

Black Maternal Health Week

April 11-17, 2026

Led by the Black Mamas Matter Alliance, Black Maternal Health Week celebrates and amplifies the voices of Black leaders as the foundation for advancing equity and ensuring transformative, sustainable change in Black maternal health.

The New Jersey Maternal and Infant Health Innovation Authority has developed a calendar of community events across New Jersey to celebrate BMHW and help connect mothers and families to resources, support, and care.

This calendar includes events between April 2-April 30.



April
2

Know Your Rights: Birthing Hospitals & Hospital Policies

Community Doulas of South Jersey (CDOSJ)

Facebook Live: Join Community Doulas of South Jersey (CDOSJ) Know Your Rights Discussion on Birthing in Hospitals and the policies intended to protect patient rights.

April 2, 2026 at 7:30 PM | Virtual Event (Facebook)

Register: bit.ly/3PQTFtg



April
9

NJMIHIA Doula Town Hall

New Jersey Maternal and Infant Health Innovation Authority

Join NJMIHIA for a Doula Town Hall to engage in meaningful conversation about the role of doulas in improving maternal and infant health outcomes across New Jersey.

April 9, 2026 at 12 PM | Robert Wood Johnson Foundation
50 College Road East, Princeton, NJ 08540

Register: nj.gov/njmihia/initiatives/townhall/

April
9

Black Maternal Health and Family Resource Fair

University Hospital

This event brings together community partners supporting mothers and families. Attendees can learn about prenatal and postpartum care from healthcare professionals, lactation consultants, massage therapists, and certified doulas. Through activities and discussions, the event promotes awareness of Black maternal health, strengthens community connections, and highlights the importance of improving outcomes for Black mothers. Raffles, food, and engaging activities will be included.

April 9, 2026 from 10 AM-2 PM | University Hospital C-Level OBGYN
Clinic at 140 Bergen Street Newark, NJ 07103



April
9

Community Baby Shower in Honor of Black Maternal Health Week 2026

Aetna Better Health of New Jersey and
Perinatal Health Equity Initiative

Join Aetna Better Health of New Jersey and the Perinatal Health Equity Initiative for a Community Baby Shower in honor of Black Maternal Health Week. Celebrate new life while accessing maternal and infant health resources, connecting with community partners, and enjoying classic baby shower fun.

April 9, 2026 from 5 PM-6:30 PM | Perinatal Health Equity Initiative
Suite 401 at 280 South Harrison Street East Orange, NJ 07018

*For more information please contact Siara Maldonado at
siara@perinatalequity.org*

April
10

Healthy Homes Workshop

Camden County Health Department

Lead and Mercury screenings will be offered. Children ages 6 and younger are at risk for lead poisoning. Mercury affects adults and children, particularly children in the womb. This workshop will review ways to keep your home and family clean, safe and lead-free with natural and cost-effective methods and products.

April 10, 2026 from 11 AM-12:30 PM | William G. Rohrer Memorial Library- Haddon Twp. Branch, 15 MacArthur Blvd, Haddon Township, NJ 08108

Register [here](#).

April
11

"Strong Starts" Community Baby Shower for Black Maternal Health Week

Delta Sigma Theta Sorority, Inc. - Montclair Alumnae Chapter

A party with a purpose: Hear from Keynote Aarin Williams, civil rights attorney; a panel of experts who will discuss best practices for pre-natal and post-partum care, plus key screenings to keep the family safe.

Community resource fair, raffle prizes and diaper giveaway.

April 11, 2026 from 11 AM-2 PM | The Temple of Hip Hop, 15 Ludlow Street, Newark, NJ 07114

Register: bit.ly/4m1fN08

April
11

Pause. Breathe. Connect

Partnership for Maternal and Child Health of Northern NJ,
My Kota Bear, and Xperiance Hair Salon

Join us for a friendly, uplifting conversation about emotional wellness, support, and the journey of motherhood—because you deserve care, too. Stop by to learn about perinatal mental health services across Northern New Jersey and pick up helpful resources. Meet staff from the Partnership for Maternal and Child Health's NJ Postpartum Resource and Support Network and My Kota Bear for guidance, comfort, and community connection.

April 11, 2026 from 10 AM-5 PM | 1091-1093 Stuyvesant Ave,
Irvington, NJ



April
11

Maternal & Infant Health Understanding Risk Factors Of Preeclampsia – A Presentation

Stateam LLC

Short presentation on understanding preeclampsia risk factors and why early detection & prevention is essential.

