

We're changing the paradigm in maternal health by amplifying, supporting, and empowering our communities. We firmly believe all people must have access to safe respectful births and every family deserves the opportunity to thrive.

**This list includes our primary community initiatives.** Please contact us for more information or to learn about our professional engagement programs.

### Childhood Lead Poisoning Prevention Program

This program provides resources for a lead-free home to promote child development. Get access to community programs and a healthy home kit. **Region-wide program**

### Community and Postpartum Doulas

This program expands access to doula care and provides free community doula and/or postpartum doula services to qualifying northern New Jersey families in an effort to reduce care disparities and promote safe respectful births. **Varies by program**

### Connecting NJ

A one-stop referral source for pregnancy, reproductive health, and parenthood support. **Statewide program - PMCH operates Connecting NJ in Bergen, Hudson, Morris, Passaic, and Union counties** [nj.gov/connectingnj](https://nj.gov/connectingnj)

### Early Childhood Specialist Initiative

Learn more about your infant/toddler's development and mental health and get strategies for promoting attachment and pre-school readiness. **Bergen, Hudson, Morris, Passaic, and Union counties**

### Family Connects NJ

This new program, funded by the State of New Jersey, connects parents with a specially trained nurse for a personalized follow-up visit at home within the first two weeks after their child's birth. Visits are offered to all families at no cost, regardless of income, insurance or immigration status. By 2027, all NJ residents will be eligible for this program. **Bergen, Essex, Passaic, Hudson, & Sussex (Morris, Union, and Warren coming in 2027)** [familyconnectsnj.org](https://familyconnectsnj.org)

### Family Success Centers

These neighborhood gathering places in Dover (Excellence Family Success Center) and Irvington (Unity Family Success Center) connect residents with free one-on-one support, resources and parent-child activities. Activities include parenting classes, citizenship classes, health & nutrition classes, homework help for kids, and self-sufficiency programs. **Morris and Essex counties**

### FELLAS - Fathers Empowered to Learn, Lead, and Achieve Success

This program engages fathers throughout Essex County to promote healthy relationships, strengthen parenting skills, and increase economic stability through employment support. **Essex County**



### Healthy Women, Healthy Families

This program provides women with vital information about reproductive health, prenatal services, and postpartum services through resource referral, individual support plans, and informational workshops. **Bergen, Essex, Hudson, Morris, Passaic, & Union**

### Immunization Programs

We offer community education programs about the importance of vaccinations for adults, expectant parents, and children for preventable diseases including the flu, COVID, HPV, and more. **Region-wide program**

### Maternal Home Visitation & Support Services

Pregnancy is a time of great joy, but it can also be terrifying if you do not have support. We offer a variety of maternal home visitation programs including Healthy Families, Nurse-Family Partnership, and Parents as Teachers. These long-term programs can help you if you are planning for a pregnancy, are pregnant, or are a new parent. Get connected at **Bergen, Essex, Hudson, Morris, Passaic, and Union counties** [nj.gov/connectingnj](http://nj.gov/connectingnj).

### NJ Postpartum Resource and Support Network

Emotional well-being is a core component of your mental health. Caring for your emotional well-being is as important as caring for your physical needs. We offer free support groups and resources that are focused on mental health and depression throughout your journey including prenatal support while you are pregnant, after you have been pregnant (postpartum), and new motherhood. We also offer important support if you have suffered a pregnancy loss. **Region-wide program**

### Perinatal Addictions Prevention Project

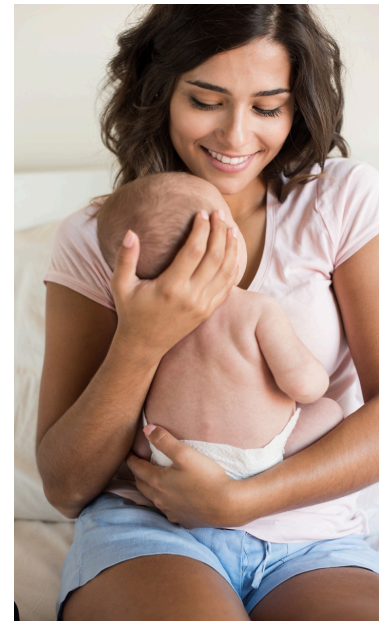
This program provides tools and resources for those who are coping with addiction while pregnant. Get connected with information and practical help for you or your partner. **Region-wide program**

### Prematurity Prevention Initiative

Did you know that Black women are at a higher risk for preterm birth? Preterm birth can cause health complications for both the mother and child. Learn the facts about preterm birth and tips for a healthy pregnancy through this Family Health Initiatives program. **Passaic, Hudson, Essex, and Union counties** [njpreterm.org](http://njpreterm.org)

### Teen Speak NJ

Ever feel like you don't understand your pre-teen or teen? We partner with community organizations and schools to offer free educational seminars for parents to foster strong communication between parents/guardians and teens. **State-wide program**



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### Region-Wide Programs & Sussex County

973-268-2280

#### Bergen & Passaic Counties

973-942-3630

#### Essex County

973-372-4353

#### Hudson & Union Counties

201-876-8900

#### Morris & Warren Counties

973-620-9711