disorders, while doula groups will share insights on prenatal and postpartum care.

Additional topics will include premature birth prevention, breastfeeding support, and resources for coping with fetal loss. The event will also feature raffles, food, and engaging activities for attendees.

DATE & TIME: April 10, 10:00am - 2:00pm

LOCATION: University Hospital, 140 Bergen Street Newark, NJ 07103

CONTACT: Edna Dickson-Amoako, Dicksoe1@uhnj.org; Brenda Braun, braunbr@uhnj.org, and Tyria Leach: Leachtk@uhnj.org

APR
10

Community Baby Shower

Hosted by: Aetna Better Health of New Jersey and North Hudson Community Action

Aetna Better Health of New Jersey and North Hudson Community Action will be co-hosting an in-person Community Baby Shower. This will be a fun-filled traditional baby shower with games, prizes, raffles, and refreshments.

It will also be an educational experience for new and expecting Moms to learn about self-care, baby-care, milestones, and how to access valuable resources like healthcare providers/services and affordable health insurance.

DATE & TIME: April 10, 11:00am to 2:00pm

LOCATION: 535 Midland Avenue Garfield, NJ 07026

CONTACT: Blanca Castillo, bcrivera@nhcac.org; Koritza Alvarado, AlvaradoK1@aetna.com

APR
11

Brushing for Two - Prenatal Dental Event with United Health

Hosted by: Southern Jersey Family Medical Centers

Southern Jersey Family Medical Centers and United Health are joining together to raise awareness of the importance of dental health during pregnancy. The event will be held at Southern Jersey Family Medical Centers.

For an appointment, call: 1-800-486-0131

DATE & TIME: April 11, 9:00am to 12:00pm

LOCATION: 860 S. White Horse Pike Hammonton, NJ 08037

CONTACT: Stephanie Weaver, Stephanie.weaver@sjfmc.org

APR
11

Maternal and Infant Health Perspectives: Community Discussion

Hosted by: March of Dimes & Alpha Kappa Alpha Sorority, Inc®
(Atlantic City, Stockton University undergraduate, and Bucks County
Chapters)

Join us for an engaging virtual discussion on maternal and infant health in Atlantic County and the Philadelphia region, hosted in partnership with local chapters of Alpha Kappa Alpha Sorority, Inc.® and the March of Dimes.

This event will explore common pregnancy and newborn complications, disparities in care, and local solutions to improve health outcomes. Melissa Patti, Maternal & Infant Health director will be the speaker.

DATE & TIME: April 11, 9:30am to 11:00am

LOCATION: Virtual, register [here](#).

CONTACT: Trina L. Gipson-Jones, trina.gipson-jones@stockton.edu

APR
11

Healthy Homes & Communities Summit

Hosted by: [Housing and Community Development Network of New Jersey](#)

This event will explore common pregnancy and newborn complications, disparities in care, and local solutions to improve health outcomes. Melissa Patti, Maternal & Infant Health director will be the speaker.

The event will feature the following panels:

- Landscapes at Risk: Climate Change Impacts on Community Development
- A Quarter Century in Review: Historic Challenges & Emerging Issues
- Building together: Creating Healthier, More Equitable Communities

Scholarships are available to attend. Please email info@hcdnnj.org for more information.

DATE & TIME: April 11, 9:30am to 12:30pm

LOCATION: Virtual, register [here](#).

CONTACT: info@hcdnnj.org

APR
11

Maternal Health Awareness Program

Hosted by: [WTCARES MB3](#)

During the WTCARES Living Faith Food Pantry distribution on April 11, 2025, MB3 will hold its annual registration for the Maternal Health Awareness Program.

Receive a free blood pressure and Maternal Health Awareness Resource Manual. WTCARES provides free diapers and sanitary supplies for mothers and mothers-to-be monthly.

DATE & TIME: April 11, 10:00am to 2:00pm

LOCATION: 26 West 16th Street Bayonne, NJ 07002 (Parking Lot)

CONTACT: Agnes Rivera, wtcares@gmail.com

APR
11

Community Baby Shower in Honor of Black Maternal Health and Pinwheels for Prevention

Hosted by: Aetna Better Health of New Jersey and Atlantic County Health Families

Aetna Better Health of New Jersey and Atlantic County Healthy Families will be co-hosting an in-person Community Baby Shower in honor of Black Maternal Health and Pinwheels for Prevention. This will be a fun-filled traditional baby shower with games, prizes, raffles, and refreshments.

It will also be an educational experience for new and expecting Moms to learn about self-care, baby-care, milestones, and how to access valuable resources like healthcare providers/services and affordable health insurance.

DATE & TIME: April 11, 10:30am to 12:30pm

LOCATION: 605 West California Avenue Absecon, NJ 08201

CONTACT: Amber Umphlett, aumphlett@snjpc.org; Vanessa Negron, NegronV@aetna.com

APR
11

Black Maternal Health Workshop

Hosted by: La Casa de Don Pedro, Inc. Family Success Center

This workshop will consist of educating the importance of receiving maternal care during pregnancy and afterwards, statistics and information on mortality rates for black women, the child and birth

There will be healthy light refreshments served, giveaways, a free raffle to win a playpen, and more.

