

# Maternal Health Awareness Day

*January 23, 2026*



Maternal Health Awareness Day is a reminder that maternal health is a community effort.

To drive action and raise awareness of our maternal health crisis, we have created a calendar of community events hosted by Nurture NJ and NJMIHIA partners across New Jersey to help connect mothers and families to resources, support, and care.

This calendar includes events between January 20 - January 30, 2026.

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20

## Free Pregnancy Testing

The Children's Home Society of NJ

Confidential, fast, and at no cost. Our caring staff is here to support you with accurate pregnancy testing, information, and referrals to helpful resources. Walk-ins welcome—because you don't have to figure this out alone. ❤️

January 20 at 10am - 1pm | 635 S. Clinton Ave. Trenton NJ

*Registration is not required.*

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## Baby & Me Connections Support Group

Acenda Health

Baby & Me Connections: Foundations First is a relaxed, welcoming meet-up for expecting parents and families with children under age 3.

Led by Connecting NJ and Family Connects NJ, the session shares simple tips for bonding, newborn care, and early development. Families can enjoy gentle tummy time, explore local resources, and connect with other parents in a supportive, judgment-free space. Light refreshments will be provided. Please bring a blanket for tummy time.

January 20 at 10:30am - 11:30am | Pennsville Public Library at 190 S Broadway, Pennsville, NJ 08070

*Register here: <https://forms.office.com/r/NY12h3QrPg>*



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## National Maternal Health Awareness Day: Holding Ground on Maternal Health

Women's Health Center at RWJBH Clara Maass Medical Center

Perinatal Nursing Leadership will provide individualized education and poster presentations on Maternal Health. Various topics in Spanish and English will be provided. Also, gift bags and educational material will be provided to all the Birthing Persons arriving for Prenatal Care at the Women's Health Center that morning.

January 21, 2026 at 8:00am-12:00pm | Women's Health Center at Clara Maass Medical Center

*No registration needed as our tables will be situated outside of our Women's Health Center.*



JAN  
21

## CUNA-Prenatal Education (Spanish support group)

The Children's Home Society of NJ

A welcoming, culturally supportive group for Latina women to learn about pregnancy, childbirth, and self-care. Connect with other moms-to-be, ask questions, and receive guidance in a safe, supportive space—at no cost.

January 21 at 11am - 2:30 pm | 635 S. Clinton Ave. Trenton NJ 08611

*For more information, contact Zuleima Tovar at 609-731-9755.*



JAN  
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## Baby Beginnings

Project Self-Sufficiency



Baby Beginnings is an event for prenatal families and families with infants and toddlers. It is a mini resource fair with themed presenters and vendors. We provide lunch and childcare onsite. Parents will have the opportunity to complete the ASQ/ASQ-SE. The theme for this month's event is Growing Stronger and Smiling Brighter: Navigating Parenthood with Joy and Confidence.

January 21 at 1pm - 3pm | 127 Mill Street Newton, NJ 07860

*Interested participants can call 973-940-3500.*

JAN  
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## Play with Purpose: Supporting Your Baby's Learning Through Fun

Central Jersey Family Health Consortium

From birth to age three, your baby's brain is growing faster than at any other time—and play is one of the most powerful ways they learn. Join us for a warm, fun and practical workshop for parents of newborns and expecting parents. We'll explore what early play looks like, simple ways to support development through everyday interactions, and what to expect as your baby's play grows. Discover how you are your child's favorite teacher and playmate during this window for learning.

January 21 at 2pm-3pm | 100 Community Drive, Montgomery NJ 08558

*More information: <https://bit.ly/4qlrkc0>*



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## Holding Ground on Maternal Mental Health

St. Joseph's Medical Center

This event highlights the essential role of psychological and emotional well-being in both prenatal and postpartum care. At St Joseph's we want to highlight the urgent need to safeguard and strengthen the mental and emotional health of mothers and birthing people. Guest speakers include: author Dr. Chavi Karkowsky, Dr. Nair, Patient testimonial and Panel discussion on maternal mental health and available resources. Featuring PMCH, NJHA, Family Connects and MIHIA.

