

# ***New Jersey Postpartum Resources and Support Network***

***Supporting the Emotional Health of Birthing Individuals***

**Are you pregnant or postpartum and  
not feeling quite like yourself?**

**Did you experience the loss of a pregnancy or the death of  
a baby and need some extra support?**

**You are not alone.  
We are here to help!**

**The staff of the  
New Jersey Postpartum Resources and Support Network  
will provide you with emotional support  
and resources to help you to feel more like yourself again.**

**Contact the Program Manager at [NJPRSN@CJFHC.org](mailto:NJPRSN@CJFHC.org)**

