

Maternal Health *Awareness Day*

EVENTS RUNNING FROM JANUARY 18 - JANUARY 31, 2023

**JAN
18**

Infant Play and Connect With Moms

Hosted by: Rutgers Southern Regional Child Care Resource & Referral Agency
Cape May County

January 18, 2023, 10:00 AM

Shore Family Success Center 1046B Rt 47 S Rio Grande, NJ 08242

During the Infant Play Group time, we will offer resources and information on Maternal Health Awareness from the World Health Organization. Connecting with moms and moms to be to be a source of information for themselves, friends and family.

Contact: Dr. Cheryl Chavis, cheryl.chavis@rutgers.edu

**JAN
18**

Diaper Day

Hosted by: AmeriGroup

January 18, 2023, 3:00-7:00 PM

33 Aspen Place Passaic, NJ 07055

Amerigroup will be hosting a diaper distribution event in Passaic. Please reach out to Daniel Rosas for more information regarding the event.

Contact: Daniel Rosas, daniel.rosas@wellpoint.com and
daniel.rosas@amerigroup.com

**JAN
19**

Breastfeeding Does the Body Good

Hosted by: Central Jersey Family Health Consortium

January 19th, 2023, 10:00-11:30 AM

Zoom Link Available [Here](#)

Breastfeeding Does the Body Good is a breastfeeding advocacy program. This program will enhance your knowledge, (including but not limited to) regarding breastfeeding/chestfeeding terminology and education, breastfeeding workplace policies and laws, community resources, and referral and support services.

Contact: Dr. Judith L. Francis, jfrancis@cjfhc.org

**JAN
19**

Rural Moms Meetup

Hosted by: Southern New Jersey Perinatal Cooperative

January 19, 2023, 1:00-2:00 PM

Zoom Link: <http://bit.ly/3h7VHnB>

Rural Moms Meetup is a space where Salem and Cumberland County moms (and other caregivers of young children) can talk about the importance of their family's health and ways to access resources in their community. Meetups are held monthly via Zoom and each session provides information on a key health topic as well as resources that can improve a family's health and wellbeing. This month's topic is "Just Say Yes to Fruits and Vegetables: MyPlate" presented by Ciara Morales, SNAP ED Senior Nutrition Educator.

Contact: Lauryn Tilghman, LTilghman@snjpc.org

**JAN
20**

New Jersey Birth Equity Funders Alliance Meet & Greet

Hosted by: University Hospital

January 20, 2023, 12:00 PM

Zoom Registration Link Available [Here](#).

The purpose of this Webinar is to:

- Share more about NJBEFA and its work in New Jersey.
- Learn about the shifts that Philanthropy is making to center partnering with grantees to influence systems change, leadership development and capacity building.
- Learn more about the Community Advisory Committee and the fund it stewards
- AND more!

Contact: Cecile Edwards, cecile@njbefa.org

**JAN
20**

The Role of Maternal Health in Infant and Early Childhood Mental Health

Hosted by: The Center for Great Expectations

January 20, 2023, 2:00-3:00 PM

Link: <https://cge.zoom.us/j/81762854917>

Join Carolyn Flynn, from The Center for Great Expectations, for a 60-minute overview on Early Relational Health, considered to be the ultimate prevention. See how this approach is defined as the state of emotional wellbeing that grows from the positive emotional connection between babies and toddlers and their parents, supported by safe, stable, and nurturing relationships. Learn how human development occurs within context of relationships and how the caregiver and infant/child are a co-regulatory system, impacted by broader systems, policy and community.

Carolyn Flynn, MA, LPC, CD is the Director of Early Relational Health at The Center for Great Expectations and was vital in the formation and founding of START [www.cge-nj.org/programs/s-t-a-r-t], our community-based home visitation program with two sites in Newark and Bridgewater. Carolyn's extensive training, background as a certified doula and passion for our work is now being applied across CGE's 6-part continuum of care to strengthen and solidify our role as a leader in the field of Early Relational Health. With long-term partners Rutgers University and others, Carolyn is ensuring the CGE continues to transform and improve the landscape of maternal healthcare.