April 11, 2026 at 11 AM | Virtual Event (Google Meet)

Register: meet.google.com/nmm-ocrs-fzr

April
12

Legacy in Motion: Black Maternal Health Walk

Public Health Jawn LLC & A Home From Shana Foundation

Join us for Legacy in Motion, a community Bridge Walk in honor of Black Maternal Health Week. This gathering brings together families, birth workers, healthcare professionals, and advocates to raise awareness, uplift lived experiences, and honor Black mothers, babies, and families.

Note: Attendees may join the walk by accessing the bridge pedestrian walkway from either the Camden, NJ side or the Philadelphia side.

April 12, 2026 at 9 AM | Benjamin Franklin Bridge Pedestrian Walkway

[Register](#)

April
12

Capital Health Community Baby Shower

Capital Health

This free event, sponsored by Capital Health, is for individuals who are pregnant or have recently delivered, along with their support persons. Attendees can enjoy a hot lunch, giveaways, food distribution through the Mobile Food Pantry with Arm in Arm, and blood pressure screenings.

The event will also feature over 10 Capital Health tables highlighting maternity services, including safe sleep education, childbirth and parenting classes, and lactation support, along with 20+ community organizations offering resources for families in Mercer County.

April 12, 2026 from 1:30 PM-3:30 PM | War Memorial, 1 Memorial Drive, Trenton, NJ 08608

April
13

Black Maternal Health Awareness Day at NCHC

Newark Community Health Center

An in-person event providing maternal health educational materials for patients of the practice.

April 13, 2026 from 10 AM–2 PM | Newark Community Health Center,
444 Williams St, East Orange, NJ

No registration is required.



April
13

Black Maternal Awareness UnitedHealthcare

Tabling from different organizations, resources, education, and a baby items giveaway.

April 13, 2026 from 10:30 AM-2:00 PM | Osborn Family Health Center
1601 Haddon Ave, Camden NJ 08103

Call (856) 757-3702 for more information

April
13

Power Up Your Voice Series

Irth

Join Dr. Farrington, OBGYN, and doula Kaila Matthews to learn how to advocate for yourself in medical spaces. Learn your rights, how to communicate with providers, and how to ensure you feel heard and supported.

All events are virtual, located inside the Irth app. Click [here](#) for more information on the Irth app.

Power Up Your Voice: Advocating in Medical Spaces

April 13, 2026 from 7-7:30 PM

Power Your Baby: Infant Feeding

April 14, 2026 from 6-6:30 PM

The Power of Black Doulas & Midwives in Birth

April 15, 2026 from 7-7:30 PM

Power in Your Journey Black Women & IVF: What You Should Know

April 16, 2026 from 7-7:30 PM

Power of Joy: A Conversation on Reclaiming Joy in Birth

Friday April 17 from 12-12:30pm

April
14

"Sis, How Are You Really Feeling?"

New Destiny Family Success Center

Join us for a supportive conversation during Black Maternal Health Week. A time to raise awareness, uplift voices, and advocate for equitable care before, during, and after pregnancy. This event offers a safe space for open discussion, community support, and reflection on maternal health challenges and barriers that impact the mind, body, and soul throughout the motherhood journey.

April 14, 2026 from 9:30 AM-12 PM | New Destiny Family Success Center, 77 Ellison Street, Paterson, New Jersey 07505

Register: bit.ly/4dB7O83



April
14

Black Maternal Health Awareness Day at CAMCare

CAMcare

Tabling event featuring maternal health educational materials.

April 14, 2026 from 9 AM-1 PM | CAMcare, 817 Federal Street, Camden, NJ 08103

April
14

Black Maternal Health Workshop

La Casa de Don Pedro, Inc. Family Success Center

This workshop covers maternal self-care and mental health, featuring presenters from the Partnership for Maternal & Child Health of Northern NJ and The Kota Bear. Includes resources, refreshments, giveaways, and raffle prizes.



April 14, 2026 from 11 AM–2 PM | 23 Broadway, Newark, NJ

Register: tinyurl.com/LaCasaFSCReg

April
14

Improving the Lives of Black Moms and Babies

Southern Jersey Family Medical Centers

These events focus on supporting maternal health through education, connection, and access to resources. Our goal is to empower mothers and families with the knowledge and support needed for healthy pregnancies and beyond. By bringing people together, we aim to foster a supportive, equitable environment where every mother feels informed, supported, and cared for.

