



The New Jersey Regional Maternal Health Resource Directory



About

The regional maternal health consortia's programs that are focused on perinatal mental health have collaborated in compiling a list of mental health and other various resources available by region, and by county, for New Jersey perinatal residents to use.

While this list will be updated periodically, it is important to remember that the details within this guidebook may change such as insurance information, locations, and contact information. Contact your insurance provider to find the most up to date details regarding insurance coverage and mental health services.

--If you are having a mental health emergency and are in need of immediate assistance, please call 911 or go to the emergency room. These resources are not intended for emergency use.

Support for Postpartum Depression & Perinatal Mood Disorders

North Jersey: Emotional Well-Being Program

Central Jersey: Pregnancy and Parenting Wellness Program

South Jersey: Postpartum Wellness Initiative for South Jersey

988 - National Maternal Mental Health Hotline

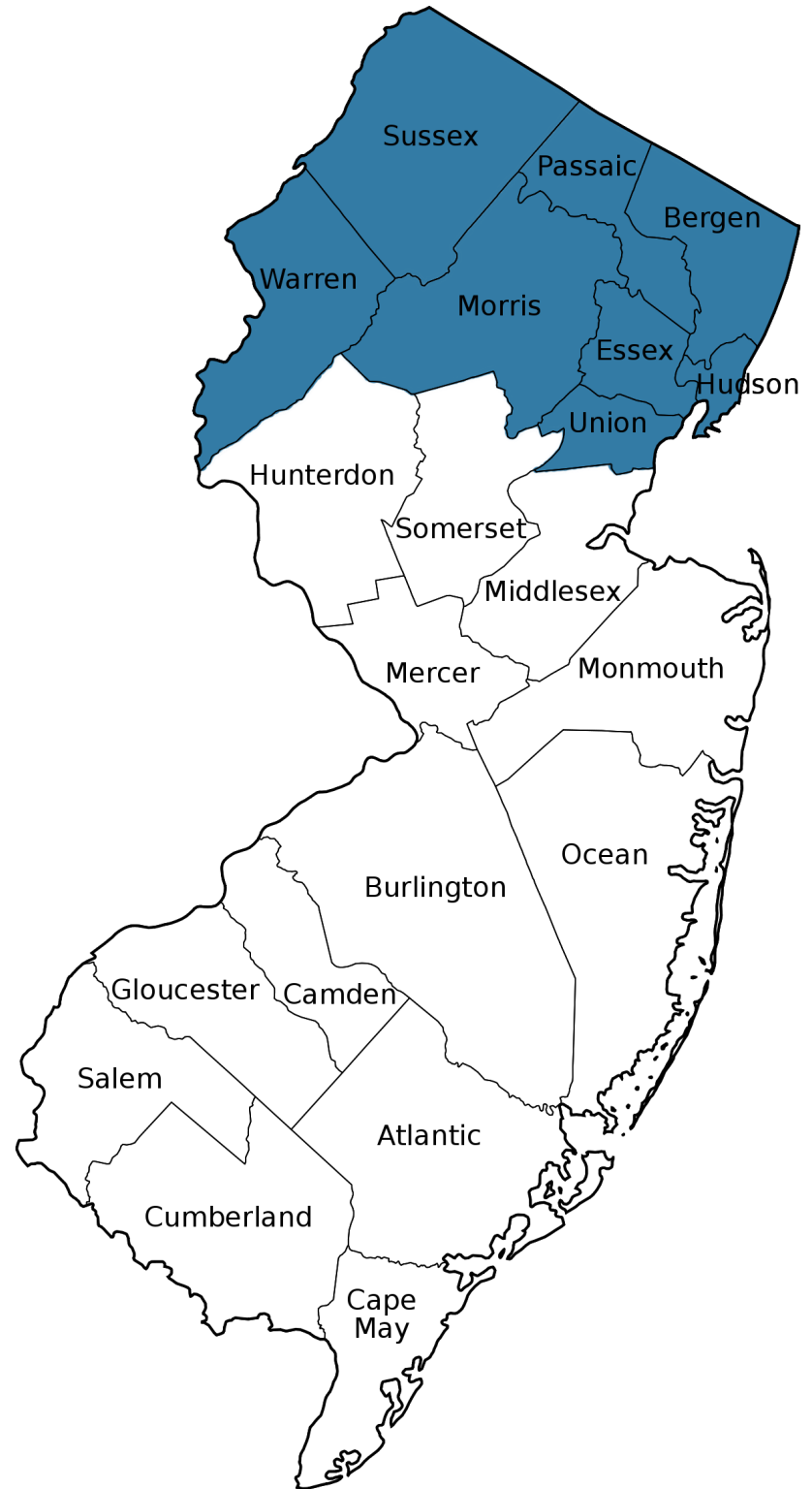


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North Jersey

Counties:
Essex, Bergen, Hudson,
Morris, Passaic, Sussex,
Union and Warren



Psychiatrists

County	Name	City	Insurance Accepted	Address	Phone Number	Website	In-Network Insurance Plans
Bergen	123 Psychiatry	Teaneck	Yes	800 Catalpa Ave.	973-600-5465	www.123psychiatry.com	Aetna, Horizon (and other Blue Cross Blue Shield), Cigna, Empire, BeaconHealth/Value Options, and United/Oxford.
Bergen	Hudson Psychiatric Associates	Paramus	Yes	140 East Ridgewood Ave, Suite 415	201-222-8808	www.hudsonpsych.com	Aetna
Bergen	Arista Psychological and Psychiatric Services	Paramus, Englewood, Ridgewood	Yes		201-368-3700 Paramus 201-226-1880 Englewood 201-568-0843 Ridgewood	https://www.counselingpsychotherapynjny.com/	Aetna, BCBS, Cigna, Horizon BCBS, Oxford, United Behavioral Health, United Healthcare
Bergen	Center of Revitalizing Psychiatry	Hackensack	Yes	795 Main Street.	201-380-2215	https://www.revitalizingpsychiatry.com/	Accepts most major insurances
Bergen	Daniel Finch, MD, PMH-C	Paramus	Yes	610 Valley Health Plaza	201-265-8200	https://careplusnj.org/	n/a
Bergen	Carolyn Certo Gnerre, MD	Ridgewood	No		201-972-5116	https://www.cgmentalhealth.com/	Out of Network
Bergen	Aerin Hyun, MD, PhD	Tenafly	No	82 N. Summit St. Ste. B	212-390-8736	n/a	n/a
Bergen	TMR Mental Health Care	Hackensack	No	835 Main St. 2nd fl.	201-678-1802	https://tmmrmentalhealthcare.com/	Out of Network ; Cost per session \$225-\$500, Sliding Scale
Essex	123 Psychiatry	Montclair	Yes	311 Claremont Ave.	973-600-5465	www.123psychiatry.com	Aetna, Horizon (and other Blue Cross Blue Shield), Cigna, Empire, BeaconHealth/Value Options, and United/Oxford.
Essex	Cherie Elfenbein, MD	Montclair	No	96 Park Street	973-333-4087	N/A	Out of Network
Essex	Kofoworola Ojo, MD	Short Hills	No	Telepsychiatry only	973-397-5519 or 201-389-2729	https://sklifestylepsychiatry.com/	Out of Network
Essex	Mindful Medicine	Short Hills	No	1200 Morris Turnpike	973-525-6757	https://www.mindfulmedicinemd.com/	Self-Pay
Hudson	Hudson Psychiatric Associates Linda Chuang, MD	Hoboken	Yes	36-42 Newark Street, Suite 301	201-222-8808	www.hudsonpsych.com	Aetna
Morris	Harmony Bay Wellness	Morristown	Yes	Morristown, NJ	973-798-9062	https://www.harmonybaywellness.com/?utm_source=PsychologyToday.com&utm_medium=referral&utm_campaign=NJ&utm_term=ptz12	Aetna, AmeriHealth, Anthem, Blue Cross and Blue Shield, Cigna and Evernorth, Empire BlueCross BlueShield, Horizon Blue Cross and Blue Shield, Magellan, MultiPlan, Optum, Oxford, UMR, UnitedHealthcare UHC UBH Out of Network
Union	Westfield Psychiatric Group	Westfield	No Sliding Scale	577 Westfield Avenue	908-975-0682	https://www.westfieldpsychiatry.com/	
Union	Bright Minds	Cranford	Yes	11 Commerce drive	(908)386-5517	http://www.brightmindsmd.com/	- Straight Medicare plans, Commercial and Medicare Aetna plans, Commercial Horizon BCBS NJ plans, Commercial Optum/UnitedHealth NJ plans, & Cigna/Evernorth** (Dr.Samarendra Only)

Bergen County Therapists

Name	City	Insurance Accepted	Address	Phone Number	Website	In-Network Insurance Plans
Kristina Vande Vrede, PsyD, PMH-C	Ridgewood	Yes	65 N. Maple Avenue, Suite 301a	973-963-7454	www.drkristinavv.com/	Aetna
Tara Harkins Psychotherapy and Counseling	Oradell	Yes	550 Kinderkamack Road, Suite 126	201-903-2466	www.counselingoradell.com	Aetna, Cigna, Horizon Blue Cross Blue Shield
123 Psychiatry	Teaneck	Yes	800 Catalpa Ave.	973-600-5465	www.123psychiatry.com	Aetna, Horizon (and other Blue Cross Blue Shield), Cigna, Empire, BeaconHealth/Value Options, and United/Oxford.
Joyce Taormina, LCSW	Woodcliff Lakes	Yes	136 Broadway	201-588-3711	N/A	Aetna, United Healthcare, Oxford, Oscar, Cigna and Blue Cross Blue Shield.
Joy Mental Fitness	Clifton	Yes	377 Valley Road, Unit 1070	551-308-0890	www.joymental.com/	United Healthcare (UHC UBH), Oscar Health, Oxford, Aetna, Cigna, Blue Cross and Blue Shield (including Horizon, Anthem, etc)
Dori Kavanagh, LCSW	Englewood	No	342 Grand Avenue, 2nd Floor	917-923-5497	www.dorikavanagh.com	N/A
Tara Sager	Cresskill	No	153 County Rd. Suite 2A2	201-575-1255	https://www.drparasager.com/fees.html	out of network
Beautiful Journey Counseling	Mahwah	No	860 Wyckoff Ave. St 206 & 303	551-319-2029	https://www.beautifuljc.com/contact-beautiful-journey-counseling/	out of network
The Women's Wellness Center of Bergen County	HoHoKus	No	111 Warren Ave. Suite 1-2	201-256-3870	https://womenswellnessbergenco.org/	out of network
CarePlus NJ/ Maternal & Family Center	Paramus	Yes	610 Valley Health Plaza	201-975-5466	https://careplusnj.org/children-family-services/maternal-family-center/	Aetna Better Health, Medicaid
Family Dynamics Counseling	Ridgewood	No	216 Dayton St.	201-978-7585	https://www.familydynamicsnj.com/	out of network- initial session rate is \$225; All subsequent sessions are \$185
Cayte Castrillon, LCSW	Midland Park	No	700 Godwin Ave. Ste 200	201-788-4601	https://www.communicayte.com/	out of network
Healing Connections Counseling Center	Ramsey	Yes	79 N. Franklin Turnpike Ste. 107	201-749-1750	https://www.healingconnectionsny.com/	BCBS and out of network benefits
Alisa Rosenberg, Psy. D	Glen Rock	No	Virtual	646-933-8130	https://zencare.co/provider/therapist/alisa-rosenberg	Out of network
CBHCare- Bergen County's Postpartum Mood Disorder Treatment Center	Hackensack, Lyndhurst	Yes	25 E. Salem St. 516 Valley Brook Ave.	201-646-0333 Hackensack 201-935-3322 Lyndhurst	https://www.cbhcare.com/postpartum-treatment-center	Private Insurance, Managed Care, Self-Pay, Medicare and Medicaid accepted; consumers without benefits eligible for 12 sessions at no charge

Bergen County Therapists Cont.