January 22 at 8am-1pm | 703 Main Street, Paterson, NJ, 07503



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## Maternal Health Awareness Day: North Hudson Community Action Corporation

UnitedHealthcare Community Plan of NJ

Tabling event featuring maternal health education materials and giveaways for Moms and babies

January 22 at 9am - 12pm | North Hudson Community Action Corp  
5301 Broadway West NY, New Jersey 07093

*Registration is not required.*



JAN  
22

## Maternal Health Awareness Week: Holding Ground on Maternal Health

University Hospital OBGYN Clinic

Lectures and discussions regarding pre and postpartum care, raffles, games and prizes. Food and snacks available. Develop your postpartum plan!

January 22 at 10am - 2pm | 140 Bergen Street, Level C, OBGYN, Newark, NJ

JAN  
22

## Maternal Health Awareness Day

AtlantiCare Regional Medical Center

Tabling event with nurses giving education, resources, giveaways. Community outreach programs will be present, access to health screenings, info will be given on our Mobile Market.

January 22 at 10am - 12pm | AtlantiCare Regional Medical Center for  
Childbirth Lobby at 65 Jimmie Leeds Road Pomona, NJ

**Learn more: [bit.ly/3LwlwgE](https://bit.ly/3LwlwgE)**

January 22 at 1pm-3pm | Medical Arts Pavilion at 7 South Ohio Ave  
Atlantic City, NJ

**Learn more: [bit.ly/451NIUN](https://bit.ly/451NIUN)**



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## Maternal & Family Resource Fair at the OBGYN Clinic

University Hospital

This event brings together community partners and organizations that support mothers to share information on prenatal and postpartum care, raise awareness of the maternal mortality crisis, and promote evidence-based, equitable maternal health. Sessions will cover postpartum access, premature birth prevention, breastfeeding support, and resources for coping with fetal loss, with food, raffles, and interactive activities throughout the event.

January 22 at 10am-2pm | 140 Bergen Street, C - Level, Newark

*Registration is not required.*



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22

## Maternal Health Awareness Day – food distribution, screenings, diapers & health information event

Wellpoint

As part of National Maternal Health Awareness Day 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, alongside essential information about maternal health. (while supplies last)

January 22, 2026 at 10:30am-12:30pm | Wellpoint 100 Clifton  
Avenue Lakewood NJ 08701

*Registration is not required.*



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## Maternal Health: Ask a Public Health Educator

Camden County Health 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 and culturally competent resources. Speak to an International Board-Certified Lactation Consultant, who will answer your questions. Together, we celebrate the beauty, strength, and resilience of Black motherhood.

January 22 at 10:30am-12:30pm | Camden County Library - Camden City Branch, 852 Ferry Ave, Camden, NJ 08104

*For more information, contact [aryanna.robinson@camdencounty.com](mailto:aryanna.robinson@camdencounty.com).*

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## Perinatal Disease Prevention Awareness Day with Jean Rose

Inland Family Success Center

Join us for Community Wellness Workshops hosted by the Cooperative's Prematurity Prevention Initiative, Family NJ Connects, and Connecting NJ. Learn about key health topics, access local resources, and receive blood pressure and blood sugar screenings provided by AtlantiCare. Baby supplies will be available at the end of the event.

January 22 at 4pm-5pm | 3050 Spruce Ave Egg Harbor Township NJ

*Reserve a spot: [bit.ly/4aPynow](https://bit.ly/4aPynow)*





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## Health First and Wellness Center

Camden County Health Department

Sexual Health Clinic Services. All services are free and confidential, no appointment necessary, sexual health counseling and PrEP referrals, STI testing, Rapid HIV testing, Spanish-speaking staff and other language interpretation services available upon request.

January 23 at 8:30am - 5:30pm | 35 E Browning Rd, Bellmawr, NJ 08031

January 23 at 8:30am - 5:30pm | 400 Mt. Vernon Street, Camden, NJ 08103

For more information: <https://bit.ly/49fyZ5x>



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## South Jersey Maternal Child Health Assembly

The Cooperative

In observance of Maternal Health Awareness Day, the Healthy Mothers, Healthy Babies Coalitions of Southern New Jersey are preparing an action-oriented convening focused on lived experience, local expertise and collaboration among community stakeholders.

January 23 at 9:30am - 2:30pm | Wedgwood Country Club, 200 Hurffville Road, Turnersville, NJ 08012

Reserve a spot: <https://bit.ly/4jvwM9q>

JAN  
23

## Maternal Health Awareness Day: Navigating Today's Challenges in Maternal Health

Rutgers Robert Wood Johnson Medical School, Department of Obstetrics, Gynecology, and Reproductive Sciences

Maternal Health Awareness Day 2026 at Rutgers Robert Wood Johnson Medical School will bring together clinical, policy, and academic leaders to address equitable, integrated approaches to improving maternal health outcomes in New Jersey.