Contact: Carolyn Flynn, MA, LPC, CD, cflynn@cge-nj.org

**JAN
21**

#PushOutMaternalMortality Walk

Hosted by: Children*s Futures

January 21, 2023, 11:00 AM-3:00 PM

16 W Front Street, Trenton, NJ 08608

#PushOutMaternalMortality Walk starts and ends at Children*s Futures offices, 16 W. Front St., Trenton NJ 08608 and culminates in a meet and greet reception at the end of the walk. Come join us for the walk and/or reception as we continue to bring awareness to this critical issue in our community.

Contact: Tamika Hall, thall@childrensfutures.org

**JAN
21**

Moments With Families

Hosted by: Rutgers Southern Regional CCR&R

January 21, 2023, 12:00-1:00 PM

Vineland Public Library, 1058 E. Landis Avenue, Vineland, NJ 08360

RSVP/Registration link: <https://forms.gle/asaQG1Gnu2yrhqGX7>

Rutgers Southern Regional is hosting a presentation and discussion about developmental screenings and the importance of tracking developmental milestones in young children at the Vineland Public Library on Saturday, January 21, 2023 from 12 pm to 1 pm. Maternal health and prenatal care will also be incorporated in observance of Maternal Health Awareness Day. The event is FREE to all families and lunch will be provided.

Contact: Armand Basualdo, armand.basualdo@rutgers.edu
Program Coordinator II/Family Engagement Specialist

**JAN
23**

Maternal Health Awareness Day at St. Joseph's Health

Hosted by: St. Joseph's Health

January 23, 2023, 9:00 AM-12:00 PM

*Saint Joseph's University Medical Center, 703 Main Street, Paterson, NJ
Auditorium 1*

Action-packed Maternal Health Awareness Day with Keynote Speaker: Dr. Kaila Krishnamoorthy, Maternal-Fetal Medicine Specialist @SJH, "Hypertension in Pregnancy" and Fadja Roberts, Ignite One: Movement and Yoga During Pregnancy, Partnership for MCH Northern NJ: Paterson Doula Cooperative

Contact: Carla Rizzo, DNP, APN-C, rizzoc@sjhmc.org

**JAN
23**

Enhancing Relationships in the First 1,000 Days Kick Off Presentation

Hosted by: Maternal Infant Relational Health Team at the Center for Autism & Early Childhood Mental Health at Montclair State University

January 23, 2023, 10:00 AM - 11:00 AM

Please register [here](#).

The Maternal Infant Relational Health team at MSU's Center for Autism and Early Childhood Mental Health is excited to announce a new initiative in support of pregnant and parenting families in Passaic County. Enhancing Relationships in the First 1,000 Days will collaborate to offer three distinct direct service activities for pregnant and parenting families, focusing on building knowledge of parenting and child development, maternal mental health and early relational health. In recognition of #123formoms, we invite you to attend our kick-off presentation on 1/23/23 at 10am for more information about how Enhancing Relationships in the First 1,000 Days may partner with you and the families you support.

Contact: Jessica Cowan, cowanj@montclair.edu

**JAN
23**

Self-Care Isn't Selfish: Mental Health Awareness for Mothers

Hosted by: University Hospital

January 23, 2023, 10:00 AM-12:00 PM

University Hospital, ACC, 140 Bergen Street, C-Level

Informational & Interactive Activities for Mothers and Mothers to Be to take care of their mental health.

Featured speakers from the Partnership for Maternal and Child Health of Northern New Jersey

Beverage station with healthy bites.

Contact: Brooke Tippens, tippenc@uhnj.org

**JAN
23**

A Maternal Health Awareness Program

Hosted by: Central Jersey Family Health Consortium
& Healthy Women Healthy Families Program

January 23, 2023, 11:00 AM-12:00 PM

Click [here](#) for link

This program will discuss nutrition education, breast health, doula services, postpartum care, and community and wellness resources that mothers and families can access.

Contact: Dr. Judith Francis, jfrancis@cjfhc.org

**JAN
23**

Maternal Health Awareness Day

Hosted by: Cooper University Hospital

January 23, 2023, 11:00 AM-3:00 PM

Lobby, Cooper University Hospital
One Cooper Plaza, Camden, NJ 08103

Manned table with information re: Perinatal Depression, Hypertension in Pregnancy & Postpartum, Maternal Sepsis, and Baby Friendly. Also, sign up sheet for anyone interested in providing feedback re: a maternity stay at Cooper.

Contact: Gunda Simpkins, simpkins-gunda@cooperhealth.edu

**JAN
23**

Early Detection of Postpartum Depression

Hosted by: Labakcare Organization

January 23, 2023, 11:30 AM

Zoom - Please email labakcare@gmail.com for link.