DATE & TIME: April 11, 11:00am to 1:00pm

LOCATION: 23 Broadway Newark, NJ 07104

CONTACT: Fern Isom-Majette, FIsomMajette@lacasanwk.org

APR
11

"Can We Talk? Unpacking Preeclampsia and Protecting Black Maternal Health

Hosted by: Perinatal Health Equity Initiative

PHEI leads a conversation about unpacking everything about Preeclampsia and Protecting Black Maternal Health. Stay tuned for a Town Hall discussion of education, best practices to keep both you and your family safe and the warning signs that you shouldn't ignore.

DATE & TIME: April 11, 12:00pm to 1:00pm

LOCATION: Virtual, visit [here](#).

CONTACT: Dr. Nastassia K. Harris, nastassia@perinatalequity.org

APR
11

Black Maternal Health Week Fair

Hosted by: Jersey City Health and Human Services

This event is designed to share resources and referrals to promote wellness in the community and honor Black Maternal Health Week.

We will be sharing resources and information with the community with representatives from WIC, JC clinic, Community Health and Wellness, PCMH, and Youth Meal Service programs.

DATE & TIME: April 11, 12:00pm to 2:00pm

LOCATION: City Hall Annex, 1 Jackson Square Jersey City, NJ 07305

GPS ADDRESS: 360 Martin Luther King Drive Jersey City, NJ 07302

CONTACT: Offer Cohen, ocohen@jcnj.org

APR
11

From Roots to Resilience: A Salon Session on Maternal Justice

Hosted by: Medical Students for Birth Justice (A Rowan-VirtuaSOM Interest Group) & Planned Parenthood

Black maternal health is a national crisis, and in New Jersey, Black mothers face disproportionately higher maternal mortality rates. This event will explore how trusted community spaces, like Black hair salons, can help close healthcare gaps and improve maternal care for Black women.

Space is limited, RSVP is required. Sign up [here](#).

DATE & TIME: April 11, 6:00pm to 8:30pm

LOCATION: Jana's Hair Studio, 1397 Blackwood-Clementon Rd, Clementon, NJ 08021

CONTACT: Naya Lopez, lopezn5@rowan.edu

APR
11

A Community Conversation with Atlantic Health System

Hosted by: Atlantic Health System

At Atlantic Health System, we are dedicated to fostering an inclusive environment where the voices of patients, families, and communities shape maternal care. During 2025 Black Maternal Health Awareness Week, we aim to strengthen partnerships between health professionals and the community to improve Black maternal health through open communication and collaboration. A panel of community-based experts and organizations will join the Atlantic Medical Group Maternal Health Collaborative to deepen discussions on vital health care issues. Together, we can drive awareness, promote understanding, and take collective action to improve Black maternal health outcomes. Don't miss this opportunity to engage in these crucial conversations and help make a difference!

Light refreshments will be served.

- In partnership with our community partners:
 - The Morris County Chapter of the Links, Incorporated
 - Morristown Alumnae Chapter of Delta Sigma Theta Sorority, Inc.
 - Jack and Jill of America, Inc., Morris County Chapter.
 - Partnership for Maternal Child Health
 - African American Wellness Coalition
- Panelists include:
- Nastassia Harris, DNP, RNC-MNN, IBCLC, Perinatal Health Equity Initiative
 - Nana E. Tchabo, MD, FACOG, Atlantic Health System
 - Assemblywomen Shanique Speight and Shavonda E. Sumter
 - Senator Britnee N. Timberlake (pre-recorded)
 - Lisa Gittens Williams, MD, FACOG, Rutgers NJ Medical School
 - Moderated by Christina Johnson, MD, PhD, Atlantic Health System

DATE & TIME: April 11, 6:00pm to 7:30pm

LOCATION: Calvary Baptist Church 10 Martin Luther King Avenue, Morristown, NJ 07960

CONTACT: Kim Holloway, kim.holloway@atlantichhealth.org

APR
12

Plainfield Family Festival

Hosted by: First Lady Tammy Murphy

Join us at the Plainfield Family Festival on Saturday, April 12th at Plainfield High School, 950 Park Ave, from 11am-3pm. There will be free food, music, giveaways and more!

First Lady Tammy Murphy's Family Festivals connect families with state, county, and local resources – creating a one-stop shop for care, support, resources, and relief. A wide variety of resources are available at the Family Festivals – including healthcare, childcare, food, energy and housing assistance programs, and more.

Children can enjoy free food, music, activities, and more while you sign up for services, get direct answers from providers, and learn more about the programs and resources available to you.