Name	City	Insurance Accepted	Address	Phone Number	Website	In-Network Insurance Plans
Kristina Vande Vrede, PsyD, PMH-C	Ridgewood	Yes	65 N. Maple Avenue, Suite 301a	973-963-7454	www.drkristinavv.com/	Aetna
Tara Harkins Psychotherapy and Counseling	Oradell	Yes	550 Kinderkamack Road, Suite 126	201-903-2466	www.counselingoradell.com	Aetna, Cigna, Horizon Blue Cross Blue Shield
123 Psychiatry	Teaneck	Yes	800 Catalpa Ave.	973-600-5465	www.123psychiatry.com	Aetna, Horizon (and other Blue Cross Blue Shield), Cigna, Empire, BeaconHealth/Value Options, and United/Oxford.
Joyce Taormina, LCSW	Woodcliff Lakes	Yes	136 Broadway	201-588-3711	N/A	Aetna, United Healthcare, Oxford, Oscar, Cigna and Blue Cross Blue Shield.
Joy Mental Fitness	Clifton	Yes	377 Valley Road, Unit 1070	551-308-0890	www.joymental.com/	United Healthcare (UHC UBH), Oscar Health, Oxford, Aetna, Cigna, Blue Cross and Blue Shield (including Horizon, Anthem, etc)
Dori Kavanagh, LCSW	Englewood	No	342 Grand Avenue, 2nd Floor	917-923-5497	www.dorikavanagh.com	N/A
Tara Sager	Cresskill	No	153 County Rd. Suite 2A2	201-575-1255	https://www.drparasager.com/fees.html	out of network
Beautiful Journey Counseling	Mahwah	No	860 Wyckoff Ave. St 206 & 303	551-319-2029	https://www.beautifuljc.com/contact-beautiful-journey-counseling/	out of network
The Women's Wellness Center of Bergen County	HoHoKus	No	111 Warren Ave. Suite 1-2	201-256-3870	https://womenswellnessbergenco.org/	out of network
CarePlus NJ/ Maternal & Family Center	Paramus	Yes	610 Valley Health Plaza	201-975-5466	https://careplusnj.org/children-family-services/maternal-family-center/	Aetna Better Health, Medicaid
Family Dynamics Counseling	Ridgewood	No	216 Dayton St.	201-978-7585	https://www.familydynamicsnj.com/	out of network- initial session rate is \$225; All subsequent sessions are \$185
Cayte Castrillon, LCSW	Midland Park	No	700 Godwin Ave. Ste 200	201-788-4601	https://www.communicayte.com/	out of network
Healing Connections Counseling Center	Ramsey	Yes	79 N. Franklin Turnpike Ste. 107	201-749-1750	https://www.healingconnectionsny.com/	BCBS and out of network benefits
Alisa Rosenberg, Psy. D	Glen Rock	No	Virtual	646-933-8130	https://zencare.co/provider/therapist/alisa-rosenberg	Out of network
CBHCare- Bergen County's Postpartum Mood Disorder Treatment Center	Hackensack, Lundhurst	Yes	25 E. Salem St. 516 Valley Brook Ave.	201-646-0333 Hackensack 201-935-3322 Lyndhurst	https://www.cbhcare.com/postpartum-treatment-center	Private Insurance, Managed Care, Self-Pay, Medicare and Medicaid accepted; consumers without benefits eligible for 12 sessions at no charge

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Tara Harkins Psychotherapy and Counseling	Oradell	Yes	550 Kinderkamack Road, Suite 126	201-903-2466	www.counselingoradell.com	Aetna, Cigna, Horizon Blue Cross Blue Shield
123 Psychiatry	Teaneck	Yes	800 Catalpa Ave.	973-600-5465	www.123psychiatry.com	Aetna, Horizon (and other Blue Cross Blue Shield), Cigna, Empire, BeaconHealth/Value Options, and United/Oxford.
Joyce Taormina, LCSW	Woodcliff Lakes	Yes	136 Broadway	201-588-3711	N/A	Aetna, United Healthcare, Oxford, Oscar, Cigna and Blue Cross Blue Shield.
Joy Mental Fitness	Clifton	Yes	377 Valley Road, Unit 1070	551-308-0890	www.joymental.com/	United Healthcare (UHC UBH), Oscar Health, Oxford, Aetna, Cigna, Blue Cross and Blue Shield (including Horizon, Anthem, etc)
Dori Kavanagh, LCSW	Englewood	No	342 Grand Avenue, 2nd Floor	917-923-5497	www.dorikavanagh.com	N/A
Tara Sager	Cresskill	No	153 County Rd. Suite 2A2	201-575-1255	https://www.drparasager.com/fees.html	out of network
Beautiful Journey Counseling	Mahwah	No	860 Wyckoff Ave. St 206 & 303	551-319-2029	https://www.beautifuljc.com/contact-beautiful-journey-counseling/	out of network
The Women's Wellness Center of Bergen County	HoHoKus	No	111 Warren Ave. Suite 1-2	201-256-3870	https://womenswellnessbergenco.org/	out of network
CarePlus NJ/ Maternal & Family Center	Paramus	Yes	610 Valley Health Plaza	201-975-5466	https://careplusnj.org/children-family-services/maternal-family-center/	Aetna Better Health, Medicaid
Family Dynamics Counseling	Ridgewood	No	216 Dayton St.	201-978-7585	https://www.familydynamicsnj.com/	out of network- initial session rate is \$225; All subsequent sessions are \$185
Cayte Castrillon, LCSW	Midland Park	No	700 Godwin Ave. Ste 200	201-788-4601	https://www.communicayte.com/	out of network
Healing Connections Counseling Center	Ramsey	Yes	79 N. Franklin Turnpike Ste. 107	201-749-1750	https://www.healingconnectionsny.com/	BCBS and out of network benefits
Alisa Rosenberg, Psy. D	Glen Rock	No	Virtual	646-933-8130	https://zencare.co/provider/therapist/alisa-rosenberg	Out of network
CBHCare- Bergen County's Postpartum Mood Disorder Treatment Center	Hackensack, Lundhurst	Yes	25 E. Salem St. 516 Valley Brook Ave.	201-646-0333 Hackensack 201-935-3322 Lyndhurst	https://www.cbhcare.com/postpartum-treatment-center	Private Insurance, Managed Care, Self-Pay, Medicare and Medicaid accepted; consumers without benefits eligible for 12 sessions at no charge

Essex County Therapists

Name	City	Insurance Accepted	Address	Phone Number	Website	In-Network Insurance Plans	Notes
123 Psychiatry	Montclair	Yes	311 Claremont Ave.	973-600-5465	www.123psychiatry.com	Aetna, Horizon (and other Blue Cross Blue Shield), Cigna, Empire, BeaconHealth/Value Options, and United/Oxford.	
Resolution Counseling Center	Bloomfield	Yes	256 Broad St.	201-632-5554	www.resolutioncc.com	Aetna, Horizon, Anthem, BCBS, United, Optum, Oxford, Meritain & NY 1199 plans	They have multiples locations (Millburn, Bloomfield & Jersey City)
Family Healing Center	Livingston	Yes	349 East Northfield Road, Suite LL5	973-251-2878	www.familyhealingcenternj.com	Aetna, Horizon, Anthem, BCBS, United, Oxford (All major insurance)	Specializes in grief and Infertility counseling
Main St. Counseling Center	West Orange	Yes	8 Marcella Avenue	973-736-2041	www.mainstcounseling.org	All Medicaid, Medicare, Sliding scales & Out of network benefits for all major insurance	
Amy Edelstein LCSW,CEDS,PMH-C	Montclair	No	516 Bloomfield Avenue, Suite 2	201-981-9318	www.amytherapy.com	Out of network reimbursement only	
Brittany Ruane,LCSW	Livingston	No	2 West Northfield Road	203-745-2132	www.mindsoother.com	Out of network reimbursement only	Specializes in Eating Disorders, Pregnancy, prenatal and postpartum, and Depression
Claudia Pascale, PHD	Montclair	No	Telehealth only	862-212-0816	N/A	Out of network reimbursement only	Anxiety, Infertility & pregnancy, prenatal & postpartum issues
Judy Clyman	North Caldwell	Yes	76 Grandview Ave	973-509-8195	www.drjudyclyman.com	Medicare, Horizon BCBS of NJ traditional plans, Oxford & United Health Care & Out of Network Reimbursement	
Kimberly Vera, Eds, LPC	Ironbound of Newark	Yes	41-51 Wilson Avenue, Suite 2F	551-209-0852	N/A	Aetna, BlueCross, and BlueShield, and Cigna	Grief, Infertility, Anxiety, Trauma & PTSD, Perinatal Issues
Liat Matthew	Livingston	Yes	66 West Mount Pleasant Avenue	646-849-3219	N/A	Medicare & Out of Network Benefits Or	Specialty is PTSD, Loss, and Grief
Michelle Berniker, PsyD	Livingston	Yes	2 West Northfield Rd Suit 305	973-346-9549	N/A	Medicare & Out of Network	Costs per session from \$200 -\$250
TherapyStory	Montclair	No	1285 Broad Street, 2nd floor	973-283-5516	www.therapystory.net	Out of Network benefits only	Specialises in Perinatal mental Health
Naa Adoley M. Pappoe	Bloomfield	No	Telehealth only	862-256-5581	www.naapappoe.com	Out of pocket payment only	Specializes in Infertility, Women's Issues, Pregnancy & Postpartum (African American

Essex County Therapists Cont.

Name	City	Insurance Accepted	Address	Phone Number	Website	In-Network Insurance Plans	Notes
The Bridge -Center for Wellbeing	West Caldwell	Yes	860 Bloomfield Avenue	973-707-3193	www.thebridgenj.org	Aetna, Aetna Better Health , AmeriHealth	There is a second office in Irvington NJ at 50 Union Avenue , Irvington NJ 07111
Reimagined Mind Counseling & Consultation	Rosland	No	Telehealth	973-354-5865	www.reimaginedmind.com	Out of pocket & Out of Network Benefits	Trauma, PTSD, Pregnancy, Prenatal, Postpartum, and Anxiety
Alexis E. Menken, PHD	Upper Montclair	No	176 Summit Ave	973-783-7681	www.consciousmotherhoodexperience.com	Out of pocket	Specializes in Pregnancy, Prenatal, Postpartum , Infertility, and anxiety
Kanisha Bakayoko	Bloomfield	Yes	Telehealth	862-203-7818	https://www.harmonycounselingllc.org/	BCBS, Cigna, Anxiety, Depression , Couple	Millenial motherhood
Lauren Charlip , LCSW	Essex	Yes	Telehealth	973-348-5538	https://www.laurencharlip.com/	Aetna & Self pay	
La Luna Counseling & Wellness	Virtual services	No	Telehealth	732-943-6791	https://lalunacounselingandwellness.com/	Self Pay & Sliding scale	
Elizabeth Stults	Montclair	No	Park Street Suites	(551) 209-0224	N/A	Self Pay & Out of Network	
Christina Marie Colon	Montclair	No	33 Plymouth St, 301	(862) 281-6588	http://www.thecanopytree.com/	Out of Network	Sunday appointments only
Change of Mind Counseling	Montclair	Yes	Telehealth Only	609-217-3868	https://www.changeofmindcounseling.com/	Aetna, BCBS, Out of Network & Self Pay	
Christine M. Snyder, LCSW	Livingston	No	107 East Mount Pleasant Avenue,	201-248-5552	https://snyderlcsw.com/	Out of Network & Self Pay	Specializes in men's therapy. She provides counseling for dad who are experiencing perinatal mood and anxiety disorder. Her practice also focuses on Infe
Asset Therapy	South Orange	No	Telehealth Only	908-738-1088	https://www.assettherapy.com/	Self Pay; Out of Network	

Essex County Therapists Cont.

Name	City	Insurance Accepted	Address	Phone Number	Website	In-Network Insurance Plans	Notes
Cooperman Barnabas PMAD Center	Livingston	Yes	200 S. Orange Ave Suite 107 (Expected Move Jan '23)	973-322-7006	N/A	Beacon Health Options, Cigna, Clover Health, Consumer Health Network (CHN), Devon, Empire BCBS of New York, First Health, First Managed Care Option, Horizon BCBS of New Jersey, Horizon NJ Health, Magnacare/Brighton Health Plan Solutions, Multiplan/PHCS/Beechstreet, Qualcare, Aetna, Amerigroup, Amerihealth, Magellan Health Services, Cigna Behavioral Health, OptumHealth Care Solutions, Humana Military (Tricare), United Healthcare & Oxford Plans, United Community Plan, US Family Health Plan, WellCare, World Trade Center Health Program.	
Kristian Lynch, LCSW,LLC	South Orange	No	155 Kilburn Place	908-845-3145	https://www.kristianlynchlcs.com/	Out of Network, Sliding Scale & Self pay	Specializes in grief and trauma.

Hudson County Therapists

Name	City	Insurance Accepted	Address	Phone Number	Website	In-Network Insurance Plans
Heights Psychotherapy	Jersey City	No	523 Palisade Ave	347-213-1563	https://heightspsychotherapy.com/	N/A
First Light Therapy - Allie Loeb, LCSW	Hoboken	No	258 Newark Street, Suite 208	908-758-4624	https://www.firstlighttherapynjny.com/	N/A
Amanda Ahearn, LPC Mindful Power Coaching & Therapy Practice	Hoboken	No	51 Newark St. , 404A	201-839-6873	https://mindfulpower.net/	N/A
Mollie Busino, LCSW	Hoboken	No	51 Newark St. , 404A	201-839-6873	https://mindfulpower.net/	N/A
Gail Savoie	Hoboken	No	51 Newark St. , 404A	201-839-6873	https://mindfulpower.net/	N/A
Resolution Counseling Center (3rd St office)	Jersey City	Yes	349 3rd Street	201-632-5554	www.resolutioncc.com	Aetna, Horizon, Anthem, BCBS, United, Optum, Oxford, Meritain& NY 1199 plans
Resolution Counseling Center (Wayne St Office)	Jersey City	Yes	33 Wayne Street, Suite 1R	201-632-5554	www.resolutioncc.com	Aetna, Horizon, Anthem, BCBS, United, Optum, Oxford, Meritain& NY 1199 plans
Mary Beth Botts, LCSW, LCADC	Jersey City	No	121 Newark Ave, Suite 506	201-241-2789	https://psidirectory.com/listing/mary-beth-botts-lcsw-lcadc.html	N/A
Linda Sloan Locke LSW,MPH,FACNM at The Rapha Collective,LLC	Jersey City	No	492 Communipaw Ave	201-322-6291	https://www.theraphacollective.com/	
Diana Perales, LCSW	Hoboken	No	51 Newark Street Suite 407	(201) 688-0797		