The program will open with remarks from Archana Pradhan, MD, MPH and Gloria Bachmann, MD and feature a keynote by Lisa Asare, JD, President & CEO of the NJ Maternal and Infant Health Innovation Authority, on barriers to equitable maternal care, perinatal mental health, and cardiovascular risk.

A moderated panel led by Dean Amy P. Murtha, MD will include Julie Blumenfeld, DNP, CNM; Emily Rosenfeld, DO; and Nancy Scotto-Rosato (NJ Department of Health), highlighting sustainable, integrated models of care.

The event will also showcase innovative solutions from the Rutgers Women's Health Accelerator, spotlighting emerging strategies to strengthen maternal health across the continuum of care.

January 23 at 9am - 12pm | Virtual on Zoom

**[Register here.](#)**



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23

## NJMIHIA Community Screening of "*Black Motherhood Through the Lens*"

New Jersey Maternal and Infant Health Innovation Authority  
and Greater Mt. Zion AME Church

You're invited to a free community screening and dialogue centering the voices and lived experiences of Black mothers, from fertility journeys to postpartum mental health and access to care.

Remarks from NJMIHIA's President and CEO Lisa Asare and Assemblywoman Verlina Reynolds-Jackson will anchor the evening in New Jersey's continued work toward maternal health equity.

Light refreshments provided.

*Black Motherhood Through the Lens*, an award-winning documentary about four Black women's experiences in navigating the reproductive healthcare system.

Directed and produced by Dr. Ade Osinubi.

January 23 at 5:30pm - 7:30pm | Greater Mt Zion AME Church  
42 Pennington Ave, Trenton, NJ 08618

***Register for this event [here](#)***

For additional information please email [info@njmihia.gov](mailto:info@njmihia.gov)



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23

## Maternal Health Awareness Day

Hackensack Meridian Health

Hackensack Meridian Health is proud to announce a comprehensive program dedicated to advancing the health and well-being of mothers. This event is designed to empower attendees with the knowledge and tools to drive meaningful improvements in maternal health within their self, communities and institutions. The program will feature expert-led sessions covering the spectrum of maternal care, from preconception to postpartum. Participants will gain valuable insights and practical skills to support health and recovery.

January 23 at 9am - 4pm | Hybrid event | 499 Thornall Street 2nd Floor  
Team HMU/HR Training Rooms Edison, NJ

Register here: [events.hackensackmeridianhealth.org/mhad26](https://events.hackensackmeridianhealth.org/mhad26)



JAN  
23

## Free Pregnancy Testing

The Children's Home Society of NJ

Confidential, fast, and at no cost. Our caring staff is here to support you with accurate pregnancy testing, information, and referrals to helpful resources. Walk-ins welcome—because you don't have to figure this out alone. ❤️

January 23 at 10am - 1pm | 635 S. Clinton Ave. Trenton NJ

*Registration is not required.*



JAN  
23

## Virtual Breastfeeding Webinar for Home Visitor Clinical Professional

Healthy Women Healthy Families Program/Central Jersey Family Health Consortium

Participants will learn supportive language to use when talking about breastfeeding for the home visitors. This workshop will also discuss ways to recognize normal versus concerning signs and when and how to refer families for additional support.



January 23, 2026 at 10:00am -12:00pm | Virtual on Zoom

*To register for the Zoom: <https://bit.ly/4qozSz1>*

JAN  
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## Maternal Health Awareness Day at Newark Community Health Center

UnitedHealthcare Community Plan of NJ

Tabling event featuring maternal health education materials and giveaways for Moms and babies

January 23 at 10am - 2pm | Newark Health Community Center  
1150 Springfield Avenue, Irvington NJ 07111

*Registration is not required.*

JAN  
23

## Maternal Health Awareness Day at Newark Community Health Center

UnitedHealthcare Community Plan of NJ

Tabling event featuring maternal health education materials and giveaways for Moms and babies

January 23 at 10am - 2pm | Newark Community Health Center  
92 Ferry Street Newark NJ 07105

*Registration is not required.*



JAN  
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## Maternal Health Awareness Day at Newark Community Health Center