April 14, 2026 from 11 AM-1 PM | 238 East Broadway, Salem, NJ 08079

April 15, 2026 from 11 AM-1 PM | 651 High St. Burlington NJ, 08016

April 22, 2026 from 1-3 PM | 1125 Atlantic Ave. Atlantic City NJ, 08401

More information: [Southern Jersey Family Medical Centers](#)

April
14

Black Maternal Health Awareness Week Laundry Event

Wellpoint

Laundry Day: We'll cover a wash and dry. Get maternal health information and connect to community resources. Diapers available while supplies last.

April 14, 2026 from 12-2:30 PM | Federal Laundry, 2320 Federal Street, Camden, NJ 08105



April
14

Parent Café: Finding Balance in the Newborn Stage

Acenda Health/Family Connects NJ

A supportive, welcoming space for expectant and new parents to talk about balancing self-care while caring for a newborn. Join an open, judgment-free conversation about postpartum challenges and simple strategies to stay grounded. Connect with others, share real experiences, and enter for a chance to win a \$25 gift card.

April 14, 2026 from 3:30 PM-5:30 PM | Riverview Family Success Center, 157 W Main St, Penns Grove, NJ 08069

Register: bit.ly/4uTfHeZ

April
14

NJMIHIA Community Film Screening *Black Motherhood through the Lens*

New Jersey Maternal and Infant Health Innovation Authority

An evening of film and conversation centering the lived experiences of Black mothers, from fertility journeys to postpartum mental health and access to care. There will be a panel of experts following the film.

April 14, 2026 from 5 PM-7 PM | The Children's Home Society of New Jersey, 635 S Clinton Ave, Trenton, NJ 08611

Register: bit.ly/4v0l7oq



April
14

Sacred Advocacy: Reclaiming Your Voice in Pregnancy & Birth

TruDouglas of New Jersey

Join TruDouglas of New Jersey for Sacred Advocacy: Reclaiming Your Voice in Pregnancy & Birth, a free virtual webinar in honor of Black Maternal Health Week, led by Jodie Sessoms. This empowering session helps pregnant individuals, families, and birthworkers navigate hospital settings with confidence. Learn how to communicate with providers, understand your rights, and make informed decisions—because your voice is essential to your care.

April 14, 2026 from 6:30–7:30 PM | Virtual (Google Meet)

[Register](#)

April
15

Babies Are Us Community Baby Shower

Township of Irvington Department of Health and Senior Services,
Economic Development, and Neighborhood Improvement Corporation

Join us for a community baby shower in celebration of Black Maternal Health Week. This event will offer resources and support for expectant and new parents, including resource booths, postpartum and fatherhood support, insurance information, and giveaways. Enjoy music, light refreshments, and opportunities to connect with local organizations.

Diapers and baby items will be available (registration required; limited supply, walk-ins welcome). Open to all while supplies last.

Our goal is to support healthy beginnings for families in Irvington.

April 15, 2026 from 10:30 AM-2 PM | Chris Gatling Recreation Center,
291 Union Avenue Irvington, NJ 07111

For more information, please contact Kimberly Pierre at (973) 399-6202
or idepthhealth@irvingtonnj.gov.



**April
15**

Black Maternal Health Dental Day at SJFMC "Brushing for Two" Dental Exams for Pregnant Members

Southern Jersey Family Medical Centers

Dental Exams for Pregnant members. with an educational table in the OB area, which is adjacent to the dental Department

April 15, 2026 from 10 AM–3 PM | Southern Jersey Family Medical Center, 932 S Main St, Pleasantville, NJ 08232

Members of practice should call to schedule exam. Contact Stephanie Weaver, MPH, CPH Director of Program Development 856-237-6240.



April
16

Black Maternal Health Awareness Day

Virtua OBGYN Primary Care Pennsauken NJ

Maternal health educational material for patients of the practice.

April 16, 2026 from 9 AM–2 PM | Virtua OBGYN Primary Care, 6981 N
Park Dr, Pennsauken, NJ



April
16

First Cousins at the Cookout: Doulas, Social Workers & Community Health Workers in Maternal Health

Black Women Do VBAC

First Cousins in Care™ is a 135-minute training led by Denise Bolds, MSW, Ed.D, CD(DONA), CLC, CBE, focused on interprofessional collaboration between birth doulas, social workers, and community health workers. This interactive session introduces a structured model for role clarity, ethical boundaries, and communication across hospital and community settings. Participants will explore how systemic racism, medical mistrust, and institutional dynamics impact care for Black birthing families, and develop practical strategies to strengthen coordination, advocacy, and equitable outcomes.

