

## About Healthy Women Healthy Families

The **Healthy Women Healthy Families (HWHF) Program** is for childbearing pregnant and non-pregnant women and their families from all races and backgrounds to improve their quality of life. Participants of the program will receive personalized support from a Community Health Worker and /or group support from programs specific to reducing infant death in cities with high rates of black infant mortality.

**Central Intake**

**Community Health Worker**

### Central Intake:

- ❖ Simplifies and streamlines the referral process
- ❖ Helps identify individual and family needs
- ❖ Provides linkages to appropriate services and programs

### Community Health Workers:

- ❖ Trusted members of the community
- ❖ Assists with enrollment into health-related and non health-related services
- ❖ Provides continuous communication by person, phone, text, and social media

## To Learn More About Resources

For more information about working with a Community Health Worker, or to learn more about resources available in your area, contact your local Central Intake Office:

Atlantic	800-611-8326
Bergen	973-942-3630 x11
Burlington	800-611-8326
Camden	800-611-8326
Cape May	800-611-8326
Cumberland	856-431-4180
Essex	973-621-9157
Gloucester	856-431-4180
Hudson	201-876-8900 x 221
Hunterdon	888-551-6217
Mercer	888-551-6217
Middlesex	888-551-6217
Monmouth	877-352-7843
Morris	973-343-2650
Ocean	877-352-7843
Passaic	973-942-3630 x14
Salem	856-431-4180
Somerset	888-551-6217
Sussex	844-807-3500
Union	201-876-8900 x 221
Warren	844-807-3500

# Healthy Women Healthy Families

**Improving Maternal Child Health and Reducing Disparities in Birth Outcomes in New Jersey**



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## Did you know?

Prenatal care is an important part of staying healthy during pregnancy.

Babies of mothers who do not get prenatal care are at an increased risk to have a low birth weight and more likely to die than those born to mothers who do get care.

Black women are dying at a significantly higher rate than white women due to pregnancy-related complications.



Healthy Women Healthy Families community health workers can help connect you to free services and programs such as...



Community-Based Resources



Medical Care



Group Prenatal Care (Centering)



Doula Services



Breastfeeding Groups



Fatherhood Groups

...And so much more!