UnitedHealthcare Community Plan of NJ

Tabling event featuring maternal health education materials and giveaways for Moms and babies

January 23 at 10am - 2pm | Newark Community Health Center  
444 Williams Street, East Orange NJ 07017

*Registration is not required.*



JAN  
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## Saint Peter's Maternal Health Awareness Day

Saint Peter's University Hospital

Saint Peter's University Hospital is proud to participate in Maternal Health Awareness Day by sharing resources and information that support healthy pregnancies and positive outcomes. Attendees can learn about our comprehensive maternity services and the many ways Saint Peter's supports families from pregnancy through delivery and beyond. A representative from Count the Kicks will be available to discuss how tracking fetal movements can help expectant parents better understand their baby's well-being. We will also highlight Saint Peter's parent education classes, including childbirth preparation, breastfeeding education, and newborn care.

Additionally, we will share information about TeamBirth, our collaborative care approach that brings patients, families, and care teams together to support shared decision-making during labor and delivery.

January 23, 2026 at 11am - 2pm | Saint Peter's University Hospital 254 Easton Avenue, New Brunswick, NJ 08901

***Registration is not required.***



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23

## Family Connects in South Jersey

Acenda Health

Family Connects NJ in South Jersey is an informational session for expectant families and new parents to learn about free support available after birth. Hosted by Family Connects NJ and Connecting NJ, the session explains how families across South Jersey can receive a free, voluntary nurse home visit in the weeks following a baby's arrival. Nurses provide personalized support, check on parent and baby well-being, answer questions, and connect families to local resources. Community providers are also welcome.

January 23 at 12:30pm - 1:45pm | Virtual on Zoom

To register for Zoom: <https://bit.ly/3Yy812Y>



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23

## Scrolling Safely Through Pregnancy

Atlantic Health System

Join us during Maternal Health Awareness Day to learn how to navigate your social media feed for evidence-based information. Our interactive session will focus on the risks of misinformation and its impact on maternal health. We will provide practical tips for safe online engagement during your pregnancy journey including links and QR codes to fact-based sites. A Q&A session with health care team members, including nurses, lactation consultants and more!

January 23 at 1pm | Virtual on Zoom

Register here: <https://bit.ly/4ssZLyO>





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## Maternal Health Awareness Day Lunch and Learn

University Hospital

This program will feature a recorded video lecture by Dr. Monica Lutgendorf on Maternal Cardiac Arrest and Amniotic Fluid Embolism.

Following the video presentation, a brief panel and roundtable discussion will focus on interdisciplinary collaboration, highlighting opportunities for RNs, APNs, physicians from multiple specialties, quality and safety professionals, and social workers to work together in addressing maternal emergencies.

January 23 at 1pm- 2pm | University Hospital, 140 Bergen Street Newark, NJ 07103

*Contact: Edna Dickson-Amoako (Dicksoe1@uhnj.org),  
Brenda Braun (braunbr@uhnj.org) & Tyria Leach (Leachtk@uhnj.org)*

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## Apoyo Y Derechos Migratorios con LALDEF

### Immigration Support & Rights with the Latin American Legal Defense & Educational Fund (LALDEF)

Healthy Women Healthy Families Program/Central Jersey Family  
Health Consortium

Informative workshop to discuss constitutional rights of people regardless of immigration status and how to protect yourself during an encounter with ICE.

January 23, 2026 at 5:00pm-6:00pm | Virtual on Zoom

*To register for the Zoom: <https://bit.ly/4qozSz1>*

JAN  
23

## What to Expect When You're Expecting a Baby at Cooper

Cooper University Health Care

Please join us for a presentation by Dr. Rori Dajao, Medical Director of L&D, on "Working with your Ob Provider for a Healthier Pregnancy and Delivery". Nurses from each of our units will share what to expect when you are admitted to their units. Doulas, as well as a Lactation Consultant and Behavioral Medicine Specialist will be on-hand to answer questions.

Tables with printed materials on pregnancy and postpartum-related topics, light refreshments, giveaways, and a raffle prize, as well as unit tours will be offered with registration indicating desire to participate.