Morris County Therapists

Name	City	Insurance Accepted	Address	Phone Number	Website	In-Network Insurance Plans
Postpartum Health and Harmony	Chatham	Yes	368 Main St.	862-200-7218	www.postpartumhh.com/	Cigna, ComPsych, Blue Cross Blue Shield
Postpartum Health and Harmony	Denville	Yes	3175 Rt. 10, Building C, Suite 700	862-200-7218	www.postpartumhh.com/	Cigna, ComPsych, Blue Cross Blue Shield
Shawn Portner, LCSW Emotional Wellness for Women and Mothers	Florham Park	Yes	17 Hanover Road , Building 100, Suite 110	973-946-8957	www.shawnportner.com	Aetna
Skylands Wellness, Nicole Bolognini, LCSW, PMH-C	Succasunna,	No	54 Main Street, Suite 202	9735274539	Home - Skylands Wellness	N/A
Danielle Smith LCSW, PMHC Empowered Counseling LLC	Kinnelon	Out of Network only	106 New Jersey 23	(862) 212-3436	https://www.empoweredcounselingnj.com/	Out of Network only
Valerie Concepcion Clinical Social Work/Therapist, LCSW, PMH-C	Denville	Out of Network only	276 E Main St. Ste 10 #429	(862) 206-5866	https://www.valerieconcepcionlcsw.com/	Out of Network only
Erin Scott, LPC	Boonton	Yes	Boonton, NJ 07005	(862) 500-4754	N/A	BlueCross and BlueShield, Cigna and Evernorth, Lyra EAP, Optum, Oscar Health, Oxford, UnitedHealthcare UHC UBH Out of Network
Tamar S Stern	Morristown	Out of Network only	Morristown, NJ 07960	(973) 240-5823	mavenclinic.com	Out of Network only
Anna Marchese, MSW, LCSW	Parsippany	Out of Network only	Collaborative InSights, LLC (virtual in NJ) 1280 US 46 Suite 9	(980) 217-2454	N/A	Out of Network only
Christine Cantner, PsyD	Morristown	Out of Network only	16 Bank St	(973) 264-4515	https://bewellihs.com/	Out of Network only
Jaclyn Leit, LCSW, BC- TMH , CGIP	Denville	Out of Network only	3175 Route 10 East Building C, Suite 1009	(201) 419-6341	https://www.leitpsychotherapy.com/	Out of Network only
Postpartum Wellness Program at St. Claires	Denville	Yes	25 Pocono Road	973-625-6000	https://www.saintclares.com/services/behavioral-health-services/post-partum-wellness-program/	Aetna, AmeriChoice, AmerigroupAmeriHealth, Beech Street, Cigna, Conern Plus, Consumer Health Network (CHN), Empire, First MCO, Great-West, Horizon, Horizon NJ Health, MagnaCare, Managed Health Network, MultiPlan, Oxford Health PlansppnNEXT Private Healthcare Systems, Qualcare, TRICARE, Value Options

Passaic County Therapists

Name	City	Insurance Accepted	Address	Phone Number	Website	In-Network Insurance Plans
Barbara A Porcelli, LCSW	North Haledon	Out of network only	475 High Mountain Road Suite # 8	201) 546-9102	N/A	Out of Network
Jamie Coyne	Ringwood	Yes	Ringwood NJ	(201) 419-6865	https://www.psychologytoday.com/us/therapists/jamie-coyne-ringwood-nj/421387	Aetna, Cigna and Evernorth, Optum, Oscar Health, Oxford, UnitedHealthcare UHC UBH, Out of Network
Judith Morales (Perinatal Addictions at JC Associates)	Clifton	Yes	925 Clifton Avenue	201-643-6810	https://www.psychologytoday.com/us/therapists/perinatal-addictions-at-jc-and-associates-clifton-nj/145629	Aetna, BlueCross and BlueShield, Horizon Blue Cross and Blue Shield, Horizon Medicaid Not Approved, Out of Network
Marianne Malanaphy	Clifton	Yes	Offers online therapy	(862) 579-4851	https://www.psychologytoday.com/us/therapists/marianne-malanaphy-couples-adults-teens-millburn-nj/1044974	1199SEIU, Aetna, AnthemBlue Cross, Blue Shield,
Michelle Pichardo	Wayne	Yes	1341 Hamburg Turnpike Suite 1-5	(973) 382-7521	https://www.psychologytoday.com/us/therapists/michelle-pichardo-wayne-nj/921242	Aetna, Horizon Blue Cross and Blue Shield, Oscar Health, Oxford, UnitedHealthcare UHC UBH, Out of Network
Kim Weiss	Wayne	Out of network only	Offers online therapy	201-389-2429	https://www.psychologytoday.com/us/therapists/kim-weiss-allendale-nj/433501	Out of Network
Danielle Smith	Wayne	Out of network only	Offers online therapy	862-212-3436	https://www.psychologytoday.com/us/therapists/kim-weiss-allendale-nj/433501	Out of Network

Passaic County Therapists Cont.

Name	City	Insurance Accepted	Address	Phone Number	Website	In-Network Insurance Plans
Paula Bardales	Clifton	Yes	Offers online therapy	201-380-9112	https://www.psychologytoday.com/us/therapists/paula-bardales-adults-couples-new-mom-group-jersey-city-nj/870076	1199SEIU, Aetna, AnthemBlue Cross, Blue Shield, BlueCross and BlueShield, Empire BlueCross BlueShield, Horizon Blue Cross and Blue Shield, Meritain Health, Optum, Oxford, UMR, UnitedHealthcare UHC UBH, Out of Network
Nancy Pandiscia	Clifton	Yes	Offers online therapy	201-509-4837	Nancy Pandiscia, Clinical Social Work/Therapist, Paramus, NJ, 07652 Psychology Today	Horizon Blue Cross and Blue Shield, Horizon NJ DIRECT, Out of Network
Amy Edelstein	Wayne	Out of network only	Offers online therapy	551-239-1603	Amy Edelstein, Clinical Social Work/Therapist, Montclair, NJ, 07042 Psychology Today	Out of Network

Sussex County Therapists

Name	City	Insurance Accepted	Address	Phone Number	Website	In-Network Insurance Plans
Nicole Bognini	Newton	Out of Network Only	16 Church St. Newton, NJ 07860	973-221-8813	n/a	n/a
Claudia Pascale	telehealth serving Sussex County	Out of Network Only	Telehealth	862-212-0816		
Flora & Associates	Sparta	No	17 Woodport Rd. Ste. 2A	973-222-3030	https://floraandassociates.com/	Cost \$250 (intake), \$175 50-min session
Skylands Wellness	Newton	Out of Network Only	16 Church St	973-527-4539	https://skylandswellness.com/	

Union County Therapists

Name	City	Insurance Acce	Address	Phone Number	Website	In-Network Insurance Plans
Dr. Craig Springer Psychologist	Cranford	No	312 North Ave E, Suite C8	908-956-7979	https://goodlifecenternj.com/	N/A
Dr. Jacquelyn Doran Cunningham, PhD (Westfield Mental Health Specialists)	Westfield	No	547 East Broad Street, Second Floor	908-264-2454	https://westfieldmentalhealth.com	N/A
Erica Weber Psychotherapy	Westfield	No	220 Lenox Avenue, Suite 102	908-458-0462	https://www.ericaweberpsychotherapy.com/	N/A
Nicole D Swain, LPC, APS, ACT	New Providence	Yes	899 Mountain Ave, Suite 2D	862-289-7810	https://www.summithealth.com/doctors/nicole-swain-ma-lpc-ncc-act	Aetna, AmeriHealth, Blue Cross Blue Shield, Cigna, CHN - Consumer Health Network, Coventry Health Plans, First Health, Humana Medicare Advantage, Magnacare, Multiplan/PHCS, Oxford Healthplan, OSCAR, Qualcare, Tricare, United Healthcare,
Cohesive Health and Wellness	Westfield	No	215 North Ave W	908-308-4500	www.cohesivehealthandwellness.com	N/A
Interval Health Jennifer Perera, LCSW	Springfield	Yes	499 Morris Avenue	973-337-0586	www.intervalhealth.com	Princeton University Exclusive Provider Network, Lyra Health
Balanced Living Therapy	Union	Yes	971 Stuyvesant Avenue, Suite 12	973-306-4186	https://www.psychologytoday.com/us/therapists/imaan-ramjan-union-nj/469488	N/A
Kristina Cofone, LCSW at Hope, Healing & Happiness Counseling Services, LLC	Fanwood	No	141 South Ave, Suite 101	908-312-0417	https://www.hopehealinghappinesscounseling.com/	N/A
Jacqueline Wyka, PsyD, A-CBT	New Providence	Yes	890 Mountain Avenue 1st Floor	908-277-8900	https://www.summithealth.com/doctors/jacqueline-wyka	Aetna, AmeriHealth, Blue Cross Blue Shield, Cigna, CHN - Consumer Health Network, Coventry Health Plans, First Health, Humana Medicare Advantage, Magnacare, Multiplan/PHCS, Oxford Healthplan, OSCAR, Qualcare, Tricare, United Healthcare
Jeanne Marie Mirabella MA, LPC, NCC, PMH-C, CLC	Berkeley Heights	No	308 Springfield Avenue, Suite 4	908-247-5477		
Melissa Cohen, LCSW	Westfield	No	124 St. Paul Street	(908)372-0263	https://melissacohenlcsw.com/	

Warren County Therapists

Name	City	Insurance Accepted	Address	Phone Number	Website	In-Network Insurance Plans
Grace Behavioral Health	Belvidere	No	1 Brookfield Glen Drive	908-652-5311	https://www.gracebehavioralhealth.org/	Self -Pay
Attentive Psychotherapy & Counseling Center	Hackettstown	Yes	1 Edgeview Drive, Suite 2B	908-246-1480	https://www.attentivepsychotherapy.com/	ACI Specialty Benefits EAP, Aetna, Anthem, Anthem EAP, BHS EAP, Blue Cross, Blue Shield, BlueCross and BlueShield, Canopy EAP, Cigna, ComPsych, CONCERN Health EAP, E4Health, ESI EAP, Evernorth, First Choice Health, Horizon BCBS, Konterra Group, Lyra Health, Modern Health, New Directions EAP, Optum, Oscar, Oxford, Ulliance EAP, UMR, United Healthcare, Value Options, Wellspring EAP
Clare Hoeckele	Hackettstown	Yes	486 Schooleys Mountain Rd	908-386-5202		Cigna, Evernorth, United Healthcare UHC, UBH, & HorizonBCBC
Empowered Counseling, LLC	Online	No	Telehealth only	862-701-2026	https://www.empoweredcounselingnj.com/	Self pay & Out of Network
Loreal Donovan , LPC	Hackettstown	Yes	Telehealth only	908-379-3315/908-460-8262	https://www.connectionmhcounseling.com/	Aetna, BlueCross and BlueShield, Cigna and Evernorth, Oscar Health, Oxford, UnitedHealthcare UHC UBH, Out of Network
Jennifer Gilbert Psychotherapy services LLC	Hackettstown	Yes	121 Shelley Drive, Suite 2B	908-458-9685		Aetna, Empire BlueCross and BlueShield, Horizon BCBS, Magellan, Cigna and Evernorth, Beacon Health options, Beech Street, Oxford, UnitedHealthcare UHC UBH, Out of Network, Optum and Qualcare
Mary Lorraine Graham, MSW, LCSW	Hackettstown	Yes	150 Mountain Avenue, Suite 2-12	973-828-8305		Aetna, BlueCross, BlueShield, Horizon BCBS, Magellan, Cigna and Evernorth, Beacon Health Options, Oxford, UnitedHealthcare, Out of Network, UMR

Breastfeeding Resources

Organization	Type	National or Local Organization	City	Phone Number	Website	Notes
East on Feets Chapters	Breast Milk Donatation	National	All of NJ	N/A	https://www.eatsonfeets.org/chapters https://www.facebook.com/EOFNewJersey	Donation between mothers via facebook group
Mothers' Milk Bank Northeast	Breast Milk Donatation	National	N/A	N/A	https://milkbankne.org/donate/	Donation for hospitals and NICU babies
Tinyhood	Virtual Breastfeeding Classes	National	N/A	N/A	https://www.tinyhood.com/online-parenting-classes#breastfeeding	Free classes
Zip Milk	Breast Feeding Help	National	N/A	N/A	https://zipmilk.org/	Breastfeeding support based on your area
Kelly Mom	Educational breastfeeding resourcd	National	N/A	N/A	https://kellymom.com/	
La Leche League International	Mother-to-mother support, information and education	National	N/A	N/A	https://www.llli.org/	
Milkface Breastfeeding & Lactation Support	Breastfeeding support		Andover	(973) 604-5472	https://www.milkfacebreastfeeding.com/	No charge for phone support. Offers in-home, remote and group support
The Valley Hospital	Virtual Breastfeeding Support Group		Virtual (Bergen)		https://www.valleyhealth.com/events?keywords=breastfeeding%20support%20group&category=1546	Free virtual support group every Thursday at 11:30am
The Valley Hospital	Lactation Consultations		Virtual and in-Person (Ridgewood)	(201)-291-6151	https://www.valleyhealth.com/services/lactation-consultations	
First Latch & Counseling	Lactation support/Prenatal Breastfeeding Classes		River Edge		https://www.firstlatch.com/bergen-lactation	Please refer to webpage to view consultants as well as prices for services
Little Milky Way	Lactation Support		Bergen County/Virtual	(908)-460-9331	https://www.littlemilkyway.com/	Currently accepting Aetna
Hackensack University Medical Center	Breastfeeding and lactation support		Hackensack and Virtual	(551)-996-4606	https://www.hackensackmeridianhealth.org/en/Services/Childrens-Health/Specialties-and-Services/Breastfeeding-and-Lactation-Support	
Holy Name Medical Center	Breastfeeding Preparation (English & Spanish)		Virtual		https://www.holyname.org/BirthPlace/classes.aspx	
Zip Milk WIC- NJ Passaic County	Breastfeeding and lactation support		Virtual (Passaic)	973-754-4575	WIC-NJ-Passaic County – ZipMilk	
St. Mary's General Hospital	Maternity Education (Breastfeeding Classes)		Passaic (In person)	973-365-4434		<u>Breastfeeding Class - Second Wednesday of the Month at 1:00 p.m (classes are free and open to the public)</u>
Laid Back Lactation	Breastfeeding Solutions for Parents and Babies		Morris (In person)	973-797-9525	Laid Back Lactation — NJ Breastfeeding	Currently accepting Aetna, every other insurance pays full amount, fee for in office visits
Latch on to Me	Breastfeeding Support		Morris (virtual & in person)	908-866-6455	https://www.latchontome.com/	In network with Aetna Insurance offers in office, through telehealth, and in home within 15 mins from Randolph
Atlantic Health/Overlook Medical Center	Breastfeeding Support Group	Local	Summit (Virtual)	908-522-2946	https://web.cvent.com/event/bdd940ae-5faf-4c71-9fb6-687c6982b67b/summary	
The Nesting Place	Lactation Consultation	Local	Ridgewood	201-623-3629	https://www.thenestingplacenj.com/classes	2 - hour session \$275, follow up with 60 min session \$150