Thank you to our partners:

- Senator Nicholas Scutari
- Assemblywoman Linda Carter
- Assemblyman James Kennedy
- County of Union
- City of Plainfield
- Plainfield Public Schools
- Atlantic Health System
- Central Jersey Family Health Consortium
- Hackensack Meridian Health
- HOPES Community Action Partnership
- Horizon Blue Cross Blue Shield of New Jersey
- Neighborhood Health
- New Jersey Maternal and Infant Health Innovation Authority
- Partnership for Maternal and Child Health of Northern NJ
- RWJBarnabas Health
- Second Street Youth Center, Inc.
- The Burke Foundation
- United Way of Greater Union County

DATE & TIME: April 12, 11:00am - 3:00pm

LOCATION: Plainfield High School, 950 Park Avenue, Plainfield, NJ 07060.

CONTACT: Pyetra Camargo, Pyetra.Camargo@nj.gov; Lauren Lalicon, Lauren.Lalicon@nj.gov

APR
12

Black Maternal Health Awareness Walk

Hosted by: Health Coalition of Passaic County (Healthy Women Task Force Team) & GirlTrek

Join us at PATERSON'S EASTSIDE PARK for an uplifting morning where we will gather and walk in solidarity for Black maternal health! The event will kick off with remarks from keynote speaker, Janice Rainford, and HCPC GirlTrek Community Champion, Amy Allen.

The first walk will begin at 10:30 am with additional walks every half hour. Other highlight: totebags with giveaways (for first 50 walkers), DJ, healthy refreshments, and a resource fair. This collaborative event is presented by more than 15 local organizations.

To learn more, visit: <https://tinyurl.com/BMHAWalk2025>

DATE & TIME: April 12, 10:00am to 12:00pm

LOCATION: Eastside Park, 800 Broadway Paterson, NJ 07514

CONTACT: Amy Allen, allen08a@gmail.com

APR
12

"Can We Talk? Healing Legacies: Uniting for Black Maternal Health

Hosted by: Perinatal Health Equity Initiative

Can We Talk? Join us for an afternoon full of food, joy, music around the Kitchen Table. Yup, we're getting a Table where we can sit with you and share birth stories, black maternal health fun facts, highlight problems of yesterday paired with solutions of (for) tomorrow that we can all do as well as some games. It's an afternoon, to be open, have fun, and share in community.

DATE & TIME: April 12, 12:00pm to 1:50pm

LOCATION: Virtual, visit [here](#).

CONTACT: Dr. Nastassia K. Harris, nastassia@perinatalequity.org

APR
14

Black Maternal Health Week 2025: Improving Maternal Health Outcomes and Closing Gaps in Care

Hosted by: Atlantic Health System

Join us during Black Maternal Health Week for an engaging conversation on improving maternal health outcomes through systemic change and restorative approaches to maternal health care. Presented by Christina Johnson MD, PhD, Physician, Maplewood Family Medicine, Atlantic Medical Group Health, Equity Lead Physician.

Please register [here](#).

DATE & TIME: April 14, 12:00pm to 1:00pm

LOCATION: Virtual, register [here](#).

CONTACT: Atlantic Health System Community Health Department
communityhealth@atlantichealth.org

APR
14

Bingo-Brunch-and Babies at Cumberland County Library!

Hosted by: Aetna Better Health of New Jersey and ACENDA

Aetna Better Health of New Jersey will be partnering with ACENDA to host Bingo-Brunch-and Babies, a fun-filled traditional baby shower with games, prizes, raffles, and refreshments. However, it will also be an educational experience for new and expecting Moms to learn about self-care, baby-care, milestones, and have access to valuable resources such as family support agencies, healthcare providers/services, and affordable health insurance.

DATE & TIME: April 14, 12:00pm to 2:00pm

LOCATION: 800 East Commerce Street Bridgeton, NJ 08302

CONTACT: Danielle Fischer, dfischer@acendahealth.org; Anthony Persichilli
PersichilliA@aetna.com

APR
14

Collaborative Care: Elevating Maternal Health Through Dental Integration

Hosted by: KinderSmile Foundation Perinatal Health and Wellness Program

Inviting all maternal health workers to join this informative virtual presentation on perinatal oral health! To improve maternal and infant health outcomes, we MUST include oral health in the conversation. Oral health is often overlooked in perinatal care. Our goal is to raise awareness of the connection between maternal oral health and birth outcomes, uplift perinatal oral health resources in the community, and promote medical-dental integration. Come learn something new and enhance your ability to care for your patients more holistically!

Please register [here](#).

DATE & TIME: April 14, 1:00pm to 2:30 pm

LOCATION: Virtual, register [here](#).

CONTACT: Nye Veale, nveale@kindersmile.org

APR
14

BMHW: Healing Legacies Film Screening and Panel

Hosted by: City of Newark

City of Newark will recognize BMHW by hosting a film screening of Birthing Justice followed by a panel discussion with top area leaders in maternal health. The event will also feature community resources vendors.