We will discuss what depression is, signs and symptoms and early detection. We will also discuss treatment options.

Contact: Omolabake Fadeyibi, labakcare@gmail.com

**JAN
23**

Maternal Health Awareness Day Lunch and Learn

Hosted by: SNJPC and The Southern Regional COVID Response Program

January 23, 2023, 12:30-1:30 PM

Zoom link: <https://bit.ly/MHADLunchLearn>

A lunch time discussion on COVID & Pregnancy, Gestational Diabetes, and Preeclampsia. Presenters are Katherine Nguyen, RN Cherry Hill Free Clinic Nursing Director and Ann Rojas, COVID Network Coordinator at The Cooperative.

Contact: Cathy Butler-Witt, cbutler@snjpc.org

**JAN
23**

LGBTQ+ Family Planning: Pathways to Parenthood

Hosted by: Southern New Jersey Perinatal Cooperative
& Garden State Equality

January 23, 2023, 1:00pm-3:00pm EST

Register [here](#).

Parenthood should be an accessible process for all individuals who wish to have children and grow their families. Join us for a virtual discussion entitled Pathways to Parenthood. Participants will hear personal parenting journeys and receive expert guidance about nuances in healthcare and family planning considerations. This event is also open to medical providers interested in diversifying their work and expanding their knowledge on the best ways to support LGBTQ+ people and families. Discussion topics include: policy, legal rights, parental rights and family planning options such as IVF, surrogacy, adoption and foster parenting for LGBTQ+ people.

Contact: Jennie Sherlock-Loeb, jsherlock@snjpc.org

**JAN
23**

Narcan Training

Hosted by: Central Jersey Family Health Consortium

January 23, 2023, 1:00 PM

Please email Diane Villari at dvillari@jsashealthcare.org to register.

Narcan is a prescription medication used to treat known or suspected opioid overdose. Greater than 50% of the pregnancy associated, but not related, maternal deaths that occurred in New Jersey in 2016 through 2018 were due to overdose. We invite you to attend this program to hear valuable information that can help to reduce deaths and address the opioid crisis. Diane Villari from Jersey Shore Addiction Services will present.

Contact: Ann Mruk, amruk@cjfhc.org

**JAN
23**

Healthy Birth Outcomes

Hosted by: UnitedHealthcare Community Plan and Unity Family Success Center/The Partnership for Maternal and Child Health of Northern NJ

January 23, 2023, 4:00 PM

Link to event: <https://tinyurl.com/4jkpu3cj>

UnitedHealthcare and Unity Family Success Center will have a virtual Event on "Healthy Birth Outcomes. A Speaker from Unity FSC will be Estherlene Phanord and Paula Valenzuela, Speaker from UnitedHealthcare will cover Healthy First Steps Program, a program under UnitedHealthcare benefits for pregnant moms.

**Contacts: Paula Valenzuela, paula_valenzuela@uhc.com
& Patricia Alcius, palcius@pmch.org**

**JAN
23**

Birth Justice Screening

Hosted by: Perinatal Health Equity Initiative

January 23, 2023, 6:00 PM

Click [here](#) for Eventbrite link.

In recognition of Maternal Health Awareness Day, PHEI will be hosting a viewing of the doc Birth Justice followed by a panel discussion.

Contact: Alexis Smith, alexis@perinatalequity.org

**JAN
23**

Mothering Black Maternal Health Wellness, Resources, Advocacy

Hosted by: Melanin and Maternal Wellness

January 23, 2023, 7:00 PM

Please register [here](#).

A panel discussion centering Black maternal wellness and pathways for improving maternal health outcomes for Black mothers and babies.

Panelists include:

- Assemblywoman Verlina Reynolds-Jackson
- Cynthia Hillocks, CD
- Nasheeda Pollard, IBCLC
- Crystal Charley, Moderator
- Jaye Wilson, Melinated Moms

Contact: Crystal Charley, crystal@melaninmaternal.org

**JAN
23**

Maternal Health Awareness Week Live

Hosted by: GNHCC's Women's Reproductive Health Clinical Advisory Group

January 23-January 27, 2023, every day at 12:00 PM on Facebook

Facebook Link: www.facebook.com/partnershipmch

In honor of Maternal Health Awareness Week, the committee will host a series of live discussions designed to empower the community.