Car Seat Resources

Organization	Type	National or Local Organization	Address	City	Phone Number	Website	Notes
The Ride of My Life	Free carseats to those who qualify	Local		North Caldwell	973-650-4014	https://www.therideofmylife.com	
Safe in the Seat	Education	National		N/A	N/A	https://safeintheseat.com/	
Safe Kids Bergen County	Education/Car Seat Check ups		30 Prospect Avenue Rm G-834	Hackensack	(551)-996-2423	https://www.safekids.org/coalition/safe-kids-bergen-county	
Safe Kids - Sussex County	Inspection Station		5 West Shore Trail	Sparta	(973)-971-4327		No appointment required, 4th Monday of the month, from 10am-1pm
Safe Kids - Hudson County	Inspection Station at Jersey City Medical Center	National with local chapters	355 Grand Street	Jersey City	201-915-2906	https://www.safekids.org/coalition/safe-kids-hudson-county	
Safe Kids - Union County	Inspection Station at Children's Specialized Hospital	National with local chapters	150 New Providence Rd	Mountainside	908-233-3720 x66799		
NJ State Police	Regional Child Safety Seat Checkpoints		390 Hackensack Ave.	Hackensack	609-882-2000 x2287	https://nj.gov/njsp/information/child-safety-seat.shtml	No appointment needed, 3rd Friday each month from 9am-12pm
Safe Kids Sussex County	Inspection Station		63 Hampton House Rd.	Newton	(973)-383-1300	https://www.preventionworks-nj.org/safety-library/new-car-seat-station-open-sussex-county	4th Monday of every month from 3-6pm, suggested donation of \$10
Morris Township Police	Car Seat Installation		49 Woodland Avenue	Morristown	973-539-0777	https://www.morristwp.com/421/Car-Seat-Installation	appointments are required through car seat installation form allow 5 business days for response
Troop "B" Headquarters	Child Safety Seat Program		250 Minnisink Rd	Totowa	973-785-9412	https://nj.gov/njsp/information/child-safety-seat.shtml	No appointment needed, Every Thursday, and the 2nd and 4th Saturday of each month
Shade Tree Garage Services	Infant and Child Safety Seat Checks		171 Washington Street	Morristown	973-540-9880	Free Child Safety Seat Checks in Morristown, NJ (shadetreegarage.com)	second Saturday from 8-11:30am of every month and the third Tuesday evening from 5-7:30pm.

Diaper Resources

Organization	Type	National or Local Organization	Address	City	Phone Number	Website	Notes
Children's Aid and Family Resources Baby Basics Program		Local	200 Robin Road	Paramus	201-740-7009	https://cafsnj.org/baby-basics/	
Child and Family Resources INC.		Local	111 Howard Boulevard	Mount Arlington	(973) 398-1730 ext. 183		
Modestly Cover Diaper Bank Of Essex County		Local	16 Midland Avenue	Montclair	(862) 218-0434	https://www.essexcountydiaperbank.org/	
Moms Helping Moms Foundation		State	223 Stirling Road Suite E	Warren	info@momshelpingmoms.org	https://momshelpingmoms.org/about/	
Norwescap Diaper Pantry and Closet		Local	186 Halsey road Suite 1	Newton	973-383-3461	https://norwescap.org/health-nutrition/sc-diaper-bank/	
Northporch Women and Infant Centers		Northern NJ	Newark Center Dover Center Hackettstown Satellite Center Morristown Satellite Center Jersey City Satellite Center		973-537-0392	http://northporch.org/	To be eligible for assistance from North Porch Women & Infants' Centers, clients must secure a referral from a social service agency, such as WIC, Hispanic Affairs, Department of Social Services or from a local clergy. For more information contact the North Porch Center closest to your home. Clients are able to visit every three months
Jefferson Park Ministries		Local	70 West Grand Street	Elizabeth	908-469-9508	https://www.jeffersonparks.com/welcome-page	Jefferson Park Ministries is providing free diapers every 3rd Thursday of the month from 1:00 pm to 5:00 pm. Individuals must show an ID and child's birth certificate to receive diapers. Forms of ID can include passport and individuals do not need to be documented to receive assistance
Oasis		Local	59 Mill Street	Paterson	(973) 881-8307	https://oasisnj.org/home	
Never Alone Again		Local	668 American Legion Dr #5	Teaneck		https://neveraloneagain.org/	Provide assistance with diapers in Bergen County. Host a baby shower project.
Meadowlands Family Success Center		Local	100 Washington Ave	Little Ferry	201-464-4714	https://www.meadowlandsfsc.org/	Provide assistance with diapers in Bergen County.

Domestic Violence Resources

County	Name	Types of Care	Address	City	Email	Phone Number	Website	Notes
Bergen	Division of Alternatives to Domestic Violence	Community education; counseling; court appearance preparation; court accompaniment; crisis intervention; individual/group/family counseling; information and referral to other needed services; legal advocacy and assistance; professional training.	One Bergen County Plaza, 2nd floor	Hackensack	adv@co.bergen.nj.us	201-336-7575	https://www.co.bergen.nj.us/divisions-of-alternatives-to-domestic-violence/alternatives-to-domestic-violence	Serves Bergen County residents experiencing domestic violence, whether as a victim, abuser, or family member. Most services do not require a fee. Those that do are affordable and based on a client's ability to pay. No one is ever turned away due to lack of funds.
Bergen	Center for Hope and Safety	24-Hour Hotline; Emergency Shelter Program; Children's Services (preschool activities for toddlers, after school programming for adolescents, tutoring, case management services to assist with schooling and referrals to community services, and social-recreational activities, art therapy); job readiness-training program that assists in gaining education; transitional housing; follow-up program; bilingual counselors are available to provide advocacy and community referrals; emergency legal services for victims of DV.	12 Overlook Ave	Rochelle Park		201-944-9600	https://www.hopeandsafetynj.org/	Serves Bergen County residents; victims and survivors of domestic violence, and their children.
Essex	Safe House at Clara Maas Medical Center	Safe shelter for battered women and their children located in Essex County. 24-hour hotline; temporary housing; emergency medical treatment; emotional support; short-term counseling; assistance with welfare, child care, vocational and educational referrals; legal advocacy; housing advocacy; help in police and court proceedings; and nutritional meals.	1 Clara Maass Drive	Belleville		973-759-2154	https://www.rwjbh.org/clara-maass-medical-center/treatment-care/domestic-violence/	
Essex	Essex County Family Justice Center	Crisis Intervention; Enhanced safety planning; Assistance from Prosecution Professionals; Counseling; Self-sufficiency (housing, job training, employment assistance); Civil, Legal & Immigration Assistance	60 Nelson Place, 2nd Fl	Newark		973-230-7229	https://www.essexcountyfjc.org/	All services are free and confidential.
Essex	My Sister's Lighthouse	Resume writing; notary and copies; rental assistance (ONLY DV and sexual abuse survivors that meet the criteria); group and individual counseling;	396-406 South 12th Street	Newark	mysisterslighthouse@yahoo.com	973-733-2272	https://mysisterslighthouse.org/	Serving residents of Newark and surrounding areas in NJ. Free Services. No eligibility requirements.

Domestic Violence Resources Cont.

County	Name	Types of Care	Address	City	Email	Phone Number	Website	Notes
Hudson	Women's Rising, Inc.	DV Services (direct, immediate and comprehensive access to 24/7 services); Youth and Family Services (free counseling services to women and their families); Permanent Support Housing; Healthy Women, Healthy Families (partnership with New Jersey's Maternal Child Health dedicated); Community Economic Development (job training and career coaching to general resume help and job-search assistance)	270 Fairmount Ave	Jersey City	info@womenrising.org	201-333-5700	https://www.womenrising.org/	WomenRising staff speak English, Spanish, Arabic, Gujarati, Hindi, Urdu, Creole, and Marathi.
Morris	Jersey Battered Women's Service	24-Hour Helpline; Safe House; Transitional Living; Legal Advocacy; Support and Counseling	P.O. Box 1437	Morristown	info@jbws.org	973-267-7520	https://jbws.org/	
Passaic	NJAC Passaic County Women's Center	Full-service program providing emergency shelter, case management, individual and group counseling, 24-hour hotline access, community education services, referral and information, DV response team services, children's therapy, and legal advocacy.	1027 Madison Ave	Paterson	info@njaconline.org	973-881-0725	https://njaconline.org/what-we-do/domestic-abuse/passaic-county/	
Sussex	Domestic Abuse & Sexual Assault Intervention Services (DASI)	Emergency shelter; 24-hour helpline; Individual supportive counseling; Support groups; legal advocacy; Court preparation and accompaniment; housing advocacy; Social service advocacy; Medical accompaniment; Children's services; Food pantry; Sussex County DV Response Teams; Sussex County Sexual Assault Response Team; Transportation; Step by Step Transitional Living Program and Apartments; DECIDE DV offender program; Morning Glory re-sale shop social enterprise; Volunteer program; Violence Prevention Programs; Community Education Programs	P.O. Box 805	Newton		24 hr Helpline: 973-875-1211	https://dasi.org/	
Union	YWCA Union County	24 Hour DV Hotline; Residential Programs; Community Support Services; Family Justice Center; Community & Professional Education; PALS (Peace: A Learned Solution)	P.O. Box 462	Kenilworth	info@ywcaunioncounty.org	908-355-4357(HELP)	https://www.ywcaunioncounty.org/	
Warren	Domestic Abuse & Sexual Assault Crisis Center of Warren County	Emergency shelter; 24/7 Helpline; 24/7 Web Chat; Individual and Group Counseling (in-person, teleconferencing or telephone appointments); 24/7 Sexual Assault Response Team Advocates; 24/7 Domestic Violence Response Team Advocates; Legal Advocacy (in-person teleconferencing or telephone appointments); Case management; Primary Prevention; Outreach workshops and Trainings; Wardrobe of Hope Clothing Boutique	29C Broad Street	Washington		908-453-4121	https://www.dasacc.org/	

Domestic Violence Resources Cont.

County	Name	Types of Care	Address	City	Email	Phone Number	Website	Notes
	New Jersey Domestic Violence Hotline	The New Jersey Domestic Violence Hotline provides confidential access to domestic violence information and services, including crisis intervention, referral, and advocacy. Bilingual and accessible to the deaf and hearing impaired.				1-800-572-SAFE (7233)		24 hours a day/7 days a week
	New Jersey Coalition Against Sexual Assault (NJCASA) Hotline	The New Jersey Coalition Against Sexual Assault (NJCASA) connects individuals affected by sexual violence with professionals that provide assistance and referrals. Calls are routed to the closest rape crisis care center. NJCASA is the collective voice for victims of sexual violence, their loved ones and rape crisis centers across New Jersey.				1-800-601-7200		24 hours a day/7 days a week

Doulas

County	Name	City	Address	Phone Number	Website	Notes
Essex	Community of Caring: The Greater Essex Doula Cooperative	Newark			https://www.partnershipmch.org/programs/community-of-caring/#cocdoulagn	Target audience: Medicaid population. Service at RWJBarnabas Health Clara Maass Medical Center, RWJBarnabas Health Newark Beth Israel Medical Center, RWJBarnabas Health Trinitas Regional Medical Center, and University Hospital
Passaic	Community of Caring: The Paterson Doula Cooperative	Paterson			https://www.partnershipmch.org/programs/community-of-caring/#cocdoulagn	Target audience: Medicaid population. Paterson Residents ONLY. Servicing St. Joseph Health.
	Doulas of North America (DONA International)		35 E. Wacker Dr., Ste. 850 Chicago, IL 60601-2106	888-788-DONA (3662)	https://www.dona.org/	The world's favorite, largest, and leading doula certifying organization.
	Childbirth and Postpartum Professional Association (CAPPA)		PO Box 340, Hoschton, GA 30548	770-965-9777	https://cappa.net/	International certification organization for Doulas, Childbirth Educators, and Lactation Educators.
	Association of Labor Assistants and Childbirth Educators (ACBE)		15385 S. US 169 HWY, Olathe, KS, 66062	913-782-5116	https://www.acbe.com/	ACBE is an organization dedicated to training and providing continuing education opportunities for birth doulas, childbirth educators, and healthcare professionals in the US and internationally.
	American Association of Birth Centers (AABC)		3123 Gottschall Road, Perkiomenville, PA 18074	212-234-8068	https://www.birthcenters.org/	AABC is a multi-disciplinary membership organization comprised of freestanding birth centers, alongside midwifery units, individuals and organizations that support the birth center model.
	DoulaMatch.net		US/Canada	n/a	https://doulamatch.net/	The site was developed to help expectant families quickly and efficiently find doulas who are available during their due dates. DoulaMatch.net can be reached at help@doulamatch.net

Food Pantries

County	Name	Address	City	Email	Phone Number	Website	Notes
Bergen	Bergenfield Borough Hall	198 N. Washington Ave	Bergenfield	n/a	201-387-4055	n/a	Bergenfield residents only- Monday through Friday 8:30am-4:30pm
Bergen	St. Joseph's Church	115 E. Fort Lee Rd.	Bogota	n/a	201-343-9150	n/a	Bogota and Teaneck residents Hours of Operation: Tues 12:30pm-2:00pm, Wed 5:30pm-7:00pm, Thurs-Mon8:00am-4:30pm
Bergen	Church of the Epiphany Food Pantry	247 Knox Ave.	Cliffside Park	n/a	201-943-7320	http://www.epiphanyfoodpantry.moonfruit.com/	Needs ID, Hours of Operation: Mon-Fri 9:00am-2:00p
Bergen	St. Therese/Cresskill Food Pantry	65 B Madison Ave	Cresskill	n/a	201-569-5400	n/a	Cresskill residents ONLY, Hours of Operation: Tues 6:00pm-7:30pm, Wed 10:00-11:11am, Sat 10:00am-Noon
Bergen	CENTER FOR FOOD ACTION	192 W. Demarest Ave,	Englewood	n/a	201-569-1804	n/a	Call for appointment Area Served: Bergen County residents, Hours of Operation: Mon-Friday 9:00am-5:00pm, Tues 9:00am-7:00pm, And first Saturday of every month: 10:00am-1:00p
Bergen	Sacred Heart Church	324 Ridge Rd.	Lyndhurst	n/a	201-483-1147	n/a	Hours of Operation: Sat 9:30am -11:00a
Bergen	Closter Borough Hall	295 Closter Dock Road	Closter	n/a	201-784-0600 x 429	n/a	Area Served: Closter residents and neighboring communities without food pantries Hours of Operation: 2nd Thursday of every month (morning and evening hours)
Bergen	Holy Rosary Church Pantry	56 Edgewater Place,	Edgewater	n/a	201-945-6329	n/a	Hours of Operation: 3rd Thurs 11:00am- Noon
Bergen	Fair Lawn Health Department	8-01 Fair Lawn Ave	Fair Lawn	n/a	201-794-5327	n/a	Fair Lawn residents ONLY, Hours of Operation: Mon-Fri 8:30am- 4:30pm
Bergen	Bergen County Housing, Health and Human Services Center	120 South River St.	Hackensack	n/a	201-336-6475	n/a	Bergen County residents ONLY, Hours of Operation: Lunch 11:30am-12:30am, Dinner 5:00pm-6:00pm

Food Pantries Cont.