DATE & TIME: April 14, 5:30pm

LOCATION: Newark City Hall, 920 Mayor Kenneth A. Gibson Blvd, Newark, NJ 07102

APR
15

Mom's Wellness Hour

Hosted by: Acenda Health

Take a well-deserved break and join us for a Family Connects NJ Education Session: Mom's Wellness Hour, a session dedicated to self-care, relaxation, and stress management for moms of newborns and young children and moms-to-be.

Topics include:

- The Art of Relaxation - creative journaling, affirmations, and other simple ways to unwind
- The Science of Coping - learn practical tools and strategies to handle everyday stress
- Mindfulness in Action - experience calming breathing exercises and grounding techniques

DATE & TIME: April 15, 11:30am to 1:00pm

LOCATION: Salem Family Success Center, 14 New Market Street Salem, NJ 08079

CONTACT: Kiersten Connor, kconnor@acendahealth.org

APR
15

Body & Soul

Hosted by: The Children's Home Society of NJ

"Body & Soul" provides education, encouragement and peer support to African-American and Black mothers before, during and after childbirth.

DATE & TIME: April 15, 5:00pm to 7:00pm

LOCATION: 635 South Clinton Avenue, Trenton, NJ 08611

CONTACT: Maria Sellas, MSellas@chsofnj.org

APR
16

Babies Are Us Community Baby Shower

Hosted by: Township of Irvington

This event is for Irvington residents and will feature a panel discussion, resource tables, giveaways, and more as we honor Black Maternal Health Week.

DATE & TIME: April 16, 11:30am to 2:00pm

LOCATION: Chris Gatling Recreation Center, 291 Union Avenue Irvington, NJ 07111

CONTACT: Kimberly Pierre, kpierre@irvingtonnj.gov

APR
16

Art of Healing: A Creative Expression of Parenthood

Hosted by: Partnership for Maternal and Child Health of Northern New Jersey

In celebration of Black Maternal Health Week, Art of Healing invites mothers and birthing individuals of color to share their birth and pregnancy journeys through art. This event, guided by Artist Educator Patricia Reynolds, offers a supportive space allowing participants to express their stories through painting, whether joyful, challenging, or deeply personal.

Space is limited, please register [here](#).

DATE & TIME: April 16, 12:30pm to 3:30pm

LOCATION: The Barrow House, 1296 Van Houten Avenue Clifton, NJ 07013

CONTACT: Soraya Ramirez, Sramirezdyrlie@pmch.org

APR
16

Brushes and Bumps

Hosted by: Osborn Family Health Center

New and expecting mother's will learn the importance of mental health and relaxation with Horizon NJ Health while painting a beautiful piece of art for the baby.

DATE & TIME: April 16, 1:00pm to 3:00pm

LOCATION: Osborn Family Health Center, 1601 Haddon Avenue Camden, NJ 08105

CONTACT: Hillary Ramirez, HRamirez@osbornfhc.org

APR
16

Baby Shower

Hosted by: Valley Hospital Center for Family Education and the Center for Maternal Fetal Medicine

An afternoon of education and fun, including information about maternal wellness, breast feeding, caring for you and your baby with snacks and a maternity tour.

Registration is required, email kverhag2@valleyhealth.com to register. Parking is available.

DATE & TIME: April 16, 2:00pm to 4:00pm

LOCATION: 140 East Ridgewood Avenue, Suite 501 N Paramus NJ, 07652

CONTACT: Katie VerHage, kverhag2@valleyhealth.com

APR
16

Paint and Chew

Hosted by: Brick Networks

Come out and grow your caregiver village!

Join us from 5-7pm for dinner, canvas painting, and giveaways for parent and baby/child. All attendees will also receive a caregiver swag bag with items to pamper yourself as well as points through our rewards program.

The event will be held at the beautiful Clinton Hill Community Early Childhood Center in the community room. For more information, visit [here](#).

DATE & TIME: April 16, 5:00pm - 7:00pm

LOCATION: Clinton Hill Community Early Childhood Center, 30 Demarest Street, Newark, NJ 07112

CONTACT: Cristina Ramos, Cramos@brickededucation.org

APR
16

Black Maternal Health Week: Honoring Our History, Celebrating Our Impact

Hosted by: South Jersey Doula Alliance

Join South Jersey Doula Alliance for a powerful Black Maternal Health Week (BMHW) event, where we honor the legacy of Black birth workers and highlight the changemakers shaping maternal health in our community today.

Presented by: Evana Cooper and Dania Daniels

DATE & TIME: April 16, 7:00pm to 8:15pm

LOCATION: Register [here](#).

CONTACT: Evana Cooper, evana@southjerseydoulaalliance.com

APR
16

Birthing Justice: A Candid Conversation

Hosted by: Melinated Moms

Black women in the U.S. are disproportionately affected by maternal health disparities, but the fight for change is stronger than ever. Join us for a powerful panel discussion in partnership with Melinated Moms as we explore the urgent issues surrounding Black maternal health.