January 23 - Amplifying Community Voices

Leslie Kantor, PhD, MPH, Rutgers School of Public Health leads a discussion with Newark community advocates about health equity and improving maternal health outcomes.

January 24 - Clinicians Share Their Expertise

Dr. Lisa Gittens William of University Hospital; Lisa Tremayne, Founding Director, Center for Perinatal Mood and Anxiety Disorders; Co-Founder, President of Bloom Foundation for Maternal Mental Health; and Dr. Vanessa Parisi of Mountainside Medical Group discuss the provider's role in supporting maternal mental health.

January 25 - Supporting Your Partner/Loved One

The Partnership for Maternal and Child Health of Northern New Jersey's Emotional Well-Being and FELLAS programs provide practical tips for supporting your loved one who may suffer from postpartum depression and anxiety.

January 26 - Coping with Grief and Loss

Vu-An Foster, Life After 2 Losses and Samantha Banerjee, PUSH for Empowered Pregnancy discuss coping with fetal infant loss and share resources.

January 27 - Community Perspectives

Stacey Dinburg, Northern New Jersey Count the Kicks Ambassador and Juwana Montgomery, Assistant Director of SWHB/Doula/PCHW at Brick Education Network will share community resources and other tools to recognize the warning signs of pregnancy complications and maternal mental health issues.

This event is being hosted by a coalition of organizations that sit on this committee including the Greater Newark Health Care Coalition, the Partnership for Maternal and Child Health of Northern New Jersey, University Hospital, Rutgers School of Public Health, NBI and more.

**JAN
23**

2023 Maternal Health Awareness Day

#123forMoms

Hosted by: Rutgers RWJ Medical School

January 23, 2023, 7:30 AM-8:30 PM

Register [here](#) for the morning sessions (7:30AM-11:30AM).

Register [here](#) for the evening sessions (7:30PM-8:30PM).

In conjunction with Maternal Health Awareness Day in New Jersey -- the first state to formally recognize maternal health, safety and mortality issues with an annual event -- Rutgers, The State University of New Jersey; RWJBarnabas Health; The Tara Hansen Foundation; and the Central Jersey Family Health Consortium are hosting a series of virtual seminars designed for OB/GYN physicians, physician assistants, nurse practitioners, nurses, midwives, genetic counselors, social workers, residents, fellows, medical students, emergency department providers, cardiologists, family medicine practitioners, and psychiatrists/psychologists.

7:30 - 7:35 a.m.

Introduction/Opening Remarks

Mark Sauer, MD, Professor and Chair, Department of Obstetrics, Gynecology & Reproductive Sciences, Rutgers Robert Wood Johnson Medical School

7:35 - 8:29 a.m.

Improving Maternal Health: Leading for Change

Amy P. Murtha, MD, Dean, Rutgers Robert Wood Johnson Medical School
CME credit available for this session.*

8:30 - 9:29 a.m.

Maternal Mortality in Women of Color and Strategies to Address This Public Health Crisis

Ndidiama N. Amutah-Onukagha, PhD, MPH, CHES

Julia A Okoro, Professor of Black Maternal Health, Assistant Dean of Diversity, Equity, and Inclusion, Director and Founder, Center for Black Maternal Health and Reproductive Justice, Director and Founder, MOTHER Lab

Wanda Irving, MPA

Co-founder and Chairman of the Board, Acting President

Dr. Shalon's Maternal Action Project

THIS EVENT CONTINUES ON THE NEXT PAGE...

**JAN
23**

2023 Maternal Health Awareness Day

#123forMoms (continued)

Hosted by: Rutgers RWJ Medical School

January 23, 2023, 7:30 AM-8:30 PM

Register [here](#) for the morning sessions (7:30AM-11:30AM).

Register [here](#) for the evening sessions (7:30PM-8:30PM).

THIS EVENT BEGINS ON THE PREVIOUS PAGE...

9:30 - 10:29 a.m.

Treating Opioid Use Disorder in Pregnancy: Current Evidence on Safety
*Elizabeth A. Suarez, PhD, MPH, Instructor and Core Faculty
Center for Pharmacoepidemiology and Treatment Science
Rutgers Institute for Health, Health Care Policy, and Aging Research*
CME credit available for this session.**

10:30 - 11:30 a.m.