January 23 at 5:30pm - 7:30pm | Cooper University Hospital, One Cooper Plaza, Camden, NJ 08103, Conference Center, Room 121

*For more information: <https://bit.ly/4aQDOng>*



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## Wombman Wellness

Melanin and Maternal Wellness

Wombman Wellness is a free community event centered on Black maternal health and wellness. Hosted by Melanin & Maternal Wellness in partnership with Assemblywoman Verlina Reynolds-Jackson of New Jersey's 15th Legislative District, this gathering offers guided breath-work, maternal health education, community resources, and a kids activity corner. The evening is designed to foster connection and collective care.

January 23, 2026 at 6:00pm - 8:00pm | 13 West Front Street, Trenton, NJ

*For more information: <https://bit.ly/4b0KzTu>*



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## New Year-New Baby-Sprinkle

Aetna Better Health of New Jersey and Orchards Family Success Center

New Year-New Baby-Sprinkle! Join us as we ring in the New Year by celebrating new and expecting moms. This special event is dedicated to uplifting families while raising awareness around Maternal Health through fun, education, and community support. We look forward to helping parents and caregivers start the year feeling supported, informed, and empowered.

January 24 at 11:30am - 1:30pm | Orchards Family Success Center- 416 Sicklerville Road. Sicklerville NJ 08081

*To register: please call 856-513-8829 or email [fsc Camden@gmail.com](mailto:fsc Camden@gmail.com).*

JAN  
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## The Fourth Trimester, Supported

Bloom Baby Doulas

The Fourth Trimester, Supported is a free, one-hour virtual event for Maternal Health Awareness Day, hosted by Bloom Baby Doulas. We'll normalize postpartum support, show what care after birth really looks like, and highlight postpartum doulas as an essential maternal health resource, not a luxury. A small panel of doulas, perinatal professionals, and parents with lived experience will share insights, answer questions, and offer practical guidance for navigating the fourth trimester. Join us to learn how community-based support can improve maternal well-being, mental health, and family adjustment. Because postpartum care is maternal health care, and no one is meant to do this alone.

January 24 at 10:00am - 11:00am | Virtual via Google Meet

*Register here: <https://form.jotform.com/260120673243144>*



JAN  
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# Maternal Health Awareness Day

Hackensack Meridian Health

In recognition of Maternal Health Awareness Day, we are proud to announce a comprehensive program dedicated to advancing the health and well-being of mothers. This event is designed to empower attendees with the knowledge and tools to drive meaningful improvements in maternal health within their self, communities and institutions. The program will feature expert-led sessions covering the full spectrum of maternal care, from preconception to postpartum. Participants will gain valuable insights and practical skills to support maternal health and recovery.

January 26 at 9am - 4pm | Hybrid Event | 499 Thornal Street,  
Edison, NJ 08837

Register here: <https://bit.ly/49txKyH>

JAN  
26

## Virtual Breastfeeding Session for Community Based Non-Clinical Professionals

Healthy Women Healthy Families Program/  
Central Jersey Family Health Consortium

Participants will learn supportive language to use when talking to community members about breastfeeding. The workshop will also discuss how to recognize normal verses concerning signs and when and how to refer families for additional support.

January 26 at 10am - 12pm | Virtual on Zoom

Join Zoom Meeting: <https://bit.ly/4r0Gqnn>  
Meeting ID: 831 0444 6382 Passcode: 076064

JAN  
26

## Free Pregnancy Testing

The Children's Home Society of NJ

Confidential, fast, and at no cost. Our caring staff is here to support you with accurate pregnancy testing, information, and referrals to helpful resources. Walk-ins welcome—because you don't have to figure this out alone. ❤️

¡Pruebas de Embarazo Gratis! Confidenciales, rápidas y sin costo. Nuestro equipo está aquí para apoyarte con pruebas de embarazo precisas, información y referidos a recursos útiles. No necesitas cita—no tienes que pasar por esto sola. ❤️

January 26 at 10am - 1pm | 1554 Princeton Ave. Trenton NJ 0868

*Registration is not required.*



JAN  
26

## Maternal Infant Health: Reset, Renew, Refocus

Advocates for Children of New Jersey

Start the year by shaping the maternal and infant health agenda in New Jersey, centering collective kinship and the relational work that inform how we set priorities, elevate advocacy goals, and build momentum for stronger outcomes in 2026.

January 26 at 12pm - 1pm | Virtual on Zoom

To register for Zoom: <https://tinyurl.com/MIHJAN26>



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26

## New Parent Support Group

Capital Health

Every Monday, this support group is designed for new parents with babies under one year old. We'll cover topics such as infant care, feeding, sleeping, postpartum recovery, and more. You are encouraged to bring your baby and partners or other support people are more than welcome to join as well. This weekly group is led by a certified childbirth educator and postpartum doula from Capital Health's Childbirth Education team.