April 16, 2026 from 10 AM-1 PM | Virtual Event (Zoom)

Register: bit.ly/4dhTscu

**April
16**

Black Maternal Health Awareness Day

Metropolitan Family Health Center

In person event with educational materials for pregnant women and infants with giveaways of baby materials.

April 16, 2026 from 10 AM–1 PM | Metropolitan Family Health Center,
935 Garfield Ave, Jersey City, NJ 07304

**April
16**

Black Maternal Health Week Awareness Event 2026

Wellpoint

As part of National Black Maternal Health Awareness Week 2026, Wellpoint is hosting an event at the Wellpoint Community Resource Center dedicated to supporting the community. The event will feature food distribution, health screenings, and diapers, information about maternal health (while supplies last).

April 16, 2026 from 10:30 AM–12 PM | Wellpoint Community Resource
Center, 100 Clifton Avenue, Lakewood, NJ 08701

**April
16**

Black Maternal Health Awareness Week Celebration

Visiting Nurse Association

Table top event with Maternal Health educational materials and giveaways of baby items

April 16, 2026 from 11 AM–1 PM | VNA, 1301 Main Street, Asbury Park,
NJ 07712



April
16

Assessing Maternal Health Sepsis Rates to Inform Infection Prevention and Control (IPC) Training for Frontline Perinatal Healthcare Personnel

New Jersey Society for Public Health Education in partnership with the New Jersey Department of Health

This webinar will highlight maternal health disparities while equipping frontline healthcare personnel with the knowledge to recognize early signs of maternal sepsis and implement effective prevention strategies. The session will also emphasize the importance of culturally competent care and its application in clinical settings. The target audience includes nurses, CNAs, midwives, doulas, technicians, and other healthcare providers working across hospitals, birthing centers, FQHCs, community-based organizations, outpatient clinics, and home health agencies. Participants will gain practical tools to enhance infection prevention and improve maternal health outcomes.



April 16, 2026 from 11 AM | Virtual Event (Zoom)

Register: bit.ly/4cgvFbK

April
16

Black Maternal Health Awareness Day

The Children's Home Society of New Jersey

In honor of Black Maternal Health Awareness, we've partnered with WellPoint, Fulfill, and VNAHJ to provide screenings, educations, and concrete goods.

April 16, 2026 from 12–2 PM | WellPoint Storefront, 100 Clifton Avenue, Lakewood, NJ

April
16

Community Baby Shower in Honor of Black Maternal Health Week 2026!

Aetna Better Health of New Jersey and
Newark Community Health Center

Aetna Better Health of New Jersey and Newark Community Health Center are hosting a Community Baby Shower in honor of Black Maternal Health Week 2026. This event brings families together to celebrate new life while offering educational resources on maternal and infant health. Enjoy baby shower activities, connect with community partners, and access support to help moms and babies thrive.

April 16, 2026 from 11:30 AM-2 PM | Newark Community Health Center at 741 Broadway Newark, NJ 07104

*For more information please contact Lovely Randle at
chiefstaff@nchcfqhc.org*



April
16

The Future of Black Maternal Health

William J. Hughes Center for Public Policy, Stockton University

Join a forward-thinking discussion on the future of Black maternal health in New Jersey. This webinar will highlight policy-driven solutions and community-based strategies to advance equitable care and improve outcomes for families across the state. Attendees can join virtually or attend a live screening, with the opportunity to earn 1.5 Social Work Cultural Competence CEUs.

April 16, 2026 at 4:30 PM | Virtual Event (Zoom) or live screening at Stockton University, Campus Center Meeting Room 5, Galloway, NJ

Register: <https://lp.constantcontactpages.com/ev/reg/hn8vk4h>

April
16

Third Annual Black Maternal Health Summit

Medical Students For Birth Justice

Join us for the Third Annual Black Maternal Health Summit, an inspiring event focused on advancing maternal health, advocacy, and community-driven solutions. This year features keynote speaker Angelica Lindsey-Ali, “The Village Auntie,” along with a dynamic panel sharing insights on equity, community support, and improving outcomes for Black mothers and families.

April 16, 2026 from 6 PM-8 PM | Virtual Event (Webex)

Register: bit.ly/4bGEDiv

April
16

Black Maternal Health Week Community Celebration

Most Beautiful W.O.M.B. Inc

Please join us for a Community Dinner & conversation featuring a panel of community motherhood experts of from Atlantic City sharing their real, lived experiences with pregnancy, birth, and navigating care. Most importantly amplifying their voices as the guide to our communal healing. No titles. No gatekeeping. Just truth. This is what it looks like when we center the people most impacted. A chef catered dinner, Community-centered, evening of fellowship honoring Black Mothers and positive health outcomes. All are welcome. Come be in the room. Come listen. Come build.