Reconsidering the Role of Race in Maternal Mental Health
*Iffath A. Hoskins, MD
President, American College of Obstetricians and Gynecologists (ACOG)
Clinical Professor and Director of Patient Safety, Department of Obstetrics and
Gynecology, New York University School of Medicine.*

7:30 - 8:30 p.m.

Impact of Abortion Ban Restrictions on Pregnancy-Related Health
*Lily Bayat, MD, MPH
Assistant Professor of Obstetrics, Gynecology & Reproductive Sciences
Section of Complex Family Planning
Rutgers Robert Wood Johnson Medical School*
*Natalie DiCenzo, MD
Third-Year Resident, Obstetrics, Gynecology & Reproductive Sciences
Rutgers Robert Wood Johnson Medical School*
*Nayna Shah, MD
Second-Year Resident, Obstetrics, Gynecology & Reproductive Sciences
Rutgers Robert Wood Johnson Medical School*

Please note: At 5:00pm "Invisible Distinction" Documentary will be showing (90 minutes) with a Q&A session to follow. Contact Beth Dillon for more information.

Contact: Beth Dillon, beth.dillon@rutgers.edu

**JAN
24**

Pregnancy and Beyond

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

January 24, 2023, 10:00 AM

Contact info@pmch.org for the online event link.

The Partnership's Healthy Families and Parents as Teachers programs are partnering with Amerigroup for an informative session on what to expect during pregnancy and the postpartum phase. This is an online event.

**JAN
24**

Baby Sprinkle Lunch & Learn

Hosted by: Southern Jersey Family Medical Centers and Horizon

January 24, 2023, 11:00 AM-1:00 PM

*Burlington Quaker House and Conference Center
340 High Street, Burlington, NJ 08016*

Moms and expecting mothers will enjoy a light brunch, raffles, games, photo booth and music. Gina-Marie Mendez, Horizon Health Educator will provide valuable information on having a healthy pregnancy and postpartum experience.

Space is limited. Please Register/RSVP by January 18th. The event is free and open to all pregnant women/Families and parents of young children.

Contact: Sean McCracken, sean.mccracken@sjfmc.org (609) 500-5338

**JAN
24**

Maternal Health Awareness Resource Day

Hosted by: HCPC Healthy Women Taskforce Team,
New Destiny Family Success Center, & Agape Christian Church Women's
Fellowship

January 24, 2023, 11:30 AM-2:00 PM

Agape Christian Ministries, 76 Ward St, Paterson, NJ 07505

RSVP by Jan. 20th at 3pm: [here](#)

All moms are invited to learn about community resources to improve your well-being and the health of your children. Multiple organizations are coming together to provide support for you, including baby necessities. Walk-ins welcome, but only participants who register in advance are guaranteed diapers and wipes!

Contact: Melissa Flynn, flynnm@sjhmc.org 973-278-0220 or 973-754-4403

**JAN
24**

NJ Maternal Mortality Review Committee
Mock Case Review

Hosted by: NJ Maternal Mortality Review Committee,
NJ Department of Health

January 24, 2023, 12:00-1:30 PM

Click [here](#) to register.

This mock case review will provide an overview of the NJ Maternal Mortality Review Committee (NJMMRC) and a full simulation of a maternal mortality case review, including committee deliberations and recommendations. This event serves to highlight the importance of state-level maternal mortality reviews and its impact on improving maternal health outcomes.

Contact: Adwoa K. Nantwi, adwoa.nantwi@doh.nj.gov

**JAN
24**

Centering Pregnancy Program Launch

Hosted by: AtlantiCare Women's and Children's Services

January 24, 2023, 4:00-6:00 PM

AtlantiCare Medical Arts Pavillion, 7 S. Ohio Avenue, Atlantic City NJ 08401

This is an event for the launch of Centering Pregnancy.

Contact: Sandra Garrett, sandra.garrett@atlanticare.org

**JAN
24**

Tammy's Tremendous Tuesday Tales

Hosted by: Office of the First Lady

January 24, 2023, 4:00 PM

@FirstLadyNJ on [Facebook](#)

At the beginning of the COVID-19 pandemic, First Lady Tammy Murphy launched "Tammy's Tremendous Tuesday Tales," a weekly storytime to help bring the joy of books to New Jersey's youngest readers. In honor of Maternal Health Awareness Day, the First Lady will be reading "Saturday" by Oge Mora, a story about a mom and a daughter who get to spend the whole day together.