This conversation will highlight the systemic inequities in maternal care, the role of public policy in shaping health outcomes, and the importance of including both parents in the journey to better maternal health. Through multimedia storytelling, expert insights, and real-life experiences, we'll bridge the impact of maternal mortality, morbidity, and advocacy within Black and Brown communities. Gain educational tools, learn how to activate long-term advocacy, and engage with BIPOC professionals whose personal and professional journeys intersect with parenthood. This is more than a discussion—it's a call to action.

Speakers: Jasmine Winters, Jennifer Evans-Rice, Lynette Trawick

Moderator: Jaye Wilson

Register at: <https://MMBMHW2025.eventbrite.com>

DATE & TIME: April 16, 6:30pm

LOCATION: 1720 I Street Northwest Washington, DC 20006

CONTACT: Jeneba Kamara, bmhw@melinatedmoms.com

APR
17

UHC Black Maternal Health Awareness

Hosted by: Visiting Nurse Association

Learn how to advocate for better healthcare during pregnancy and postpartum.

There will be speakers, resources, and prizes that will be given out.

DATE & TIME: April 17, 9:00am to 2:00pm

LOCATION: 301 Main Street Asbury Park, NJ 07712

CONTACT: Nilam Patel, nilam.patel@vnachc.org, 908-461-2586

APR
17

#NurtureNJTakeover with Lisa Asare

Hosted by: Office of the First Lady Tammy Murphy and the New Jersey Maternal and Infant Health Authority

In honor of Black Maternal Health Week, Lisa Asare, President & CEO of the New Jersey Maternal and Infant Health Innovation Authority (NJMIHIA) will be taking over First Lady Tammy Murphy's social media for the day!

#NurtureNJTakeover's aim to increase awareness of our maternal and infant health crisis by elevating the voices and experiences of those in the fight to make New Jersey the safest, most equitable state in the nation to deliver and raise a baby!

Follow along on the First Lady's social media -- @FirstLadyNJ on Facebook and X and @firstladytammymurphy on Instagram.

You can also follow NJMIHIA, the nation's first and only government authority dedicated to maternal and infant health – @NJMIHIA on Facebook, X and Instagram.

DATE & TIME: April 17th, 10:00am - 6:00pm

LOCATION: @FirstLadyNJ on Facebook and X and @firstladytammymurphy on Instagram

APR
17

Community Baby Shower

Hosted by: Aetna Better Health of New Jersey and VNACJ WIC

Aetna Better Health of New Jersey will be co-hosting a Community Baby Shower with VNACJ WIC on April 17th 2025 from 11-2pm at 313 State Street in Perth Amboy New Jersey. This will be a fun-filled traditional baby shower with games, prizes, raffles, and refreshments. However, it will also be an educational experience for new and expecting Moms to learn self-care, baby-care, milestones, and have access to valuable resources for a growing family to include family support agencies, healthcare providers/services, and affordable health insurance.

DATE & TIME: April 17, 11:00am to 2:00pm

LOCATION: 313 State Street, Perth Amboy, NJ 08861

CONTACT: Katherine Schlesinger, 732-376-1138; Ana Rossi, RossiA2@aetna.com

APR
17

Prioritize Your Mental Health During And After Pregnancy

Hosted by: Family Connects NJ - Central Jersey Family Health Consortium

Join us for an empowering presentation on common emotional changes during pregnancy and postpartum, recognizing signs of perinatal mood and anxiety disorders, practical self-care strategies for emotional wellness, and resources for support and guidance.

Expecting, new parent, or support person? This session is for you!

Speaker: Noelle Tongue

To attend, participants must register [here](#).

DATE & TIME: April 17, 11:00am

LOCATION: Virtual, register [here](#).

CONTACT: Anicia Roman, aroman@cjfhc.org

APR
17

Black Maternal Health Week - Wash and Learn Laundry Event

Hosted by: Wellpoint

Join us to get helpful tips on staying healthy during pregnancy and beyond and connect with valuable community resources - all while you do your laundry. We will have laundry cards and giveaways.

DATE & TIME: April 17, 2:00pm to 5:00pm

LOCATION: Razzle Dazzle Laundromat, 501 Main Street, Asbury Park, NJ 07712

CONTACT: MaryAnne Kokidis, maryanne.kokidis@wellpoint.com

APR
17

Back In Our Hands Birth and Wellness

Hosted by: Greater Mount Zion Community Development Corporation

Join us for the Sister Circle “Meet and Greet” event, where you’ll have the opportunity to connect with the dedicated team behind the Back In Our Hands Birth and Wellness Center.

This groundbreaking initiative aims to establish Trenton's first Black, community-led birthing center, creating a nurturing space for families. Enjoy a delicious dinner while learning more about our mission, the services we’ll offer, and how you can support this vital project.

Come share your voice and be a part of this transformative journey for our community!

DATE & TIME: April 17, 6:00pm to 8:30pm

LOCATION: Virtual, [register here](#).

