New Mother Support Groups in Central New Jersey

Support groups provide a place to connect with other moms and to share information and resources.

Visit our website at www.cjfhc.org

A Circle of Moms
Community Medical Center
Community Education Classroom, 5th Floor
99 Highway 37 West, Toms River
First & Third Monday of the month
10:00 am – 11:00 am
TO REGISTER CALL: Tracy D, 732-557-8034

Women’s Wellness
EmPoWER Family Success Center
34 West Main Street, Suite 201,
2nd Floor, Somerville
Thursdays • 11:00 am – 12:00 noon
CONTACT: Mariann Bruno, 908-704-6356

Princeton Pregnancy & Postpartum Support Group
Mary Jacobs County Library
64 Washington Road (Rt. 518), Rocky Hill
Third Saturday of the month
10:30 am –12:00 noon
CONTACT: Joyce Venis, 609-683-1000

Please call to confirm date and time of group.

Family Health Line
Postpartum Depression Helpline
1-800-328-3838
NJ Department of Health
www.njspeakup.gov

CJFHC
Central Jersey Family Health Consortium

SOMERSET COUNTY

Supports by A GRANT FROM:

New Jersey Department of Health
AUGUST 2015
**HUNTERDON COUNTY**

**Parent Support Group**
Hunterdon Medical Center Education Center  
215 Route 31 South, Flemington  
Classroom #1  
BabySteps I (Babies 0–6 months)  
**Weekly** • 1:00 pm – 2:30 pm  
BabySteps II (Babies 6–12 months)  
**First & Third Thursday of the month**  
10:30 am – 12 noon  
ToddlerSteps (Children 1–3 years)  
**Second & Fourth Thursday of the month**  
10:30 am – 12 noon  
CONTACT: 908-788-MOMS (6667)

**MIDDLESEX COUNTY**

**New Moms . . . New Babies: A New Mother’s Support Group**  
Robert Wood Johnson University Hospital  
Bristol-Myers Squibb Children’s Hospital  
1st Floor Conference Room  
1 Robert Wood Johnson Place, New Brunswick  
**Thursdays** • 12:00 noon – 2:00 pm  
CONTACT: Betty Pro, 732-253-3871

**Life Will Never be the Same . . . Adjusting to the First Year of Motherhood**  
Saint Peter’s University Hospital, MOB 5  
254 Easton Avenue, New Brunswick  
**First Friday of the month** • 12:00 noon – 1:00 pm  
Registration is Required  
CONTACT: Donna Makris, 732-745-8579

**MONMOUTH COUNTY**

**Postpartum Depression Support Group**  
Monmouth Medical Center  
Maysie Stroock Pavilion  
Corner of Second and Pavilion Avenues, Long Branch  
**Thursdays** • 3:30 pm – 5:00 pm  
CONTACT: Lisa Tremayne, 732-923-5573

**New Moms Support Group**  
CentraState Medical Center  
Star and Barry Tobias Health Awareness Center  
901 West Main Street, Freehold  
**First & Third Friday of the month**  
12:00 noon – 1:00 pm  
TO REGISTER CALL: 732-308-0570  
OR VISIT: www.centrastate.com/healthprograms

**New Moms’ Network**  
Jersey Shore University Medical Center  
Meridian Health Village at Jackson  
27 South Cooks Bridge Road, Jackson  
**Tuesdays** • 1:00 pm – 3:00 pm  
CONTACT: Linda Carroll, 732-776-4281

**MONMOUTH COUNTY (cont.)**

**Accepting the Unexpected**  
Reflecting on the birth experience in meaningful ways  
Natural Beginnings NJ, Resources for Growing Families  
200 Route 71, Spring Lake Heights  
**First Saturday of the month** • 9:00 am – 11:00 am  
(arrive and depart at times that are convenient for you)  
CONTACT: Samantha Moody 973-876-5815 or Rebecca McCloskey 973-876-4283 with questions  
NaturalBeginningsNJ@gmail.com  
Please contact Rebecca 973-876-4283 prior to attending your first meeting!

**Mercer Street Friends**  
222 North Hermitage Avenue, Trenton  
**Fridays** • 10:30 am – 11:30 am  
CONTACT: Elizabeth, 609-278-6907

**MERCER COUNTY**

**Postpartum Adjustment Support Group**  
Princeton Fitness and Wellness Center  
1225 State Road 206, Princeton  
**Wednesday every other week**  
1:00 pm – 2:00 pm  
CONTACT: 609-987-8980 or 1-888-897-8979

**New Parent Mornings**  
Capital Health Medical Center in Hamilton  
Childbirth and Parent Education Department  
1445 Whitehorse-Mercerville Road, Hamilton  
**Tuesdays** • 10:30 am – 12:00 noon  
FOR INFORMATION CALL: 609-303-4140  
OR VISIT: www.capitalhealth.org/childbirth

**Motherhood & More**  
Mercer Street Friends  
222 North Hermitage Avenue, Trenton  
**Fridays** • 10:30 am – 11:30 am  
CONTACT: Elizabeth, 609-278-6907