April 16, 2026 at 6:30 PM | Stanley Holmes Village Community Center,
1537 Adriatic Ave, Atlantic City, NJ 08401

[Register.](#)



April
17

Black Maternal Health Awareness Day

Neighborhood Health Services

Table top maternity and newborn education event with giveaways of baby items

April 17, 2026 from 10 AM–2 PM | Neighborhood Health Services,
1700-58 Myrtle Ave, Plainfield, NJ 07063

April
17

Black Maternal Health Awareness Day at NCHC

Newark Community Health Center

Maternal health educational material for patients of the practice

April 17, 2026 from 10 AM–2 PM | Newark Community Health Center,
101 Ludlow Street, Newark, NJ 07114



April
17

The TruNourish Launch: Rooted in Justice & Joy

TruDoulas of NJ

Join TruDoulas for the official launch of TruNourish, a weekly nutritional support and diaper distribution program rooted in "Justice and Joy." In honor of Black Maternal Health Week, we are providing curated food bags and essential diaper bundles to support local families one pregnancy at a time. This event treats nutrition as a vital form of advocacy, providing the fuel our bodies need to thrive and heal.

April 17, 2026 from 2–4 PM | 407 W State St, Trenton, NJ

[Register](#)

April
17

Safe Shores for Little Explorers (A Belly to Baby Field Trip)

Acenda/Family Connects NJ

Educational session is open to anyone expecting and caregivers of newborns, and demonstrations will be provided for those 6 months to 2 years but a parent must be able to get into the pool with the child. Expecting parents are welcome to join the session and not get in the pool to watch the demonstration. One parent per child is required for this session.

April 17, 2026 from 5 PM-6 PM | Holly City Family Center, 8 E Mulberry St, Millville, NJ 08332



Call Danielle for registration, spots limited (609)-634-1339

April
17

Nurture & Network: A Mama Glow Mixer for Birth Workers

Mama Glow

Join us at The Soft Space by Mama Glow, a premium wellness and education center in Williamsburg, Brooklyn, for an evening gathering of birth workers and wellness entrepreneurs. This festive event celebrates connection, networking, and community building in honor of Black Maternal Health Week.

April 17, 2026 from 6 PM-7:30 PM | The Soft Space - 208 N. 8th Street, Brooklyn, NY 11211

Register: bit.ly/4dQWRz4

April
18

Breaking the Cycle of Silence

Bloom Baby Doulas

In honor of Black Maternal Health Week, Bloom Baby Doulas is centering the voices and lived experiences of Black doulas and perinatal professionals in our community. Join us on Saturday, April 18 from 10:00 to 11:30 AM for an intergenerational panel and educational session led by Chena Davis (Butta the Holistic Doula) and Natasha Hall (Herplum). This open dialogue invites women across generations to explore reproductive health and menstrual cycle narratives, with insights on cycle phases, supportive daily practices, and the historical context shaping today's experiences. Registrants will receive a recording, curated resources, and the option to submit questions anonymously.

April 18, 2026 from 10–11:30 AM | Virtual (Google Meet)

[Register](#)



April
18

4th Annual Black Maternal Health Awareness Walk

Health Coalition of Passaic County's Healthy Women Task Force Team & Powered by GirlTrek

Hosted by 20+ local organizations in loving memory of Laurice Stewart, this event seeks to: raise awareness on Black maternal health disparities; empower women to be their own advocates in their healthcare; promote walking for preventive health and wellness ; and honor and remember women and families who have been directly impacted by maternal health disparities and adverse outcomes.

A program at 9:00 am will include remarks from: Amy Allen a community leader and founder of Let's Walk; Tyreema Muhannad, a birth and postpartum doula; Traci Burgess, MD, Ob/Gyn; and Jeff Stewart, husband of Laurice Stewart.

After the program, we will walk as a group around the Great Falls National Historical Park and historic Hinchliffe Stadium in Paterson.

Rain date is scheduled for Sunday, April 26, 2026

April 18, 2026 from 8:30 AM-10:30 AM | Great Falls National Historical Park, 72 McBride Avenue Extension, Paterson, NJ 07501

Register: tinyurl.com/BMHAwalk2026

April
18



The Art of Care

The City of East Orange WIC Program and Donia Studio

For Black Maternal Health Week, the City of East Orange WIC Program, in partnership with Donia Studio, will host “The Art of Care” — a program designed to support parents through art, mindfulness, nutrition, and breastfeeding education, fostering empowerment and community connection.