County	Name	Address	City	Email	Phone Number	Website	Notes
Essex	The Apostles House Food Pantry	24 Grant St,	Newark	Info@theapostleshouse.org	(973)482-0625	www.theapostleshouse.org	Food pantry is open on Mondays, Wednesdays, and Fridays from 10 am to 3 pm; They also assist with housing & clothing; Contact is Yendry Gamboa
Essex	Bloomfield Presbyterian Church on the Green	147 Broad Street	Bloomfield		(973)743-1796	http://www.bpcog.org/foodpantry.shtml	food pantry is open on the fourth Saturday of every month from 10:00 am -12:00pm; They also provide clothing
Essex	Church Women United	1240 Clinton Ave	Irvington		(973)373-5930		The food pantry is open to Irvington residents only. The food pantry is open on Wednesday from 11:00 am -3 pm
Essex	Elizabeth Ave Presbyterian Church	761 Elizabeth Ave	Newark		(973)923-5655		The food pantry contact is Sandra Jackson, It is open to everyone. The food pantry is open on the 2nd & 4th Saturday from 8:30 am -10 am. In November & December, it is open on the 2nd and 3rd Saturdays from 8:30 am -10:00am
Essex	Holy Trinity Lutheran Church	153 Glenwood Ave	East Orange		(973)-678-1484		Open to everyone. The food pantry opens on the last Tuesday of every month from 10:00 am - 12:00 pm. The main contact name is Barbara Griffa
Essex	GRACE POINTE SEVENTH DAY ADVENTIST CHURCH	15 Elmwood Ave	Montclair		(973)-746-1911		
Essex	ISAIAH HOUSE FOOD PANTRY	238 N. Munn Ave.	East Orange		973-678-5882	https://isaiahhouse.org/	Main contact is Latoya Anderson. This pantry is by referral only. The schedules are Monday & Tuesday 10:30 am -12:30 pm;
Essex	UNITED COMMUNITY CORPORATION FOOD PANTRY	106 Ann Street.	Newark		973-642-0181 Ext.3177	www.uccnewark.org	The main contact is Maria Torres. This pantry is opened to everyone on M-F from 10 am -2pm

Food Pantries Cont.

County	Name	Address	City	Email	Phone Number	Website	Notes
Essex	ST. JAMES SOCIAL SERVICE CORP FOOD PANTRY	604 Dr. MLK Jr. BLVD	Newark		973-624-4007		The main contact is Nicole Jeffress at 973-624-4007. It is open to everyone from 1 pm-3 pm
Essex	ROSEVILLE PRESBYTERIAN CHURCH	36 Roseville Ave.	Newark		973-483-3361		The main contact's name is Darlyn Blaney. Pantry is opened from 10:00 am - 12:00pm
Essex	NEW HOPE BAPTIST CHURCH OF EAST ORANGE	144 Norman St.	East Orange		973-678-6710		The main contact is Tasha White. It is opened on the 3rd Friday of every month from 12-2 pm
Essex	JUBILEE COMMUNITY OUTREACH CENTER at Epiphany and Christ Church	105 Main Street,	Orange		973-676-8886		The main contact is Sharonda Bailey or Kathy Polk at 973-676-8886; Open every SAT 11 am -1 pm. Closed on the 24th
Essex	OUR LADY OF SORROWS	217 Prospect Street	South Orange		973-763-5454		The main contact is Kate Schmith; Open to everyone on the 2nd & 4th Sat from 8-10 am. In Nov & Dec it is opened every 1st & 3rd Saturday.
Hudson	Palisades Emergency Residence Corporation of New Jersey	111 37th Street	Union City		(201) 348-8150	http://percshelter.org/	
Hudson	Faith and Victory Community Services - Manna Food and Wellness	124 Lord Ave & 4th Street	Bayonne		(201) 716-9836		
Hudson	Zion Baptist Church Food Pantry-Zion Cares	521 Bramhall Avenue	Jersey City		(201) 898-0851	http://www.zionbaptistchurchjc.org/	
Hudson	The Sharing Place Food Pantry	440 Hoboken Avenue	Jersey City		(201) 963-5518	https://www.thesharingplacenj.org/	
Hudson	Manna Food and Wellness Pantry	118-120 Lord Ave	Bayonne		(201) 434-5784		
Hudson	Our Lady Of Sorrows Church	93 Clerk Street	Jersey City		(201) 433-0626	https://www.olsnj.org/	
Hudson	St. John's Lutheran Church Food Pantry - Hands On 4 Hunger	155 North Street	Jersey City		(201) 798-0540	http://www.stjohnsjerseycity.net/	
Hudson	The Beacon at Bethany Lutheran Church	2015 John F Kennedy Blvd.	Jersey City		(201) 432-8773	https://www.bethanyjc.com/	
Hudson	Secaucus Food Pantry	101 Center Avenue	Secaucus		(201) 330-2014	https://secaucusnj.gov/	

Food Pantries Cont.

County	Name	Address	City	Email	Phone Number	Website	Notes
Hudson	Palisades Emergency Residence	111 37th Street	Union City		(201) 348-8150	http://www.percshelter.org/	
Hudson	Friends Of Lifers Youth Corporation	152 Martin Luther King Drive	Jersey City		(201) 938-1419		
Hudson	Living Faith Food Ministry (WTCARES)	26 W 16TH Street	Bayonne		(201) 437-5214		
Hudson	C.A.U.S.E Center	741 Bergen Ave	Jersey City		(201) 432-2824		
Hudson	St. Paul the Apostle/JCMAS	14 Greenville Ave	Jersey City		(201) 433-8500	https://stpaulrcc.com/	
Hudson	BITE - Astor Community Garden	103 Astor Place	Jersey City		(201) 314-1675	https://www.njbite.org/	
Hudson	St Joseph and Michael Church	1309 Central Avenue	Union City		(201) 865-2325	http://ssjm.weconnect.com/	
Hudson	Angela Cares	696 Ocean Ave.	Jersey City		(888) 795-8819	https://angelacares.org/	
Morris	Denville Food Pantry	1 St. Mary's Place	Denville		973-625-8300	https://www.denvillenj.org/departments/social_services.php	Food Pantry/Office Hours ; Monday - Closed, Tuesday - 8:30 am to 2:30 pm, Wednesday - 2:00 pm to 8:00 pm, Thursday - 8:30 am to 2:30 pm, Friday - 9:00 am to 12:00 pm
Morris	Interfaith Food Pantry Network	2 Executive Drive	Morris Plains		973-538-8049	https://mcfip.org/	Food Pantry Hours; Monday- Friday 9:30AM-4:30PM Closed Saturdays and Sundays
Morris	Food Cupboard Food Pantry (Dover)	123 E Blackwell Street	Dover		973-366-2821		Monday 9AM-5PM, Tuesday 9:00AM-11:30AM Wednesday 9-11:30 AM, Thursday 9-11:30AM, Friday Closed, Saturday Closed, Sunday Closed
Passaic	Father English Consumer Choice Food Pantry (Catholic Charities)	435 Main Street	Paterson		973-279-7100		Food Pantry Hours ; Monday, Tuesday, Wednesday and Friday 9:00AM- 12:00PM, Thursdays 3:30PM-5:30PM
Passaic	Salvation Army (Passaic) Food Distribution Center	550 Main Ave	Passaic		973-779-1155	https://easternusa.salvationarmy.org/new-jersey/passaic/	Food Pantry Days and Hours ; Tuesdays 9:30AM - 10:30AM and Thursdays 3:00PM- 4:00PM

Food Pantries Cont.

County	Name	Address	City	Email	Phone Number	Website	Notes
Passaic	SMILE For Charity (Food Pantry)	39 Hoover Ave	Passaic		973-440-9360	https://www.smileforcharity.org/	The pantry is open every first and third Saturday, and every second Friday of the month. Open Monday- Friday 9:30AM-2:30PM closed on Saturdays and Sundays
Sussex	Andover Presbyterian Church	15 Lake Lenape	Andover	n/a	973-786-5094	n/a	Wednesday & Saturday only, 10am to 2 pm, Call ahead.
Sussex	Bohi Monastery	67 Lawrence Rd.	Lafayette	n/a	973-940-0473	n/a	Friday mornings 9-10:15
Sussex	First Baptist Church of Newton	110 Main Street	Newton	n/a	973-383-9757	n/a	3rd/4th Monday, 11:00am-1:00pm, 5:00pm-6:00 pm
Sussex	First Presbyterian Church	5 Wantage Ave.	Branchville	n/a	973-948-3495	n/a	Mondays, Wednesdays and Thursdays from 10am-12:30pm.
Sussex	First Presbyterian Church of Franklin	11-13 Main Street	Franklin	n/a	973-827-6444	n/a	Bread of Life Saturday Lunch Program. Free hot lunch on Saturdays from 11:30 a.m. - 12:30 p.m. All are welcome
Sussex	Minisink Reform Church	346 River Rd.	Montague	n/a	973-293-3514	n/a	Food Pantry Services are available on the third Saturday of every month from 8:30-10:30 am
Sussex	St. Francis de Sales Parish	614 Route 517	Vernon	n/a	973-827-3248 x 143	n/a	Wednesday and Thursday 9am-12pm by appointment
Sussex	Yellow Frame Presbyterian Church	One Yellow Frame Road	Fredon	n/a	973-383-5364	n/a	Mon 9:00am - 12:00pm Hours are subject to change. Please call to schedule an appointment for pick up.
Union	Community Food Bank - Elizabeth	31 Evans Terminal	Hillside		(908) 355-3663	https://cfbnj.org/	
Union	Elizabethport Presbyterian Center	184 First Street	Elizabeth	eportcenter@gmail.com	(908) 351-4850	https://www.eportpres.org/	
Union	St. Patricks Church	215 Court Street	Elizabeth		(908) 354-0023		
Union	Heard A.M.E. Church	310 East 8th Avenue	Roselle		(908) 241-5588	https://www.heardame.org/	
Union	Bianca F.L.O.W.E.R.S., INC. Food Pantry	145 Park Avenue	Plainfield		(908) 312-0696	http://www.biancaflowerinc.com/	
Union	Mt. Teman A.M.E. Church	160 Madison Avenue	Elizabeth	mttemanamechurch@yahoo.com	(908) 351-2625	https://mttemaname.org/	

Food Pantries Cont.

County	Name	Address	City	Email	Phone Number	Website	Notes
Union	Jewish Family Service	655 Westfield Avenue	Elizabeth	info@JFSCentralNJ.org	(908) 352-8375	https://jfscentralnj.org/	
Union	The Salvation Army - Plainfield	615 Watchung Avenue	Plainfield		(908) 756-2595	https://easternusa.salvationarmy.org/new-jersey/plainfield/	
Union	St Mary Assumption Of Parish	155 Washington Avenue	Elizabeth		(908) 352-5154		
Union	Golden Kitchen Food Pantry	221 Oswald Place	Vauxhall		(908) 687-4008		
Union	St John The Apostle Church	1805 Penbrook Terrace	Linden		(732) 388-1216	http://www.sjanj.net/	
Union	Jefferson Park Ministries	70 West Grand Street	Elizabeth		(908) 469-9508	https://jeffersonparks.com/	
Union	LPC Mission Project	1506 Orchard Terrace	Linden		(908) 486-3073	https://www.lindenpres.org/	
Union	The Manna From Heaven Food Pantry	322-324 Monroe Avenue	Plainfield		(908) 273-4897	https://calvarybaptistplfd.wordpress.com/food-pantry/	
Union	Rahway Food For Friends	1221 New Brunswick Avenue	Rahway		(732) 381-7201	https://www.rahwayfoodforfriendsnj.org/	
Union	Holy Trinity RC Church	336 First Street	Westfield		(908) 232-8137	https://www.htrcc.org/	
Warren	Belvidere United Methodist Church	219 Hardwick Street	Belvidere		908-475-4065		This food pantry is for Belvidere residents only; It is open on Monday, Wednesday, and Friday from 9 am-11:45 am. The main contact is Vicki Froehlich

FQHCs (Northern New Jersey)

County	Name	Areas Served	Address	City	Phone Number	Website
Bergen	North Hudson Community Action Corporation Health Center		197 South Van Brunt Street	Englewood	(201) 537-4442	http://www.nhcac.org/
Bergen	North Hudson Community Action Corporation Health Center - Garfield		535 Midland Avenue	Garfield	(973) 340-1182	http://www.nhcac.org/
Bergen	North Hudson Community Action Corporation Health Center - Hackensack		25 E. Salem St	Hackensack	(201) 996 - 2121	http://www.nhcac.org/
Union	Neighborhood Health Services Corp. - Elizabeth	Elizabeth	184 First Street	Elizabeth	(908) 355-4459	
Union	Neighborhood Health Services Corp. - Plainfield	Plainfield	1700-58 Myrtle Avenue	Plainfield	(908) 753-6401	
Union	Neighborhood Health Services Corp. - Plainfield High School	Plainfield	950 Park Ave.	Plainfield	(908) 754-5840	
Union	Neighborhood Health Services Corp. - Washington Elementary School	Plainfield	427 Darrow Ave.	Plainfield	(908) 731-4288	
Hudson	Horizon Health Center	Jersey City	115 Christopher Columbus Drive	Jersey City	(201) 710-2200	http://www.horizonhealth.org/
Hudson	Metropolitan Family Health Network - Garfield	Jersey City	935 Garfield Avenue	Jersey City	(201) 710-2200	www.MetroFhn.com
Hudson	Metropolitan Family Health Network - Homeless Project	Jersey City	857 Bergen Ave	Jersey City	(201) 478 - 5859	www.MetroFhn.com
Hudson	Metropolitan Family Health Network - West New York	West New York	5300 Bergenline Avenue	West New York	(201) 478-5852	www.MetroFhn.com
Hudson	North Hudson Community Action Corporation Health Center - Harrison	Harrison	326 Harrison Ave	Harrison	(862) 229-1160	https://nhcac.org/

FQHCs (Northern New Jersey) Cont.