**JAN
25**

Maternal Health Awareness Day Reference Table

Hosted by: Rutgers CCR&R

January 25, 2023, 10:00 AM-12:00 PM

Mullica Hill Library, 389 Wolfert Station Road, Mullica Hill, NJ

This walk-in event is open to all Gloucester County families that want to learn more about Maternal Health. Come by our reference table to learn more about maternal health, early child development and screening, and access to local resources. Walk away with resources and new connections.

Contact: Jenna Giordano, jenna.giordano@rutgers.edu

**JAN
25**

Maternal Health Awareness Virtual Lunch & Learn: Maternal Health: Preconception to Postpartum

Hosted by: AtlantiCare Women's and Children's Services

January 25, 2023, 12:00-1:00 PM

Please register [here](#).

Speaker Panel consisting of women's health physicians; (Dr. Danielle Pieri; Dr. Nicole Siems; Dr. Jennifer Tioseco; Dr. Thai Tran that will provide attendees with women's health information covering the preconception (family planning) phase to postpartum.

Contact: Shanita Alvarez-Crawley, shanita.alvarezcrawley@atlanticare.org

**JAN
25**

Perinatal Mood and Anxiety Disorders: More than Postpartum Depression

Hosted by: Central Jersey Family Health Consortium

January 25, 2023, 12:00-1:00 PM

Click [here](#) for the registration link.

Up to 20% of pregnancy and postpartum journeys are complicated by one or more perinatal mood and anxiety disorders (PMAD) such as depression, anxiety, and post-traumatic stress disorder. Feelings of being overwhelmed, sad, and/or anxious interfere with the essential bonding process and affect the entire family. Which symptoms should raise a red flag with healthcare providers and which resources are available to your patients? Join us to learn more.

Contact: Ann Mruk, amruk@cjfhc.org

**JAN
25**

6th Annual Maternal Health Awareness Day

Hosted by: Rutgers Robert Wood Johnson Medical School

January 25, 2023, 2:50pm - 5:00pm

In Person - NJMS MSB B552 or Click [here](#) to join virtually.

On January 25, 2023, there will be presentations under the aegis of “Maternal Health Awareness Day” to provide the audience with a better understanding of the reasons for maternal deaths and obstetrical complications. The speakers include Mark Einstein, MD; Mary Maples, Esq.; First Lady Tammy Murphy; Sen. Cory Booker; Dr. Damali Campbell, MD; IffaitH Hoskins, MD. The panels and presentations will be moderated by Joseph Apuzzio, MD and Lisa Gittens-Williams, MD.

Contact: Joseph Apuzzio, MD, joseph.apuzzio@rutgers.edu

**JAN
26**

Healing Through Feeling

Hosted by: Community Treasures

January 26th, 2023

135 Monticello Ave, Jersey City, NJ 07304

This will be a safe space for community healing. Please reach out to Tina Nalls for more information.

Contact: Tina Nalls, Communitytreasuresofjc@gmail.com

**JAN
26**

Productivity... Postpartum

Hosted by: The University of Productivity

January 26th, 2023, 12:00 PM - 1:00 PM

Please register [here](#).

Ever thought that motherhood is a graveyard where dreams go to die? I promise you it's not. Join us for an interactive and transformative session on how to create work-life harmony.

Rose-Anne Uwague is a maternal health advocate and NJ mom of three. She shares her motherhood story to spread awareness, ignite hope, and provoke change. Her goal is to uplift the voices of others, encourage them to advocate for their positive health outcomes, and partner with legislators to promote positive change. As a productivity coach and life strategist, she helps women redefine productivity... postpartum.

Contact: Rose-Anne Uwagu, ignite@roseanneuwague.com

**JAN
26**

Baby blues and beyond: Seven effective tools for supporting maternal mood

Hosted by: Meadowlark CSC

January 26th, 2023, 1:00 -2:00 PM

RSVP/Reservation Link: <https://MaternalMoodTools.eventbrite.com>

This 1 hour training will discuss the baby blues and PMAD experience as well as feature 7 effective strategies to offer new moms as they manage their mental health during the postpartum period. Presented by licensed therapists Kristy Champignon and Erin Begendorf of MeadowlarkCSC.

Contact: Kristy Champignon, kristy@meadowlarkcsc.com

**JAN
26**

Eliminating Maternal Health Inequities and Improving Outcomes

Hosted by: Mary Eliza Mahoney Health Center/Newark Health Department

January 26, 2023, 1:00 PM

Please contact Dr. Hortensia Kelly for more information.