April 18, 2026 from 1 PM - 4 PM | East Orange Public Library
(East Orange Room), 21 S Arlington Ave, East Orange, NJ 07018

RSVP to: Vickie.Nizin@eastorange-nj.gov

April
18

Blossom Into Birth, A Black Maternal Health Week Celebration

THE DOPE KONSCIOUS DOULAS

Speakers include Kieyeitha Ward and Sabrina Newkirk. Hosted by The Dope Konscious Doulas, this community-centered event honors Black Maternal Health Week through education, empowerment, and healing. It offers a safe, affirming space for mothers, families, and community members to learn about maternal health, advocacy, and navigating care with confidence. Through meaningful, culturally grounded conversations, attendees will gain tools to make informed decisions while fostering self-love, community connection, and collective healing.

April 18, 2026 from 5 PM-8 PM | 724 Park Avenue, Plainfield, NJ 07060

*To register, call (862)223-8141 and/or email
thedopekonsciousdoulas@gmail.com*

**April
20**

Black Maternal Health Awareness Day at Complete Care Network

Complete Care Network

Maternal health educational material for patients of the practice

April 20, 2026 from 10 AM–2 PM | Complete Care Network, 30 N Pearl
Street, Bridgeton, NJ 08302

**April
20**

Need a Doula? Support for Pregnancy, Birth, and Beyond

Central Jersey Family Health Consortium -
Family Connects NJ Program

Speaker: Aszurde Jordan, Postpartum Doula. Welcoming a new baby is life-changing, and you don't have to go through it alone. Doula services in Middlesex County provide compassionate, personalized support from pregnancy through postpartum. Whether preparing for birth, navigating labor, or adjusting to life with a newborn, doulas offer emotional guidance, physical comfort, and evidence-based support to help create a safe and empowering experience.

April 20, 2026 from 10:30 AM-11:30 AM | Virtual via Zoom

Register: bit.ly/47xyoei



April
20

Hey, SIS! Networking Session

Perinatal Resource Collaborative

This interactive session invites all attendees to actively participate by sharing their experiences in a six-minute segment. Upon registration, you'll receive a worksheet with guided prompts to help you prepare in advance. This session will focus on Black maternal health advocates but is open to all. Hosted twice monthly, it offers an ongoing space for connection, reflection, and community building.

April 20, 2026 at 12 PM | Virtual via Zoom

Register: bit.ly/4dRjAuT



April
20

Bonding With Your Baby, Even Before They're Here!

Acenda Health

Are you currently expecting or even planning for the future? Learn how you can promote bonding between you and your baby, even before they're here! Full Moon Wellness and Birth expert, Kate Holden, will discuss hypnobirthing, bonding, and more. You will receive the link to attend this virtual session the day of, so please save the date and time on your calendar! All Gloucester County residents who attend will be entered to win giveaways for you and your baby!

April 20, 2026 from 5:30–6:30 PM | Virtual

[Register.](#)

April
21

Baby & Me Connections: Big Feelings, Little Ones

Acenda Health

Presenter: Leah Wright, Perinatal & Women's Mental Health Therapist
Babies have big feelings—even in the earliest months. In this welcoming session, parents will learn how to read infant cues, respond to crying and fussiness, and support their baby's emotional development. Expecting parents and families with young babies are welcome to come learn, ask questions, and connect. Babies are welcome just as they are. Happening every 3rd Tuesday!



April 21, 2026 from 10:30–11:30 AM | Amy Hetty Reckless Center, 116 W Broadway, Salem, NJ 08079

[Register](#)

April
21

Shifting Power: Centering Community Voices in Maternal Health Reform

New Jersey Health Care Quality Institute

Improving maternal health outcomes requires more than clinical solutions—it requires partnership with the communities most impacted. This session explores how shifting power to community leadership can transform maternal health systems. Featuring members of Perinatal Community Advisory Boards (PCABs), it highlights how community-hospital partnerships elevate lived experience, strengthen accountability, and drive more equitable care.

April 21, 2026 at 12 PM-2 PM | Virtual via Zoom

Register: bit.ly/3Pw2EQH

**April
21**

Mommy Party – Warren

Project Self-Sufficiency

The Mommy Party is for families with children under the age of 5; There is a parent cafe, educational session, mom to mom peer support, child socialization skills, prizes, lunch and more!