County	Name	Areas Served	Address	City	Phone Number	Website
Hudson	North Hudson Community Action Corporation Health Center - Jersey City	Jersey City	324 Palisade Avenue	Jersey City	(201) 459-8888	https://nhcac.org/
Hudson	North Hudson Community Action Corporation Health Center - Mobile Unit	West New York	5301 Broadway	West New York	(201) 866-9320	https://nhcac.org/
Hudson	North Hudson Community Action Corporation Health Center - North Bergen	North Bergen	1116-43rd Street	North Bergen	(201) 330-2632	https://nhcac.org/
Hudson	North Hudson Community Action Corporation Health Center - Union City	Union City	714-31st Street	Union City	(201) 863-7077	https://nhcac.org/
Hudson	North Hudson Community Action Corporation Health Center - Union City High School	Union City	2500 Kennedy Boulevard	Union City	(201) 210-0200	https://nhcac.org/
Hudson	North Hudson Community Action Corporation Health Center - West New York	West New York	5301 Broadway	West New York	(201) 866-9320	https://nhcac.org/
Sussex	Zufall Health Center		238 Spring Street	Newton	(973) 862-6650	https://www.zufallhealth.org/
Passaic	Paterson Community Health Center		227 Broadway	Paterson	973-278-2600	http://www.patersonchc.org/
Passaic	North Hudson Community Action Corporation (Passaic)		220 Passaic Street	Passaic	201-210-0200	North Hudson Community Action Corporation – nhcac
Morris	CAN Community Health (Denville)		295-315 E Main Street	Denville	973-370-3130	https://www.cancommunityhealth.org/denville/
Morris	Zufall Health Center		18 West Blackwell Street	Dover	973-328-9100	https://www.zufallhealth.org/
Essex	Zufall Health Center		95 Northfield Ave	West Orange	973) 325-2266	https://www.zufallhealth.org/

FQHCs (Northern New Jersey) Cont.

County	Name	Areas Served	Address	City	Phone Number	Website
Essex	Saint James Health, Inc		228 Lafayette Stree, 2nd Floor	Newark	(973) 789 - 8111	https://saintjameshealth.com/
Essex	Rutgers - Nursing Faculty Practice		449 Broad St.	Newark	(973) 732-6040	
Essex	Newark Community Health Centers		92-96 Ferry Street	Newark	(973) 483-1300	https://www.nchcfqhc.org/
Essex	Newark Community Health Centers		444 William Street	East Orange	(973) 675-1900	https://www.nchcfqhc.org/
Essex	Newark Community Health Centers		1148-1150 Springfield Avenue	Irvington	973) 399 - 6292	https://www.nchcfqhc.org/
Essex	Newark Community Health Centers		37 North Day Street	Orange	973-395-2611	https://www.nchcfqhc.org/
Essex	Jewish Renaissance Medical Center - George Washington Carver		333 Clinton Place	Newark	973-705-3880	https://jrnc.us/
Warren	Zufall Health Center		117 Seber Road, Building 5	Hackettstown	908-452-5366	https://www.zufallhealth.org/

NICU Resources

Name	National or Local Organization	Website	Notes
Hand to Hold	National	www.handtohold.org	peer support, written materials, support groups
March of Dimes	National	www.marchofdimes.org	app and groups
Project Sweet Peas	National with Local Chapters	www.projectsweetpeas.com	support (care packages, fuel assistance, NICU themed mental health plan worksheets)
4th Trimester Project	National	https://newmomhealth.com/	expert written resources and information for families (tips on how to navigate 4th trimester)
Fragile Beginnings Support Group	Jewish Family & Children's Service	https://www.jfcsboston.org/About/Community-Programs/Upcoming-Events/fragile-beginnings-support-group	Virtual Support Group via Zoom, Thursday's 10:30-11:30am
NICU Helping Hands	National	https://nicuhelpinghands.org/	resources, financial assistance, mentoring
My Kota Bear	national Organization	https://www.mykotabear.com/	Provide resources, mom care packages, support, and education

Nurse Practitioners & Physicians Assistants

County	Name	City	Insurance Accepted	Address	Phone Number	Website	In-Network Insurance Plans
Bergen	123 Psychiatry	Teaneck	Yes	800 Catalpa Ave.	973-600-5465	www.123psychiatry.com	Aetna, Horizon (and other Blue Cross Blue Shield), Cigna, Empire, BeaconHealth/Value Options, and United/Oxford.
Essex	123 Psychiatry	Montclair	Yes	311 Claremont Ave.	973-600-5465	www.123psychiatry.com	Aetna, Horizon (and other Blue Cross Blue Shield), Cigna, Empire, BeaconHealth/Value Options, and United/Oxford.
Union	Ashley Blake Strongwater, PA-C, MPAS	Westfield	No	215 North Ave W	908-308-4500	www.cohesivehealthandwellness.com	N/A
Passaic	Dyana Thompson (Evolution Medicine)	Wayne	Yes	Wayne, NJ	973-756-3733	Evolution Medicine (evolutionmedicineapn.com)	BlueCross and BlueShield Cigna and Evernorth and soon Aetna
Essex	Diane Decarolis, NP (Recovery & wellness Center, LLC)	Montclair	Yes	218 Lorraine Avenue	973-860-3255		Aetna, Cigna & Evernorth, Medicare and Out of Network, Sliding Scale, and Out of network
Warren	Adrienne Smith, DNP, APN	Phillipsburg	Yes	114 South 2nd Street	908-869-8333	www.mindlightpsych.com	Self-pay, Cigna, Horizon BCBS (HMO& PPO), Most BCBS plans, Magella, Amerihealth NJ, Independence BC, Keystone Health Plan East
Essex	St. Charles Medical Consult	East Orange	Yes	90 Washington Street	973-564-0815		Aetna, Medicare, Cigna& Evernorth, Optum, Horizon Blue Cross & Blue Shield & Self Pay
Bergen	Zhanna Berman, NP- Psychiatric Family Care, LLC	Fair Lawn	No - sliding scale	17-10 River rd.	973-814-4115	https://www.psychiatricfamilycare.com/	Out of network
Essex	Luchiee Psychiatric Services	Springfield	Yes	454 Morris Avenue	973-221-8559		Aetna, Amerihealth, Amerigroup, Beacon Health Options, BlueCross, BlueShield, EmblemHealth, EmpireBCBS, BCBS, Humana, Magellan, MagnaCare, Medicaid, Medicare, Optum, Oxford, Tricare, & UnitedHealthcare UHC/UBH
Morris	Elise Weisman, PMHNP, BC	Chatham	Yes	368 Main St	862-200-7218	https://www.postpartumhh.com/eliseweisman	Cigna, ComPsych, Blue Cross Blue Shield
Union	Bright Minds	Cranford	Yes	11 Commerce drive	(908)386-5517	http://www.brightmindsmd.com/	- Straight Medicare plans, Commercial and Medicare Aetna plans, Commercial Horizon BCBS NJ plans, Commercial Optum/UnitedHealth NJ plans, & Cigna/Evernorth** (Dr.Samarendra Only)

Perinatal Loss Resources

Name	Organization	Type	Virtual or In-person	Language	Day/Time/Occurrence	City	Phone Number	Website
Perinatal Loss Group	Partnership for Maternal and Child Health of Northern New Jersey	Miscarriage, stillbirth, & infant loss	Virtual	English	Thursdays @ 6pm (Bi-Weekly)	N/A		https://www.partnershipmch.org/programs/support-group/
Miscarriage Support Group	Pockets of Light	Miscarriage	Virtual & In-Person	English	Closed Groups, registration required. Dates and times vary.	Montclair	973-619-4277	https://www.pocketsoflight.org
Stillbirth and Early Infant Loss Support Group	Pockets of Light	Stillbirth & Early Infant Loss	Virtual & In-Person	English	Closed Groups, registration required. Dates and times vary.	Montclair	973-619-4277	https://www.pocketsoflight.org
PAL Support Group (Pregnancy After Loss)	Pockets of Light	Pregnancy After Loss	Virtual & In-Person	English	Closed Groups, registration required. Dates and times vary.	Montclair	973-619-4277	https://www.pocketsoflight.org
Pregnancy and Infant Loss Support Group	Rachel's Gift	Pregnancy and Infant Loss	Virtual	English	Thursdays @ 7pm (Weekly); Registration required	N/A	(470) 278-1956	https://www.rachelsgift.org/infant-loss-support-groups.html
Men Only Pregnancy and Infant Loss Support Group	Rachel's Gift	Men enduring miscarriage and infant loss	Virtual	English	2nd Tuesday of the month @ 7pm (monthly); Registration required	N/A	(470) 278-1956	https://www.rachelsgift.org/infant-loss-support-groups.html
Couples Pregnancy and Infant Loss Support Group	Rachel's Gift	Relationship issues after pregnancy and infant loss	Virtual	English	4th Tuesday of the month @ 7pm (Monthly); Registration required	N/A	(470) 278-1956	https://www.rachelsgift.org/infant-loss-support-groups.html
Men's Bereavement Support Group	Hudson Shea Foundation	Grieving fathers	In-person	English	Last Wednesday of the month	Ridgewood		https://www.thehudsonsheafoundation.com/mens-support-groups.html
Perinatal Bereavement Support Group	Griffin Cares- Englewood Health	Grieving parents	Virtual & In-Person	English	1st Tuesday of each month from 7-8:30pm	n/a	to register: griffincares@ehmc health.org	https://www.engagewoodhealth.org/service/griffin-cares-pregnancy-and-infant-loss/support-services
Perinatal Bereavement Support Group	Newton Medical Center	Grieving parents	Virtual	English	n/a	n/a	908-522-2946	https://www.atlantichealth.org/conditions-treatments/maternity/child-bereavement-program.html
Healing Hearts Support Group	The Valley Hospital	Grieving parents following stillbirth, miscarriage or infant loss	Virtual	English	Call for specifics	N/A	201-614-6123	https://www.valleyhealth.com/services/womens-services/women-children-family-support-groups
Pregnancy and Infant Loss Support Group	CarePlus NJ	miscarriage, stillbirth, infant loss, termination of pregnancy, women who are pregnant following a loss	Virtual	English	Thursday's 5pm-6pm	N/A		https://careplusnj.org/group/infant-pregnancy-loss/
PSI Online Support Meetings	Postpartum Support International	Black Moms in Loss, Early Pregnancy Loss, Fertility Challenges, Pregnancy after Loss, Pregnancy and Infant Loss, Stillbirth and Infant Loss, & Termination for Medical Reasons (TFMR)	Virtual	English	Varies by group	N/A	N/A	https://www.postpartum.net/get-help/psi-online-support-meetings/