January 26 at 1:15pm- 2:45pm | 1 Capital Way, 3rd Floor Conference Room, Pennington, NJ 08534



*Registration is encouraged, but not required: <https://bit.ly/49nVWSP>*

JAN  
27

## Infant Heart Saver: Hands on Training

The Children's Home Society of NJ

Join us for a fun Infant CPR session! Learn lifesaving skills and get hands-on practice to feel confident responding in emergencies.

¡Acompáñanos a una divertida sesión de RCP para bebés! Aprende habilidades que salvan vidas y practica de manera interactiva para sentirte segura/o al actuar en una emergencia.

January 27 at 10am - 11am (Spanish); 11am - 12pm (English)  
635 S.Clinton Ave. Trenton NJ 08611

*Register here: <https://www.surveymonkey.com/r/7TNVWPR>*

JAN  
27

## Infant Heart Saver: Hands on Training

The Children's Home Society of NJ

Join us for a fun Infant CPR session! Learn lifesaving skills and get hands-on practice to feel confident responding in emergencies.

¡Acompáñanos a una divertida sesión de RCP para bebés! Aprende habilidades que salvan vidas y practica de manera interactiva para sentirte segura/o al actuar en una emergencia.

January 27 at 10am - 11am (Spanish); 11am - 12pm (English)  
635 S.Clinton Ave. Trenton NJ 08611

Register here: <https://www.surveymonkey.com/r/7TNVWPR>



JAN  
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## Mommy Party Warren County

Project Self-Sufficiency

This will be a gathering of prenatal mothers and mothers with children under the age of 5. They will be able to socialize with other parents and their children will also be able to socialize and play with other children. The theme of the event will be empowering new and expectant mothers to manage stress. Education and information will be shared on this topic. The moms will have an opportunity to create a craft with their children. Pizza will be provided! A parent cafe will take place! Several moms will win a prize at the end of the event.

January 27 at 11am - 1pm | Trinity United Methodist Church - 213 Main Street Hackettstown NJ

*This event is open to moms eligible for home visitation and early childhood services who reside in Sussex, Warren, or Hunterdon counties.*





JAN  
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## Mommy Party Warren County

### Project Self-Sufficiency

This will be a gathering of prenatal mothers and mothers with children under the age of 5. They will be able to socialize with other parents and their children will also be able to socialize and play with other children. The theme of the event will be empowering new and expectant mothers to manage stress. Education and information will be shared on this topic. The moms will have an opportunity to create a craft with their children. Pizza will be provided! A parent cafe will take place! Several moms will win a prize at the end of the event.

January 27 at 11am - 1pm | Trinity United Methodist Church - 213 Main Street Hackettstown NJ

*This event is open to moms eligible for home visitation and early childhood services who reside in Sussex, Warren, or Hunterdon counties.*



JAN  
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## Breastfeeding Club

### Capital Health

This weekly meet-up is open to all lactating and pregnant individuals and explores different topics to help you gain confidence and enjoyment throughout your entire breastfeeding journey. An International Board-Certified Lactation Consultant (IBCLC) from Capital Health's Lactation team will guide the conversation and offer tips, while encouraging attendees to share their experiences and stories. The club is not a clinical visit or a substitute for a lactation consultation.

January 27 at 2pm-3:15pm | 1 Capital Way, 3rd Floor Conference Room, Pennington, NJ 08534

*Registration is encouraged, but not required: <https://bit.ly/4qdHAvF>*



JAN  
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## Parent Cafe Reset & Refresh: Parenting with Purpose in the New Year

## Café para Padres: Reiniciando Y Renovando: Crianza con propósito en el Año Nuevo

Central Jersey Family Health Consortium  
Connecting NJ Program

Let's get together and reflect on what worked last year, what we want to change, and how to approach parenting with renewed energy and intention. Expecting#1? Hear from other parents and be intentional in your parenting journey! Newborns and toddlers welcome!

Reunámonos y reflexionemos sobre lo que funcionó el año pasado, lo que queremos cambiar y cómo abordar la crianza con entusiasmo y propósito. ¿Estás esperando a tu primer hijo? ¡Escucha a otros padres y hazas consciente de tu rol como padres! ¡Bebes y niños pequeños son bienvenidos!