April 21, 2026 from 12–2 PM | Trinity United Methodist Church, Starr Hall, 213 Main Street, Hackettstown, NJ

Call 973-940-3500 to register.



**April
21**

Black Maternal Health Awareness Week – Laundry Day

Wellpoint

Laundry Day: We'll cover a wash and dry. Get maternal health information and connect to community resources. Diapers available while supplies last.

April 21, 2026 from 1–3:30 PM | Laundry Zone, 13-29 Cordier Street, Irvington, NJ 07111

April
21

Nurturing Our Roots: Maternal Health Workshop & Baby Supplies

Inland Family Success Center

Expecting mothers attending this event will participate in an empowering workshop focused on prenatal care, black maternal health, and self-advocacy. Participants will also receive valuable information and referrals to maternal health resources available in Atlantic County. At the conclusion of the workshop, all attendees will receive a bundle of essential baby products.

April 21, 2026 at 4 PM-5 PM | 3050 Spruce Ave,
Egg Harbor Township, NJ 08234

Register: bit.ly/4bG3h2B



April
22

Baby Beginnings

Project Self-Sufficiency

Baby Beginnings is targeted for prenatal families and families of infants. The topic is Infant First Aid and Safety. There will a presenter on that topic. We will also have information on breastfeeding and child development. Clients will have the opportunity to complete the ASQ! Lunch will be provided. A Parent Cafe will be held. There will be give-aways and prizes for families!

April 22, 2026 from 1-3 PM | 127 Mill Street, Newton, NJ
(building with the large flowerpot in front)

Call 973-940-3500 or register online

April
23

Mom Space

Central Jersey Family Health Consortium -
Family Connects NJ Program

In honor of Black Maternal Health Month, this session explores perinatal mental health among Black mothers and birthing people. Featuring NJ Postpartum Resources & Support Network, it covers mood and anxiety disorders, key risk factors, and culturally responsive care, along with a guided journaling activity and resources for reflection and healing.

April 23, 2026 at 2 PM-3 PM | Somerset County Business Partnership,
50 Division St, Suite 400, Somerville, NJ 08876

Register: bit.ly/481meug



April
23

Bridging Care Gaps for Expectant Mothers Through Family-Centered Technology

AbilityHUB

AbilityHUB is a family-centered care platform that keeps expectant mothers, caregivers, and providers connected through shared schedules, communication, and care updates. By improving coordination and visibility, it helps reduce gaps and support better outcomes. This webinar will explore how connected tools can strengthen maternal care, followed by a live demo of AbilityHUB in real-world settings.

April 23, 2026 at 4 PM | Virtual Event (Zoom)

Register: bit.ly/4IYmYGx

April
23

Black Mamas Breastfeeding Club

Capital Health, Lactation Department

A safe, supportive, and empowering space for Black mothers on their breastfeeding journey. Whether you're expecting, a new mom, or experienced in nursing, this group is here to uplift, educate, and encourage you through shared experiences, culturally competent resources, and sisterhood. We are here to support all varieties of breastfeeding. Speak to an International Board-Certified Lactation Consultant, who will answer your questions. Together, we celebrate the beauty, strength, and resilience of Black motherhood, one feeding at a time. This is an ongoing group that meets regularly on Thursdays from 6-7pm.

April 23, 2026 from 6PM-12 PM | Virtual

Email fpatten@capitalhealth.org to register.



April
24

Walking for Wellness "Supporting Black Maternal Mental Health, Healing, & Community"

Care Plus NJ-Maternal and Family Center

Join us as we walk in solidarity to uplift Black mothers and families, raise awareness around maternal mental health, and foster healing through community. This event creates a safe, affirming space to honor lived experiences, reduce stigma, and highlight the need for accessible, person-centered care. Together, we strengthen community, support emotional well-being, and advocate for the care and resources all mothers and families deserve.

April 24, 2026 from 9 AM–12 PM | Saddle River County Park, Otto C. Pehle Lake Area Pavilion A, Saddle Brook, NJ 07663

[Register](#)



April
24

The Joy of Black Birth

The Cooperative & Abounding Love Doula

Come share in a brunch-style celebration and candid conversation about the joy of birth and the essential role we all play in supporting Black birthing people. The event will feature a live taping of Positive Birth Corner with MaryNissi, offering thoughtful discussion and community insight. Together, we'll reflect, connect, and uplift the truth that birth can be safe, supported, and joyful.