CONTACT: Naya Lopez, lopezn5@rowan.edu

APR
17

Body & Soul

Hosted by: The Children's Home Society of NJ

"Body & Soul" provides education, encouragement and peer support to African-American and Black mothers before, during and after childbirth.

DATE & TIME: April 17, 5:00pm to 7:00pm

LOCATION: 635 South Clinton Avenue Trenton, NJ 08611

CONTACT: Maria Sellas, MSellas@chsofnj.org

APR
17

Second Annual Black Maternal Health Summit

Hosted by: Medical Students for Birth Justice (A Rowan-VirtuaSOM Interest Group)

Our conference will be a collaborative gathering that will unite medical students, healthcare professionals, and passionate advocates. It's an opportunity for us to share knowledge, experiences, and best practices in the field. We see it as a chance to amplify voices, build bridges, and ignite change. This summit promises to be an enlightening and empowering gathering where we'll tackle crucial discussions on Black maternal health.

Keynote address will be delivered by Dr. Joia Crear-Perry. A panel will follow featuring Dr. Neel Shah, Lisa Asare, Jennie Joseph, Cassandra Holland, and Ebony Ford.

DATE & TIME: April 17, 6:00pm to 8:30pm

LOCATION: Virtual, [register here](#).

CONTACT: Naya Lopez, lopezn5@rowan.edu

APR
17

Reclaiming Joy and Healing Together in Jersey City

Hosted by: Councilwoman Denise Ridley and Jersey City Medical Center

Join Councilwoman Denise Ridley at Jersey City's Bethune Center for a transformative event dedicated to healing, joy, and empowerment for mothers.

Jersey City Medical Center will be on-site, offering resources and promoting wellness.

Together, we'll explore ways to strengthen Black Maternal Health, reclaim our well-being, and nurture our legacies, while sharing stories, building community, and inspiring one another to thrive and heal together.

DATE & TIME: April 17, 6:00pm to 8:00pm

LOCATION: Mary McLeod Bethune Life Center, 140 Martin Luther King Drive Jersey City, NJ 07305

CONTACT: Rose-Anne Uwague, firstladyro2025@gmail.com

APR
17

Celebrating Black Maternal Healing Across Generations

Hosted by: Most Beautiful W.O.M.B. Inc

Join us for a space centering Black Mamas voices and uplifting their health and wellbeing. We will enjoy a delicious Health, conscious soul food cuisine and the sounds of the Legendary DJ Fah D of Impacted Entertainment.

In partnership with The Atlantic City Housing Authority Resident Services Department for a Community Dinner & Conversation.

DATE & TIME: April 17, 5:00pm to 8:00pm

LOCATION: Virgie L. Jordan Community Center, 1537 Adriatic Ave. Atlantic City, New Jersey

CONTACT: events@mostbeautifulwombinc.org

APR
18

Black Birthing Joy

Hosted by: The Cooperative and AtlantiCare

This is a FREE community event for expecting and newly postpartum Families to honor Black Maternal Health Week. Join us for education, activities, and resources! Build your maternal healthcare team with our professionals. Reclaim joy in your birth experience. We will also have a Panel of Maternal health professionals present, along with a few different breakout sessions (Meditation, Healthy Eating, Yoga for Children).

DATE & TIME: April 18, 11:00am to 2:00pm

LOCATION: Medical Arts Building, 7 South Ohio Avenue Atlantic City, NJ 08401

CONTACT: Jennifer Monteforte, jmonteforte@thecooperative.org

APR
19

Community Baby Shower

Hosted by: Shiloh Baptist Church Nurses Ministry

This is an event that celebrates and supports expecting and new parents by providing resources, education and essential items!

Acenda's Nurse-Family Partnership will share an engaging dialogue with attendees to raise awareness about the program and opportunities to get a FREE personal nurse!

DATE & TIME: April 19, 10:00am to 2:00pm

LOCATION: 1837 N.E. Boulevard, Vineland, NJ 08360

CONTACT: Tracey Huggins, thuggins@acendahealth.org

APR
24

Advancing Awareness into Action: Black Maternal Health Summit

Hosted by: Public Health Jawn LLC

The Advancing Awareness into Action: Black Maternal Health Summit will be held on April 24th from 5:00pm- 8:30pm at Camden County College (Conference Center). This event is designed to empower and engage health professionals, parents and community members. This dynamic event will feature a networking reception and expert panel discussions offering attendees a chance to connect with experts, advocates, and peers in the field of maternal health.