This session is bilingual for both English and/or Spanish speakers.

January 27 at 5:30pm - 7:30pm | South Hunterdon Regional Elementary School 200 North Main Street, Lambertville NJ

Register here: <https://bit.ly/3Z3LWJH>



JAN  
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## Mommy & Me Maternal Health Workshop

La Casa de Don Pedro, Inc.

The maternal health workshop will inform the expectant mothers and new mothers about their health before and after giving birth.

This workshop will also include information about the infants' growth and development.

January 28 at 11am-1pm | La Casa de Don Pedro, Inc. Family Success Center | 23 Broadway Newark, NJ 07104



Register here: [tinyurl.com/LaCasaFSCReg](https://tinyurl.com/LaCasaFSCReg)

JAN  
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## CUNA-Hospital Tour

The Children's Home Society of NJ

Hospital Tour for Moms-to-Be (CUNA Group) Join us for a guided hospital tour where you'll see the facilities where you'll be delivering your baby. This is a great opportunity to meet hospital staff, ask questions, and feel more confident and prepared for your big day.

Recorrido por el Hospital para Futuras Mamás (Grupo CUNA)  
Acompáñanos a un recorrido guiado por el hospital donde darás a luz. Esta es una excelente oportunidad para conocer las instalaciones, al personal del hospital, hacer preguntas y sentirte más tranquila y preparada para el gran día.

January 28 at 11am-2:30pm | 1 Capital Way, Pennington, NJ 08534

**For more information: Contact Zuleima Tovar for more info 609-731-9755**

JAN  
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## Healthy Homes Workshop

Camden County Health Department

Learn the basics of a Healthy Home! This Healthy Homes workshop will review ways to keep your home and family clean, safe and lead-free with natural and cost-effective methods and products. Free Healthy Homes bags with natural products will be distributed at the end of the workshop. The New Jersey Department of Health will be available to provide free lead and mercury screenings. The Healthy Homes workshop is a collaboration of the NJ State Health Department, The Cooperative and Camden County Department of Health facilitated by Camden County's Community Health Services Division - Health Education and Public Health Nursing Units.

January 28 at 11:30am-12:30pm | M. Allan Vogelsohn Branch, 203 Laurel Rd, Voorhees Township, NJ 08043

Register here: <https://bit.ly/4qRFLoe>



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## Protected by Policy: Learning about the Newest Federal Laws on Pregnancy & Breastfeeding

Essex Pregnancy & Parenting Connections with Montclair State University

Recent federal legislation has important new resources and rights for pregnancy and breastfeeding at work. Come explore these federal laws and how they apply in NJ through infographics, resources and real life support.

January 28 at 12pm-1pm-| Virtual via Zoom

To register for the Zoom: <https://pcanj.wufoo.com/forms/zgr3th0523t9f/>

JAN  
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## Maternal Health Awareness Week/ Celebrate the Launch of our Bump2Baby360 App!

Capital Health

Live Bump2Baby360 app demos • Virtual Tour of our Maternity Units • Prenatal and Postpartum Resources and Education • Refreshments, Snacks, Dessert and Raffles.

January 28 at 6pm-8pm | Capital Health Medical Center – PURE Conference Center, 1 Capital Way, Pennington, New Jersey 08534

For more information: <https://bit.ly/45bKloK>

JAN  
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## Maternal Health Awareness Day at CompleteCare

UnitedHealthcare Community Plan of NJ

Tabling event featuring maternal health educational materials and giveaways for Moms and babies.

January 29 at 10am-2pm | CompleteCare Vineland Health Campus 785  
W Serman Ave 1st floor Vineland NJ08360

*Registration is not required.*



JAN  
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## New Year-New Baby Shower!

Aetna Better Health of NJ & Freehold Family Health Center

New Year-New Baby-Shower! Join us as we ring in the New Year by celebrating new and expecting moms. This special event is dedicated to uplifting families while raising awareness around Maternal Health through fun, education, and community support. This event will create a warm inviting space to start the year feeling supported-informed- and empowered!