April 24, 2026 at 10 AM | Omega's Restaurant at 27 S Center St,
Merchantville, NJ 08109

Register: bit.ly/4ce0wWn



April
25

Empowerment: Nurturing Maternal Health Through Faith and Awareness

First Nazarene Baptist Church Health Ministry

Please join us for a screening of "Listen to Black Mamas" and a panel discussion following the film. The event aims to empower members of the local community by providing knowledge, fostering discussions, and incorporating stories for support and motivation. Community resources will be available.

April 25, 2026 at 10 AM-1 PM | First Nazarene Baptist Church at 1500 S
8th St, Camden, NJ 08104

Register: bit.ly/46Z7TOG

April
25

Bound & Build

4Cs of Passaic County

The goal of this event is to bring together parents, children, and community agencies like yourself in an effort to promote and celebrate literacy through connecting families to books, learning, and community resources.

April 25, 2026 at 10 AM-2 PM | Paterson Museum at 2 Market St
Paterson, NJ 07501

Register [here](#).



April
26

Beauty Shop Conversations

Spirit of Excellence - Leadership Guidance, Inc.

Beauty Shop Conversations is a culturally grounded, talk-show style community dialogue that creates a safe space for honest conversation, healing, and education. This workshop explores the intersection of Domestic Violence/Intimate Partner Violence (DV/IPV) and Black Maternal Health, highlighting how safety, trauma, and mental health impact pregnancy, birth, and postpartum outcomes for Black women. Lite refreshments provided. Program funded by a grant from NJBEFA.

April 26, 2026 from 12:30–3:30 PM | 73-87 Clay Street, Newark, NJ
Register [here](#).

April
26

Sacred Birth & Wellness Tea and Maternal Wellness Event

Isinmi Village Inc.

Discover holistic pathways for pregnancy & postpartum support, healing touch, plant medicine, nourishment, and community care. Enjoy herbal tea, light refreshments, and a special raffle as we connect in a nurturing space for mothers.

April 26, 2026 at 2 PM-3:30 PM | 867 Broad Street Newark, NJ 07102

Register: bit.ly/4IVT6dE



April
29

Black Maternal Health Conference: The Movement Continues Advocating for the Unheard Voices of Black Mothers, Fathers, & Families

Central Jersey Family Health Consortium

This conference brings together community leaders, advocates, and families to address New Jersey's Black maternal health crisis, with a continued focus on fatherhood. This year's theme centers on inclusive, community-driven advocacy that ensures Black families are not only heard but actively shaping the systems that serve them. Keynote speaker Dr. Coralanne Griffith-Hunte brings nearly three decades of experience in advancing policy, systems, and community-based change.

April 29, 2026 at 8:30 AM-12 PM | Forsgate Country Club -375 Forsgate Drive, Monroe, NJ 08831

Register: bit.ly/4s6dk5Y



April
30

Gateway C.A.P Expectant Families Community Baby Shower

Gateway Community Action Partnership Early Head Start
Expectant Families Program

Gateway Community Early Head Start's Expectant Families Program will host a community baby shower in recognition of Black Maternal Health Awareness. This event will support expectant families with resources, education, and connection, featuring insights from maternal health advocates, healthcare professionals, and community leaders. Attendees can enjoy refreshments, receive baby care items, and take part in discussions on empowerment, wellness, and equity, with gift bags and raffle items provided.

April 30, 2026 at 10 AM-2 PM | 1433 Bacharach Blvd,
Atlantic City, NJ 08401

Must be registered to attend. Register: bit.ly/4lVT6dE



April
30

Family Expo

Project Self-Sufficiency

The Family Expo at the Journey Family Success Center at Project Self-Sufficiency is held annually. The purpose of the event is to provide a fun, free way for families to connect with services. Community-wide Social Service Agencies will host information tables with children's activities.

Families can move throughout the event from table to table to ask questions and receive information about a variety of topics including domestic violence services, mental health, substance use, child development, public benefits, lead prevention, early childhood services, music therapy and more. Dinner will be provided. Bring the whole family!

April 30, 2026 at 4 PM-6 PM | 127 Mill Street Newton, NJ 07860;
Building with the large flowerpot in front.

Register by calling 973-940-3500. Learn more [here](#).

April
30

Maternal Wellness Event

Isinmi Village Inc.

The Maternal Wellness Village is a community-centered outreach designed to support mothers and expectant mothers throughout their birthing and postpartum journey. This event connects families in Essex and Union Counties with trusted, culturally responsive resources to help reduce maternal health disparities and improve outcomes for mothers and babies.

April 30, 2026 at 5 PM-8 PM | 5 Washington Ave Newark, NJ 07102

Register: bit.ly/4sFolFD