Pregnancy & New Mom Support Groups

Name	Organization	Type	Virtual or In-person	Language	Day/Time/Occurrence	City	Phone Number	Website	Notes
Circle of Hope: Group for New Moms of Color	Partnership for Maternal and Child Health of Northern New Jersey	New Mom	Virtual	English	Mondays @ 3pm (Weekly)	National Organization			
Hope for Mothers Support Group: For Mothers with Babies up to One Year	Partnership for Maternal and Child Health of Northern New Jersey	New Mom	Virtual	English	Tuesday @ 1pm (Weekly)	Chapter located in Morris town			
Pregnancy and New Moms Support Group	Partnership for Maternal and Child Health of Northern New Jersey	Pregnancy/New Mom	Virtual	English	Thursdays @ 12pm (Weekly)				
Grupo Virtual Para Madres con Bebés Hasta Un Año de Edad	Partnership for Maternal and Child Health of Northern New Jersey	New Mom	Virtual	Spanish	Wednesdays @ 10am (Weekly)				
Pregnant Moms Support Group	Partnership for Maternal and Child Health of Northern New Jersey	Pregnancy	Virtual	English	On hold				
Listening Hearts	Central Jersey Family Health Consortium	Perinatal	Virtual	English	Contact facilitator	Central NJ	732-937-5437	https://cjfhc.org/what-we-do/support-groups.html	Roseann Cervelli: Rcervelli@CJFHC.org
Circle Support Group	Cooperman Barnabas Medical Center	New Mom	Virtual	English	Mondays@ 10 am (Weekly)	Livingston	N/A	https://www.rwjbh.org/events/event/?event=2364	They have a breastfeeding group that follows at 11:30 am on Mondays.
Perinatal Mood Support for Parents	Postpartum Support International	Pregnant & new moms	Virtual	English	Monday-Thrusday & 1st and 3rd Sunday	N/A	N/A	https://www.postpartum.net/get-help/psi-online-support-meetings	There are multiple support groups to explore through PSI
Pregnancy Support Group	The Valley Hospital	Pregnant Moms	Virtual	English	Wednesdays 3pm-4pm			https://www.valleyhealth.com/events?keywords=pregnancy%20support%20group&category=1546	
Postpartum Emotional Support Group	Englewood Health	New Mom	Virtual	English	11am-12pm		201-894-3795	https://www.engagewoodhealth.org/service/maternity-care/support-programs	
New Moms Support Group: First Year Together	Newton Medical Center	New Mom	In-person	English	Thursdays 6:30pm-7:30pm		973-579-8315	https://www.atlantichealth.org/conditions-treatments/maternity/parent-education-classes/postpartum-classes.html	
Parenting Together- Jen's Mother-Baby Group	First Latch	New and expectant moms in Bergen County	Virtual	English	Monday's 10:30-11:45am weekly		Jennifer@firstlatch.com	https://www.firstlatch.com/moms-groups-postpartum-support	Cost: \$35 per session
Bilingual Support Group for Special Needs' Parents	Families and Community Together	Parents of special needs children (Spanish)	Virtual	Spanish	3rd Wednesday of the month from 6-7pm		katherinel@factnj.org	https://bit.ly/3n5Pzjw	
Support Group for Special Needs' Parents	Families and Community Together	Parents of special needs children	Virtual	English	Every other Thursday from 6-7pm		(908) 248-4615 feliciaf@factnj.org	https://bit.ly/33Kf8g3	
Support group for parents with children who have special needs	The Elizabeth parent Support Group	Parents of special needs children	Virtual	English	Contact for more information		908-248-4615 elizabethparentgroup@gmail.com	https://express.adobe.com/page/x7zLHucjXyJha/?fbclid=IwAR090ZdZk470b2eTe6Ze_76F90_uF5BRD6oBVQfjSzESILaz3ZxnoTsq6g	
Just for the Fellas Fathers Support Group	Family Partners of Hudson County	Dads Support Group	Virtual	English	Second Tues of the month; 7-8:30pm	Jersey City	AValentin@familypartnershc.org	https://us02web.zoom.us/j/88974685729	
Pregnancy Support Group	Newark Beth Israel	Pregnancy Support Group	Virtual	English	Thursday from 12-1 pm	Newark			
PSI Online Support Meetings	Postpartum Support International	20+ Support Groups	Virtual	English & Spanish Options	Varies by group	N/A	N/A	https://www.postpartum.net/get-help/psi-online-support-meetings/	
High-Risk Pregnancy Support Group	Hand to Hold	High-risk pregnancy	Virtual	English	Tuesdays at 12pm (CST)	Austin (National Organization)			
Postpartum Support Group with Mindfulness, Meditation, and Yoga	Postpartum Support International	New Moms	Virtual	English	Mondays 12:30pm-2:00pm	Flemington NJ	908-824-5426	Postpartum Support Group with Mindfulness, Meditation, and Yoga, United States, New Jersey, Flemington PSI Perinatal Mental Health Directory (psidirectory.com)	

Pregnancy & New Mom Support Groups Cont.

Name	Organization	Type	Virtual or In-person	Language	Day/Time/Occurrence	City	Phone Number	Website	Notes
1st time and 2nd time or more Parent Support Group (Montclair Baby)	Postpartum Support International	New Parents	In person and Virtual options	English	Nov 17-Dec 15th	Montclair	201-981-9318	https://psidirectory.com/listing/1st-time-and-2nd-time-or-more-mom-support-group-in-person-and-virtual--motclair-nj.html	
Beyond the Baby Blues Peer Support Group	Postpartum Support International	New/Postpartum Moms	Virtual	English	first and third Tuesdays at 10 am; second and fourth Tuesdays at 8:30 pm:	Flemington NJ	Call or Text: 1 (609) 557-7994	https://psidirectory.com/listing/beyond-the-baby-blues-support-group.html	flyer for group is on webpage
Virtual New Moms Monday	The Nesting Place	New Moms (birth to 1 year)	Virtual	English	Monday's 11am-12pm	Virtual	201-623-3629	https://www.thenestingplacenj.com/bookings-checkout/virtual-new-moms-monday?referral=service_list_widget	
Virtual Pregnancy Connection	The Nesting Place	Moms to be	Virtual	English	Tuesday's 6:30pm-7:30pm	Virtual	201-623-3629	https://www.thenestingplacenj.com/bookings-checkout/virtual-pregnancy-connection?referral=service_list_widget	
Postpartum Moms Group	Change of Mind Counseling	New Moms	Virtual	English	Monday/Wednesday 12:30pm (75 min)	Virtual	609-217-3868	https://www.changeofmindcounseling.com/groups	Contact for pricing and insurance billing information

Prenatal Education & Resources

Organization	Type	Virtual or In-person	Language	City	Email	Phone Number	Website
First Choice	Support and Education	In-Person	English	Morristown, Newark, Montclair, and Jersey City	Appointments@FirstChoiceWom	973-821-3276 (call or text)	www.firstchoicewomancenter.com
Lighthouse	PREP: Parenting Readiness & Enrichment Program	In-Person	English/Spanish	Hawthorne, Hackensack, Paterson, and Wayne	https://lighthouseprc.org/	Hawthorne: 973-238-9045 Hackensack: 973-238-9045 Paterson: 973-238-9045 Wayne: 973-238-9045	www.lighthouseprc.org
Atlantic Health (Morristown & Overlook)	ABCs of Going Home with Your Baby	Virtual	English	Morristown / Summit	overlook.parented@atlanticealth.org	973-971-5027	https://www.atlanticealth.org/conditions-treatments/maternity/parent-education-classes/prenatal-classes.html
Atlantic Health (Morristown & Overlook)	Big Brother and Big Sister (Siblings Class)	Virtual	English	Morristown / Summit	overlook.parented@atlanticealth.org	973-971-5027	https://www.atlanticealth.org/conditions-treatments/maternity/parent-education-classes/prenatal-classes.html
Atlantic Health (Morristown & Overlook)	Breastfeeding Your Baby Part I - Getting Started	Virtual	English	Morristown / Summit	overlook.parented@atlanticealth.org	973-971-5027	https://www.atlanticealth.org/conditions-treatments/maternity/parent-education-classes/prenatal-classes.html
Atlantic Health (Morristown & Overlook)	Breastfeeding Your Baby Part II - Beyond the First Weeks	Virtual	English	Morristown / Summit	overlook.parented@atlanticealth.org	973-971-5027	https://www.atlanticealth.org/conditions-treatments/maternity/parent-education-classes/prenatal-classes.html
Atlantic Health (Morristown Only)	Breathing & Relaxation Class	Virtual	English	Morristown			https://www.atlanticealth.org/conditions-treatments/maternity/parent-education-classes/prenatal-classes.html
Atlantic Health (Morristown & Overlook)	Childbirth Mini Class: Your Baby's Birth	Virtual	English	Morristown / Summit	overlook.parented@atlanticealth.org	973-971-5027	https://www.atlanticealth.org/conditions-treatments/maternity/parent-education-classes/prenatal-classes.html
Atlantic Health (Morristown Only)	Especially for Siblings	Virtual	English	Morristown			https://www.atlanticealth.org/conditions-treatments/maternity/parent-education-classes/prenatal-classes.html
Atlantic Health (Morristown Only)	Great Expectations: Prepared Childbirth and Infant Care for Parents Expecting Twins, Triplets or More	Virtual	English	Morristown			https://www.atlanticealth.org/conditions-treatments/maternity/parent-education-classes/prenatal-classes.html
Atlantic Health (Overlook Only)	Mindful Pregnancy and Birth	Virtual	English	Summit	overlook.parented@atlanticealth.org	973-971-5027	https://www.atlanticealth.org/conditions-treatments/maternity/parent-education-classes/prenatal-classes.html
Atlantic Health (Morristown & Overlook)	Prepared Childbirth: Instruction for Labor and Birth	Virtual	English / Spanish	Morristown / Summit	overlook.parented@atlanticealth.org	973-971-5027	https://www.atlanticealth.org/conditions-treatments/maternity/parent-education-classes/prenatal-classes.html
JC Bump and Baby	Prenatal & Postnatal Yoga Classes	In-person and Virtual Options	English	Jersey City	info@jcbumpandbaby.com	917-596-0008	https://www.jcbumpandbaby.com/
Jersey City Medical Center / RWJ Barnabas Health	Childbirth Classes at Jersey City Medical Center	Virtual	English	Jersey City	Eufemia.rios@rwjbh.org	201-915-2365	https://www.rwjbh.org/documents/events/231172-91-JCMC-Maternity-Virtual-Class-Birth-_m1.pdf

Prenatal Education & Resources Cont.

Organization	Type	Virtual or In-person	Language	City	Email	Phone Number	Website
The Valley Hospital	Childbirth Preparation	In-person	English	Ridgewood	n/a	n/a	https://www.valleyhealth.com/events?keywords=Childbirth%20Preparation%20%28Lamaze%29&category=1546
Englewood Health	Childbirth Education Program	Virtual	English	n/a	n/a	n/a	https://www.engagewoodhealth.org/service/maternity-care/preparing-for-childbirth/childbirth-education
Englewood Health	Prenatal Yoga & Meditation	Virtual	English	n/a	grafcenter@ehmchealth.org	201-608-2377	https://www.engagewoodhealth.org/calendar-events/prenatal-yoga-and-meditation-8-week-series-beginning-january-2023-422534039687
Holy Name Medical Center	Parent Education Classes	Virtual	English	n/a	n/a	n/a	https://www.holyname.org/BirthPlace/classes.aspx
Atlantic Health (Sussex)	Childbirth Education Classes	Virtual	English	n/a	n/a	n/a	https://web.cvent.com/event/1a6259a3-aea7-419fa1b8-66af5504ed31/summary
Mindful Birth (Morris)	Child Birth Classes and Workshops/ Doula Services	Virtual	English	Morristown	Jennifer Watt jen@mindfulbirth.com Amanda Roosa amanda@mindfulbirth.com	973-897-5371	https://mindfulbirth.com/
Montclair Baby	Childbirth classes, workshops, infant massage, Doulas services etc...	Virtual/ In-person	English	Montclair	Info@montclairbaby.com	973-370-0765	https://www.montclairbaby.com/
The Nesting Place	Childbirth Education	in-person	English	Ridgewood	info@thenestingplacenj.com	201-623-3629	https://www.thenestingplacenj.com/

Sleep Coaching

County	Name	City	Address	Website
Virtual	Sleepy Mama Child Sleep Consulting	Virtual	Virtual	https://www.sleepy-mama.com/about-me/
Virtual	Mommywise	Virtual	Virtual	https://mommywise.com/sleep-training-new-jersey/
Virtual	Goodnight sleep site	Virtual	Virtual	https://goodnightsleepsite.com/newjersey/
Virtual	Tiny Transitions	Virtual	Virtual	https://tinytransitions.com/

Treatment Services for Substance Abuse

County	Name	Types of Care	Address	City	Email	Phone Number	Notes
Bergen	Bergen County Addiction Recovery Program/ARP	Outpatient & Intensive Outpatient Treatment	151 Hudson St.	Hackensack		201-336-3330	Does not accept pregnant women; provides assessments for referrals to treatment
Bergen	New Bridge Medical Center	Detox, Inpatient, Outpatient and Intensive Outpatient Treatment and Co-Occurring	230 E. Ridgewood Ave	Paramus		201-967-4194	Accepts pregnant women if less than 20 weeks
Bergen	Care Plus, New Jersey, Inc.	Outpatient and Intensive Outpatient Treatment and Co-Occurring	610 Valley Hills Plaza	Paramus		201-364-5000	Accepts pregnant women and Wrap Around Prom for pregnant women; Assessments at intake.
Bergen	High Focus Centers, Inc	Outpatient and Intensive Outpatient Treatment (Private Provider)	40 Eisenhower Dr.	Paramus		201-291-0055	Accepts pregnant women; Assessments.
Bergen	Spring House	Outpatient, Intensive Outpatient treatment and Women's Halfway House	230 E. Ridgewood Avenue	Paramus		201-261-3582 (Intake)	Halfway House*
Bergen	Team Management 2000, Inc.	Outpatient and Intensive Outpatient Treatment	20-22 Banta Place	Hackensack		201-736-6921	Accepts pregnant women; Assessments; Currently working remotely
Essex	Airmid Counseling Services	Outpatient, Intensive Outpatient, Partial Care, Co-Occurring	137 Evergreen Place	East Orange		973-678-0550	Accepts pregnant women; assessments
Essex	Bethel Counseling Services	Outpatient and Intensive Outpatient and Partial Care treatment, Medically Assisted treatment	63-65 Pierce St	Newark		973-643-6565	Accepts pregnant women; assessments
Essex	Cope Center	Outpatient and Intensive Outpatient treatment	104 Bloomfield Ave	Montclair		973-783-6655	Accepts pregnant women; assessments
Essex	Family Services Bureau of Newark	Outpatient Treatment	274 South Orange Ave	Newark		973-412-2056	Accepts pregnant women; assessments
Essex	Integrity House, Inc.	Long-term residential treatment with specialized Women's program	101 Lincoln Park	Newark		973-623-0600	Accepts pregnant women; assessments
Essex	New Directions Behavioral Health	Outpatient Treatment services	9 Lincoln Park	Newark		973-242-6599	Accepts pregnant women
Essex	Real House, Inc	Outpatient treatment services with specialized Women's program and Halfway House and Sober House	95 Grove St	Montclair		973-746-2400	Accepts pregnant women. Halfway House*
Essex	St. Michael's Medical Center	Detox, Outpatient and Intensive Outpatient treatment	268 Martin Luther King Jr	Newark		973-877-4357	Accepts pregnant women

Treatment Services for Substance Abuse Cont.