January 29 at 11am -1pm | Freehold Family Health Center at 597 Park  
Avenue, Freehold NJ 07728

*Please register by calling or texting 732-413-9692.*



JAN  
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## Postpartum Hemorrhage Survivors

Blood & Platelet Drive for Maternal Health Awareness

1-in-83 births will require a blood transfusion. Your donations help keep families together! Join us to ensure safe blood products are available for those in need of this vital resource. In addition to blood and platelet collection, there will be information tables about the warning signs of maternal health complications and resources, a blood donor impact display, refreshments and door prizes for our presenting donors. Make your appointment at [www.rwjuhdonorclub.org](http://www.rwjuhdonorclub.org) or call 732-235-8100, ext. 221

January 29 at 12:30pm-6:30pm | Bradley Gardens Volunteer Fire Company 24 Old York Road Bridgewater, NJ 08807

Learn more: <https://bit.ly/4qKxTEQ>



JAN  
29

## Posparto: un momento de cambio para ambos padres

Central Jersey Family Health Consortium - Connecting NJ

Algunos experimentaremos depresión y ansiedad, pero TODOS sentiremos diferentes cambios emocionales. Únete con Francheska Perez, madre de tres hijos, con experiencia de primera mano en navegar las alegrías y los desafíos del embarazo, el post parto y la maternidad. ¿Estás esperando tu primer bebé? ¿Oya tienes uno omás? Hablaremos sobre la realidad, las expectativas y los sentimientos.

January 29 at 5:30pm-6:30pm | Virtual on Zoom

Register for the Zoom here: <https://bit.ly/3LarNP4>

JAN  
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## Black Mamas Breastfeeding Club

Capital Health Lactation Services

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. Speak to an International Board-Certified Lactation Consultant, who will answer your questions. Together, we celebrate the beauty, strength, and resilience of Black motherhood.

January 29 at 6pm-7pm | Virtual on Zoom

*To register, please contact Felicia Patten at [fpatten@capitalhealth.org](mailto:fpatten@capitalhealth.org).*



JAN  
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## Maternal Health Awareness Day at Osborn Family Health Center

UnitedHealthcare Community Plan of NJ

Tabling event featuring maternal health education materials and giveaways for Moms and babies. Also in attendance will be a representative from the Cooperative.

January 30 at 9am-12pm | Osborn Family Health Center 1601 Hadden Ave, Camden NJ 08103

*Registration is not required.*



JAN  
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## Virtual New Parent Support Group

Capital Health

This support group is designed for new parents with babies under one year old and will cover topics such as infant care, feeding, sleeping, postpartum recovery, and more. This group is led by a certified childbirth educator and postpartum doula from Capital Health's Childbirth Education team.

January 30 at 10:30am-11:30am | Virtual on Zoom

To register for Zoom: <https://bit.ly/49M3VKT>



JAN  
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## Healthy Family Beginnings: Prenatal & Postpartum Support Programs

WomenRising

A Maternal Health Awareness Week event featuring short talks on prenatal self-care, postpartum mental health, fatherhood and healthy relationships, and Head Start enrollment. Open to parents, caregivers, and expecting families. Presentations by Julissa De Souza, Soraya Ramirez, John, Bermudez, and Mariam Megalla

January 30 at 11am - 1pm | Jersey City Free Public Library, Earl A. Morgan Branch, 1841 John F. Kennedy Blvd, Jersey City, NJ

*RSVP by January 27 by texting Julissa De Souza at (862)501-5460*

JAN  
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## Birth Planning and Communicating Preferences to Your Care Team

Central Jersey Family Health Consortium - Family Connects NJ

Session by doula, Jodie Sessoms. Learn how to create a birth plan and effectively communicate your wishes and concerns to your medical providers.

January 30 at 11am-12pm | Virtual on Zoom

*To register for Zoom: <https://bit.ly/49svx6x>*

JAN  
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## Seeds, Soil & Maternal Health

UnitedHealthcare Community Plan of NJ

The role of healthy soil and small garden patches can literally create protective factors and practical skills to buffer larger ecological concerns. Spend a moment in ecological hope and learn about the Grow Garden State-Zufall Health initiative with of sharing seeds with CHW Christopher Cardoza and MSU childbirth educator Jill Wodnick -- all participants will have access to for the Grow Garden State seed sharing challenge plus get NJ specific maternal health resources and links to amplify community care and local gardens, healthy soils and nourishment.

January 30 at 2:30-4pm | Zufall Health Center, 49 Mt. Pleasant Ave.  
West Orange NJ 07052

*To Register:* <https://forms.gle/65zsXT2QnYba8Ww77>