Interactive and informative program with the community to address medical and social determinants of health outcomes during and after pregnancy and available resources in the City of Newark, NJ.

Contact: Dr. Hortensia Kelly, kellyh@ci.newark.nj.us and edwardsde@ci.newark.nj.us

**JAN
26**

Count the Kicks - Evidence-based stillbirth prevention in practice - You can do it too!

Hosted by: Healthy Birth Day, Inc. - Count the Kicks

January 26, 2023, 2:00 PM

Registration Link: bit.ly/NJMaternalHealth

Count the Kicks is an evidence-based stillbirth prevention program - learn how to implement Count the Kicks into your practice and hear from a New Jersey-based health system on how simple and easy it is to integrate Count the Kicks into a workflow. Hear from Count the Kicks Program Director Megan Aucutt and the Mullica Hill Hospital team on how they easily integrated Count the Kicks into their workflow.

Contact: Megan Aucutt, aucutt.megan@healthybirthday.org

**JAN
26**

Maternal Health Workshop

Hosted by: Southern New Jersey Perinatal Cooperative, Camden Healthy Start,
Cooper University Health Care

January 26, 2023, 2:00-3:00 PM

*Camden Healthy Start Offices, 808 Market Street, 3rd Floor Conference Room,
Camden, NJ 08102*

Pregnant/birthing individuals are dying as a result of pregnancy or delivery complications. This workshop will explore the leading causes of maternal morbidity and mortality including warning signs and symptoms, when to seek help to prevent serious complications and ways to promote maternal health in your community.

Contact: Ambrial Smith, ASmith@snjpc.org

**JAN
26**

Maternity Matters Parent Cafe

Hosted by: Cape May County Council for Young Children

January 26th, 2023, 4:00 PM

Old Whitesboro School House - 100 East Main Street; Whitesboro, NJ 08252

An inclusive event for all (expecting mothers, new mothers, and experienced mothers) honoring maternity as a whole. Light snacks, coffee and tea to be served. Group conversation and raffles!

Contact: Virginia Fiedler, Vfiedler@qualityinc.org

**JAN
27**

Maternal Health Community Awareness

Hosted by: Communities in Cooperation & Interfaith Action Movement

January 27, 2023

Facebook: [Communities In Cooperation Inc and Interfaith Action Movements](#)

An awareness pre-recorded Q&A session with the prestigious Rutgers researcher, Leslie Kantor who will share compelling information designed to connect the community to maternal health awareness, disparities and remedies requiring community engagement.

Contact: Pamela Jones, Cicdirector@cic-nj.org

**JAN
27**

Rutgers CCR&R Atlantic County Maternal Health Resource and Informational Day

Hosted by: Rutgers Southern Regional Child Care Resource and Referral
Agency- Atlantic County

January 27, 2023, All Day

*Rutgers Southern Regional CCR&R Agency Atlantic County Office, 1201 New
Road Suite 100 Linwood, NJ 08221*

This event will be an informational resource table, with an unlimited number of
resources and information for families.

Contact: Maria Cardona, maria.cardona@rutgers.edu

**JAN
27**

#NurtureNJTakeover with Rose-Anne Uwague, Maternal Health Advocate & Parent Ambassador

Hosted by: Office of the First Lady

January 27, 2023, 10:00 AM-6:00 PM

[@FirstLadyNJ](#) on [Facebook](#) and [Twitter](#)

[@firstladynewjersey](#) on [Instagram](#)

Rose-Anne Uwague, a Maternal Health Advocate and Parent Ambassador, will be taking over First Lady Tammy Murphy's social media on Friday, January 27th! #NurtureNJTakeovers focus on elevating and amplifying the voices of mothers across New Jersey and are an opportunity to increase awareness of the maternal and infant health crisis, birth justice, and resources for mothers by elevating the voices and experiences of those in the fight to make New Jersey the safest, most equitable place to deliver and raise a baby. Follow along with us at [@FirstLadyNJ](#) on Facebook and [@firstladynewjersey](#) on Instagram! To learn more about Rose-Anne, follow [@ruwague](#) and [@lifecoachonfire](#)!