- Crystal Charley, Melanin and Maternal Wellness
- Joel Austin, Daddy University
- Peter Bullock, Hey Black Dad
- Clarence Iszard, DadLab
- Nasheeda Pollard, Lactation Goddess
- Kayla Boyd, Abounding Love Doula LLC
- Starlita Kilpatrick, The Mama Connect
- Trashaun Powell, Preeclampsia Foundation

Sponsored by New Jersey Birth Equity Funders Alliance and New Jersey Health Care Quality Institute

Registration Link: bit.ly/AdvanceAwareness2025

DATE & TIME: April 24, 5:00pm - 8:30pm

LOCATION: Camden Conference Center, 601 Cooper Street Camden, NJ 08102

CONTACT: Christine Ivery, Publichealthjawn@gmail.com

APR
25

Step Up for Black Maternal Health Week

Hosted by: Children's Futures and New Jersey Maternal and Infant Health Innovation Authority

Walk for a cause. Walk for a change.

In honor of Black Maternal Health Week, join us in the state's capital for a 5K community walk to advocate for maternal health equity and support thriving families. Let's walk for change and a brighter, healthier future for all!

DATE & TIME: April 25, 3:00pm to 5:00pm

LOCATION: 16 West Front Street Trenton, NJ 08608

CONTACT: info@njmihia.gov

APR
26

Bridging the Gap: Unity and Wellness Walk

Hosted by: Public Health Jawn LLC

Join us on April 26th for a Unity & Wellness Walk across the Benjamin Franklin Bridge pedestrian walkway honoring Black Maternal Health Week. This 5K walk brings together individuals from all backgrounds to raise awareness for health equity and support for communities.

After the walk, enjoy light refreshments and connect with fellow participants. This is an opportunity to reflect, network, and continue the conversation on improving health outcomes for Black mothers and birthing communities.

DATE & TIME: April 26, 10:00am to 12:00pm

LOCATION: 4th and Pearl Street, Camden NJ

CONTACT: [Christine Ivery, PublicHealthJawn@gmail.com](mailto:ChristineIvery@PublicHealthJawn@gmail.com)

APR
26

Black Maternal Health & Family Connects NJ: Healthy Moms, Happy Babies

Hosted by: The Montclair Alumnae Chapter of Delta Sigma Theta Sorority, Inc., in support of the Partnership for Maternal and Child Health of Northern New Jersey

Join us for this free community baby shower and resource fair featuring exciting guest speakers, lunch, raffles, giveaways, and more! It's an opportunity to connect and learn. Thank you for Fidelis Care NJ for sponsoring this event.

DATE & TIME: April 26, 11:00am to 2:00pm

LOCATION: John L. Costley Middle School, 116 Hamilton Street East Orange, NJ 07017

CONTACT: Monica Smith, msmith@pmch.org, 973-268-2280

APR
26

Community Baby Shower and Maternal Health Expo

Hosted by: Cooper University Healthcare & Camden County Council for Young Children and Partners

Cooper University Healthcare/ Camden County Council for Young Children and Partners presents community Baby shower and Maternal health Expo at The Salvation Army Kroc center. Giveaways, food, resources, panel discussion and more

DATE & TIME: April 26, 12:00pm to 3:00pm

LOCATION: The Salvation Army Kroc Center, 1865 Harrison Avenue Camden, NJ 08105

CONTACT: LaVonia Abavana, labavana@cpacsj.org

APR
27

Black Women Making Health a Priori-Tea

Hosted by: Most Beautiful W.O.M.B Inc.

You're invited to our Monthly Sister Circle dedicated to Black Maternal Health—a sacred space where Black women gather in love, light, and liberation uplift Maternal Health issues, challenges, and presents opportunities for resource sharing with a focus on community and personal development.

Join us as we sip herbal tea fusions, nourish our bodies with dinner, and pour into each other through sisterhood, community, compassion, and connection.

Dress code: Bright, bold floral prints.

DATE & TIME: April 27, 3:30pm

LOCATION: Stanley Holmes Village Community Center, 1537 Adriatic Avenue, Atlantic City, NJ

CONTACT: beautifulwombllc@gmail.com

APR
30

Mind Over Mama: Prioritizing Your Mental Health. Real Talk! Women's Health Chat

Hosted by: Virtua Health

This is a free virtual event hosted by Virtua Health in honor of Mental Health Awareness Month in May and Maternal Mental Health Week, which is the first week of May.

Becoming a mom is a beautiful journey, but it can also feel overwhelming. And for the record, your psychological well-being is just as important as your physical health during pregnancy. Join us as we talk about all things mental health for pregnant and postpartum moms. Virtua's experts will answer questions, offer mental health tips, and discuss signs of perinatal mood disorders—plus when to seek help.

Speakers include:

- Jessica Fowler, LCSW, PMH-C, Virtua Perinatal Mood and Anxiety Disorder Program
- Stacy McCrosson, MD, Virtua Medical Group OB/GYN
- Nicole Michalik, WXTU

Registration Link: <https://go.virtua.org/RealTalk>

DATE & TIME: April 30, 7:00pm to 8:00pm

LOCATION: Virtual, register [here](#)

CONTACT: Kim DeShayes, deshayes@virtua.org

EVENT SERIES

APRIL 7 - 28

Free Virtual Support Groups for Black Parents

Hosted by: Kindred 360

Kindred 360's mission is to develop, create and promote policies and procedures that overcome historic racism and bring about the end of the Black maternal and child health crisis, while also offering culturally relevant and informed supportive services that provide a complete circle of care enabling Black families to thrive.

