

New and Expecting Mothers Resources

- **Central Jersey Family Health Consortium (732) 937-5437 <https://cjfhc.org/>**
 - Breastfeeding Support Group – Tuesdays 10AM ; Thursdays 1PM
 - Fathers Support Group – Wednesdays 7:30PM
 - Mom’s Connection – English Tuesdays & Thursdays 1PM ; Spanish Wednesday 1PM
 - Listening Hearts – Tuesday 6PM, Wednesday 10AM & 2PM
- **Children’s Futures (609) 695-1977 <https://childrensfutures.org/>**
 - Parenting, Primary Care, Child Care, Community Support and Doula services
- **Encouraging Kids Family Resource Center (609) 848-1400 <https://encouragingkids.org/>**
 - Afterschool, evening, and weekend programs for special needs students ages 2-21.
 - Evidence-based weekly programs for parents & their infants 0-12 months as well as playgroups for parents and their children ages 0-5 years.
 - Parenting classes and workshops, special events, and supervised visitation services.
- **Ewing/Lawrence Head Start Early Learning Center (609) 771-4076**
<https://www.gatewaycap.org/headstart>
100 Scotch Road Ewing NJ 08628
 - Offering a school readiness program for children ages 0-5.
- **Women, Infants and Children (WIC) Program (609) 498-7755**
 - The Mercer County WIC program is available for all pregnant and breast-feeding women, their families and children who meet the nutritional and financial guidelines. WIC services provides supplemental nutritious foods to pregnant, breastfeeding and postpartum women, infants and children up to the age of 5. WIC services include nutrition education and counseling, breastfeeding promotion and support, immunization screening, and health care referrals.
 - For eligibility and verification please visit this link to see if you qualify via the state guidelines: <https://wic.nj.gov/participantportal/>
 - All WIC services are provided virtually and by phone: Certification, Recertification, Mid-certification, Breastfeeding assessment/counselling/education, Nutrition assessment/education, along with necessary available resources for our families. Participants should expect to get about 3 phone calls during the process. Please be

patient and please answer. The phone numbers will not say WIC as these are temporary cell phone given to the WIC staff for use during the COVID-19 pandemic. Participants are given the option of picking up checks at our office or having them mailed to their homes.

- **KinderSmile Perinatal Health & Wellness Program (973) 744-7003**
 - Empowers women who are pregnant or up to 3 years postpartum with knowledge about oral health and its massive impact on the overall well-being of themselves and their families. Upon completing the PHWP oral health curriculum, these mothers of young children earn 1 year of free dental care at KinderSmile Community Oral Health Center.
- **La Leche League <http://www.lllgardenstate.com/>**
 - Providing free meetings led by volunteer Leaders who are experienced with human milk feeding and accredited through La Leche League International.
 - Offers support between meetings by phone, email, text, and social media.
 - Helps parents learn about the ages and stages of breastfeeding.
 - Community of support by bringing nursing families together.
- **NJ Family Health Line (800) 328-3838** Multi-Language Services Available
 - 24 Hour Helping Line for Expecting & New Moms, Families with Children and Special Needs.
 - Speak with experienced Nurses & Counselors regarding COVID-19, Addiction during Pregnancy, Perinatal Anxiety & Postpartum Depression.
- **Birth Mother Assistance <https://www.birthmotherassistance.com/>**
 - Resources to help pregnant women and birth mothers in New Jersey including information on where to look for financial assistance, free or low-cost medical care and nutritional and health programs, support groups, government programs, and other New Jersey information to help you and your child.
- **The New Jersey Department of Human Services (DHS)**
https://www.state.nj.us/humanservices/dmhas/resources/services/treatment/sa_women.html
 - Provides services for families and individuals to ensure their wellbeing, health and development, and self-sufficiency.