**JAN
27**

Feminine Care Products & Resources

Hosted by: Inland Family Success Center

January 27th, 2023, 10:30 AM-12:00 PM

3050 Spruce Avenue, Egg Harbor Township, New Jersey 08234

Inland Family Success Center center will be distributing feminine care products in collaboration with Krista Bair from AtlantiCare. During this event, we will share information maternal mortality prevention and provide resources available to women in Atlantic County.

**JAN
27**

Salem County Maternal Health Walk-in Cafe

Hosted by: Rutgers Southern Regional Child Care Resource & Referral Agency-Salem County

January 27, 2023, 12:00-3:00 PM

Rutgers Southern Regional CCR&R-Salem 17 Carroll Ave., Pennsville, NJ 08070

This walk-in event is open to our CCR&R clients and community families that want to learn more about Maternal Health. Come in to learn more about maternal health, early child development and screening, and lead screening with the Salem County's Health Department. Walk away with resources and new connections.

Contact: Khaleha Burroughs, khaleha.burroughs@rutgers.edu

**JAN
28**

A Day of Community Healing: Yoga, Mindfulness, & Dance

Hosted by: Greater Newark Women's Reproductive Health Clinical Advisory Group

January 28, 2023, 11:00 AM-3:00 PM

Jehovah Jireh Praise & Worship Church Center

505 S 15th St, Newark, NJ 07103

RSVP here: <https://tinyurl.com/NMHAD>

The Women's Reproductive Health Clinical Advisory Group is hosting a Day of Community Healing on Saturday January 28th in honor of Maternal Health Awareness Day 2023. This free event will be held at Jehovah Jireh Praise and Worship Church Center (505 South 15th Street, Newark, NJ, 07103) from 11am to 3pm. The event features a community healing circle facilitated by Sharon Stroye (Director of Rutgers University Newark Truth, Racial Healing, and Transformation Center), mindfulness facilitated by Jillian Faulks (Owner of Majuta Wellness), yoga facilitated by Leslie Hernandez (Owner/Founder of I'm So Yoga Newark), and dance/creative movement facilitated by Lara Gonzalez (Dance/Musician/Creator). Food, childcare and parking will be provided. There will be giveaways and raffle prizes to win. The first 25 people to register and attend will receive a self-care gift set on the day of the event.

Contact: Yolanda Mack, Greater Newark Health Care Coalition,
Ymack@greaternewarkhcc.org

**JAN
30**

Understanding Perinatal Mood & Anxiety Disorders
with PSI-NJ. Featured Speaker: Dr. Deana Stevens
PsyD

Co-Sponsored by Postpartum Support International (PSI-NJ) Chapter & New Jersey Obstetrical & Gynecological Society (NJOGS)

January 30th, 2023, 12:00-1:00 PM

Video Link: <https://meet.google.com/wgt-kmng-kxx>

Dr. Vanessa Parisi DO MS MPH FACOG NCMP PMH-C, NJOGS president & PSI-NJ Advocacy Chair, will moderate and briefly discuss Postpartum Support International's PMH-C (Certification in Perinatal Mental Health) Program. She will then introduce PSI-NJ President Katie McGowan Ed.M, PMH-C, who will educate the audience on getting involved in the PSI-NJ Chapter. Dr. Parisi will then introduce our featured speaker, Dr. Deana Stevens, PsyD PMH-C, Past President PSI-NJ, who will address Perinatal Mood and Anxiety Disorders (PMADs) for the non-behavioral health provider. Lastly, Kristy Champignon, LMHC, LPC, ACS, PMH-C, PSI-NJ Chair of Education and Training, will inform the audience of PSI-NJ's upcoming CME program.

Contact: Vanessa Parisi, njogspresident@gmail.com

**JAN
31**

Bloom into Better Maternal Health

**Hosted by: Southern New Jersey Perinatal Cooperative,
Southern Jersey Family Medical Centers and Aetna**

January 31, 2023, 10:00 AM-12:00 PM

Southern New Jersey Perinatal Cooperative (Atlantic County Office), 605 W. California Avenue, Absecon, NJ 08201

Enjoy a light brunch, raffles and valuable information about having a healthy pregnancy and postpartum experience. This event is free and open to all pregnant individuals and their families and parents of young infants. Space is limited. Please RSVP by January 25. Call 856-340-1385 or email Alondra.Oblea@sjfmc.org to register.

Contact: Alondra Oblea, Alondra.Oblea@sjfmc.org or 856-340-1385