Click [here](#) for more information on the support groups.

CONTACT: Tiffani Simmons, tiffani.simmons@kindred360.org

Group	Date	Description	Link
Birth Trauma Virtual Support Group	Monday, April 7, 2025	There are many causes for a traumatic birth. Sometimes it's when the unexpected happens and other times it happens even when everything goes as planned. No matter the reason, we are here for you. Lean on us, while we process this trauma together.	Register here.
Loss, Grief & Healing Virtual Support Group	Monday, April 14, 2025	A loving embrace in a warm environment by people who understand what you are going through.	Register here.
NICU Parents Past & Present	Monday, April 21, 2025	The NICU Parents Past & Present support group aims to lessen the isolation that Black parents often face in the NICU by providing hope, inspiration and encouragement to uplift your spirits and strengthen your resolve for the long days of the NICU and the journey beyond.	Register here.
Black Dads	Sunday, April 27, 2025	A safe space for Black dads to share, listen and lean on each other, discussing topics from their unique perspective. 4 th Sunday of every month.	Register here.
Finding Yourself After Pregnancy	Monday, April 28, 2025	When you have a baby, you're supposed to be happy, right? But, what if you're not. The Finding Yourself After Pregnancy support group will shine a light on the darkness of maternal mental health by erasing the stigma, shame and fear with understanding, compassion and empowerment in a safe environment for Black parents.	Register here.

EVENT SERIES

APRIL 11- 17

Empower Women One by One: Advancing Black Maternal Health Through Awareness & Advocacy

Hosted by: Care Plus NJ, The Maternal and Family Center

This event is a social media campaign, we are asking for participants to create a video/post of their healing legacy, follow and tag/share [@careplus_nj](https://www.instagram.com/careplus_nj) on Instagram using #BlackMomsThrive2025.

All videos/posts will be reposted on a daily basis for a week and a reel will be created and posted at the end of the week.

During Black Maternal Health Week, we come together to amplify our voices, raise awareness, and advocate for lasting change. This year's theme, "Healing Legacies: Strengthening Black Maternal Health Through Collective Action and Advocacy", highlights the power of community and solidarity, and its purpose is to raise awareness about the challenges faced by Black women during pregnancy, childbirth, and postpartum.

We are fighting for a future where Black mothers receive the care, respect, and support they deserve. Together, we can make a difference by changing the narrative and creating a legacy of healing and empowerment for generations to come.

So, please follow and tag us on Instagram [@careplus_nj](https://www.instagram.com/careplus_nj) share your stories, using #blackmomsthrive2025 and be part of the movement. Together, we can heal, we can elevate voices, and we can make history.

CONTACT: Jessica Ayala, jessicaa@careplusnj.org

EVENT SERIES

APRIL 14 - 17

PSI NJ's Action and Awareness Week: Advancing Perinatal Mental Health in NJ

Hosted by: [Postpartum Support International NJ Chapter](#)

This is a virtual event series that will take place across the week. All events will be live from 12:00 to 1:00pm each day. They will also be recorded!

For more information, and access to the events, click [here](#).

CONTACT: PSINJ@postpartum.net

Date	Description
Day 1	Learn About PSI NJ's Healthcare Provider Perinatal Mental Health Training Project
Day 2	Connect Healthcare Providers to Upcoming Perinatal Mental Health Trainings
Day 3	Survey Healthcare Providers & Help Us Identify Gaps in Providing Care to Pregnant and Postpartum Individuals
Day 4	Amplify Postpartum Support International's Monthly Support Groups for Moms
Day 5	Stay Connected with PSI NJ - Launching a Pilot Program to Support Moms in NJ Very Soon!

EVENT SERIES

APRIL 29 - JULY 15

The Courage in Care: Community Doulas and the Revolutionary Joy of Birth

Hosted by: The Burke Foundation, Narrative Initiative, In Good Company, NJPAC

"The Courage in Care: Community Doulas and the Revolutionary Joy of Birth" highlights the essential role that community doulas play in maternal and infant health and emphasizes the urgent need for better support and recognition within the healthcare system. Through photojournalism, audio storytelling, and immersive environments, the exhibit explores abundance, community, joy and justice - grounded in the lived experiences of New Jersey doulas and the families they serve.

"The Courage in Care" was developed by Narrative Initiative, the Burke Foundation, and In Good Company in collaboration with New Jersey community members and a statewide advisory council of community doulas and maternal health leaders.

The exhibit runs at Newark ArtSpace (355 Broad Street, Newark) from April 29 through July 15. The exhibit will be open Thursdays - Saturdays, 11am - 5pm, and Sundays, 12pm - 5pm.

CONTACT: Marissa Finkelstein, mfinkelstein@njpac.org