County	Name	Types of Care	Address	City	Email	Phone Number	Notes
Essex	Team Management 2000, Inc.	Outpatient Treatment services	972 Broad St, 3rd Floor	Newark		973-273-0425	Accepts pregnant women; assessments
Essex	The Bridge, Inc.	Outpatient and Intensive Outpatient Treatment with specialized Women's program	50 Union Ave	Irvington		973-372-2624	Accepts pregnant women; assessments
Essex	Urban Life Counseling	Outpatient and Intensive Treatment and Adolescent groups	220 South Harrison St	East Orange		973-677-7053	Accepts pregnant women; assessments; psychiatric assessments as needed
Hudson	Behavioral Health- Addiction Treatment Services @ Trinitas-Barnabas	Outpatient Treatment	601 Broadway	Bayonne		201-339-9200	Might accept pregnant women; immediate intakes; assessments. Accepts Medicaid, Private Insurance
Hudson	Care Point Health - Christ Hospital Department of Psychiatry and Behavioral Health	Outpatient treatment, Intensive Outpatient, Co-Occurring	179 Palisades Ave	Jersey City		201-795-8375 ext 5300 / 201-795-7900 (intake) / 201-795-8046	Accepts pregnant women; inpatient detox in the hospital; project second chance (program for pregnant women- DCP&P referred). Accepts Medicaid and private insurance. Youth comprehensive program, children under 18, self-referred, individual counseling once a week and 3 groups per week
Hudson	C-LINE Community Outreach Services	Outpatient Treatment Services	110 Martin Luther King Blvd.	Jersey City		(201) 200-1965	Accepts pregnant women. Accepts Medicaid and some NJ private insurance.
Hudson	Giant Steps @ Care Point Health	Level 1 Outpatient; Adolescent Partial-Care and Adult Co-Occurrin	61 Monroe Street	Hoboken		201-792-8290	Accepts pregnant women; Psychiatrist on staff. Insurance: BC/BS/Medicaid/Medicare. Accepts private insurance if in network - will verify insurance coverage. Hudson County Residents with no insurance accepted - need ID with Hudson County address
Hudson	Intercounty Council on Drug and Alcohol Abuse, Inc. (ICDAA)	Outpatient individual and group counseling for outpatient program	480 Kearny Avenue	Kearny		(201) 998-7422	Accepts Medicaid. Medication Assisted Treatment - Methadone

Treatment Services for Substance Abuse Cont.

County	Name	Types of Care	Address	City	Email	Phone Number	Notes
Hudson	New Pathway Counseling, Inc.	Outpatient Treatment in group setting	995 Broadway	Bayonne		(201) 436-1022	Morning groups and evening groups. Accepts pregnant women. Accepts Medicaid and private insurance.
Hudson	North Hudson Community Action Corporation	Drug Free Level 1 Outpatient treatment	5301 Broadway	West New York		(201) 866-9320	Ages 19 and up. Accepts pregnant women and parenting women. Hudson County residents. No private insurance - sliding scale.
Hudson	Spectrum Health Care	Women's Intensive Outpatient, Recovery Support Group, Drug Court Participants	74-80 Pacific Avenue	Jersey City		(201) 451-2544	Medically Assisted Treatment- Methadone and Buprenorphine. Accepts pregnant women.
Morris	Morristown Medical Center - Atlantic Health System	Outpatient treatment and Intensive Outpatient treatment	95 Mount Kemble Ave	Morristown		888-247-1400	Accepts pregnant women in Intensive Outpatient. Assessments for parole and probation only.
Morris	St. Claire's Hospital	Detox, and Outpatient treatment and Intensive Outpatient; Co-Occurring with primary Substance Use Disorder only	130 Powerville Rd	Boonton		973-316-1800 (Main) / 888-626-2111 (Intake)	Payment/Insurance/Funding Accepted: Medicare, Medicaid, Federal military insurance (e.g., TRICARE); Private health insurance; Cash or self-payment. State mental health agency (or equivalent) funds
Morris	The Willow Tree Center (a program of Integrity House, Newark, Toms River, Secaucus, Morris Plains)	Outpatient treatment; Co-Occurring with primary Substance Use Disorder diagnosis and only mild to moderate Mental Health Diagnosis	415 Speedwell Ave	Morris Plains		973-682-8733	Parenting program (free) 1:1. Accepts pregnant women.
Passaic	Straight and Narrow Medical Day Care	Detox, Residential and Outpatient treatment	508 Straight Street	Paterson		973-345-6000	Accepts pregnant women. Assessments.No private insurance.
Passaic	Northeast Life Skills Associates (Passaic)	Outpatient treatment	121 Howe Ave	Passaic		973-777-2962 ext. 101	Accepts pregnant women; assessments
Passaic	Damon House	Outpatient treatment	175 Market St	Paterson		973-234-2738	Assessments
Passaic	Eva's Village	Outpatient, Intensive Outpatient, Specialized Women's Program and Halfway House	393 Main St	Paterson		973-754-6784 ext. 325	Accepts pregnant women. Assessments. Accepts private insurance only in outpatient treatment, accepts Medicaid. Halfway House*
Passaic	Passaic Alliance	Outpatient treatment	286 Passaic Street	Passaic		973-365-5740	Accepts pregnant women through DCP&P funding.

Treatment Services for Substance Abuse Cont.

County	Name	Types of Care	Address	City	Email	Phone Number	Notes
Passaic	Turning Point	Detox, Residential, and Outpatient treatment	680 Broadway	Paterson		973-239-9400	Accepts pregnant women on case to case basis. Assessments.
Passaic	Wayne Counseling Center	Outpatient treatment	1022 Hamburg Turnpike	Wayne		973-694-1234	Accepts pregnant women; assessments.
Sussex	Center for Prevention and Counseling	Outpatient treatment and Intensive Outpatient treatment; Co-Occurring (limited- Substance Use Disorder must be primary diagnosis with mild to moderate Mental Health diagnosis)	61 Spring St	Newton		973-383-2787 / 973-383-4787 x1177 (Intake)	Accepts pregnant women; Medically Assisted Treatment provided through contracted consultant
Sussex	Garden State Treatment Ctr, LLC	Outpatient; Outpatient day treatment or partial hospitalization; Intensive outpatient treatment; Outpatient methadone/buprenorphine or naltrexone treatment	350 Sparta Avenue, Building A Suite 201A	Sparta		973-512-3305	Accepts pregnant women on a case by case basis. Payment/Insurance/Funding Accepted: Federal military insurance (e.g., TRICARE); Private Health insurance; Cash or self-payment
Sussex	Newton Medical Center- Behavioral Health Services	Outpatient, Outpatient methadone/buprenorphine or naltrexone treatment; Partial Care for Co-Occurring only with primary Mental Health diagnosis	175 High St	Newton		973-383-1533 / 888-247-1400 (Intake)	Accepts pregnant women. Medicare, Medicaid, Private health insurance, cash or self-payment.
Union	High Focus Centers, Inc	Outpatient, and Intensive Outpatient treatment, Co-Occurring	16 Commerce Dr	Cranford		908-272-2474	Accepts pregnant women depending on substance use; assessments conducted only for individuals seeking treatment; accepts private insurance and commercial insurance; does not accept medicaid/medicare
Union	Intervention Specialist, LLC	Outpatient treatment, Intensive Outpatient treatment	333 North Broad, Suite 2B	Elizabeth		908-289-0700	Accepts pregnant women; Medicaid and some private insurance (but not in network)
Union	Overlook Medical Center (Atlantic Behavioral Health)	Outpatient treatment and Intensive Outpatient (20 sessions), Co-Occurring, short term Mental Health Acute Partial Care, Medication	2 Walnut Street	Summit		888-247-1400 (Scheduling 8am - 4pm)	Accepts pregnant women; Evaluations for program only; Most private insurance, Medicaid

Treatment Services for Substance Abuse Cont.

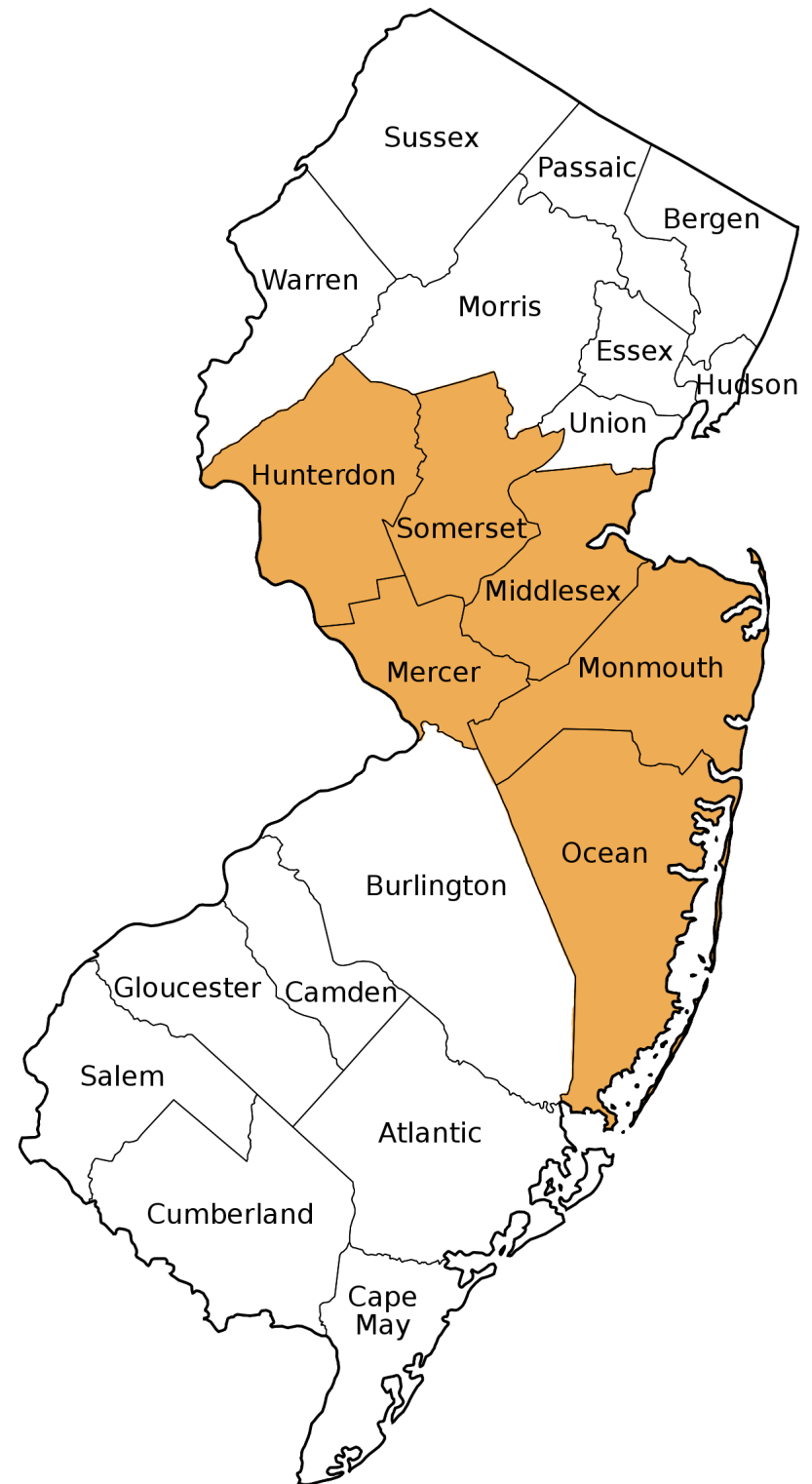
County	Name	Types of Care	Address	City	Email	Phone Number	Notes
Union	Summit Oaks Hospital	Outpatient, Inpatient detox, Inpatient rehab, Inpatient Psych for Co-Occurring Unit with Medication, Partial hospitalization	19 Prospect St	Summit		(908) 522-7071	Accepts pregnant women; Private insurance, Medicaid, Medicare
Union	Trinitas Regional Medical Center - Mental Health Services	Outpatient and Partial Care treatment, Women's Addiction program; Project Sustain - mommy and me up to age 12	654 E. Jersey St	Elizabeth		(908) 994-7438 Access Center: 908-994-7554	Accepts pregnant women.
Warren	Counseling & Addiction Center - Hackettstown Medical Center- Atlantic Health	Outpatient treatment, Intensive Outpatient treatment, and Intoxicated Driver Resource Center	112 East Ave	Hackettstown		908-850-6810	Accepts pregnant women. Provides Level of Care Assessment. Accepts all insurance except United Healthcare.
Warren	Family Guidance Center of Warren	Intensive Outpatient treatment, HER (Healing, Empower, Recovery); MAT: buprenorphine (suboxone)	370 Memorial Parkway	Phillipsburg		908-454-4470	Accepts pregnant women. No private insurance. Accepts Medicaid and uninsured.
Warren	Family Guidance Center of Warren	Outpatient treatment; IOT-RN on staff	108 Bilby Rd, Suite 302	Hackettstown		908-852-0333	Accepts pregnant women. Accepts Medicaid, Medicare, NJ FamilyCare or uninsured.
Warren	Stateline Medical	Outpatient treatment, group therapy; Outpatient suboxone	590 Marshall Street	Phillipsburg		908-387-0003	Accepts pregnant women. Suboxone Services of Phillipsburg

WIC (Northern New Jersey)

County	Name	Areas Served	Address	City	Email	Phone Number	Website	Notes
Essex	City of Newark WIC Program		Department of Health and Community Wellness 110 William Street Newark, NJ 07102	Newark	NewarkWIC@ci.newark.nj.us	(973) 733-7604	https://www.nj.gov/health/fhs/wic/participants/fin-d-wic/#essex	
Essex	City of Newark WIC Program		Newark Beth Israel Medical Center 166 Lyons Avenue Newark, NJ 07112	Newark	NewarkWIC@ci.newark.nj.us	(973) 705-3504 or (973) 705-3505	N/A	
Essex	City of Newark WIC Program		Irvington Site (Briar Hill Building) 50 Union Avenue Suite 702 Irvington, NJ 07111	Irvington	NewarkWIC@ci.newark.nj.us	(973) 761-2517	https://www.nj.gov/health/fhs/wic/participants/fin-d-wic/#essex	
Essex	City of Newark WIC Program		Saint James Health Center 228 Lafayette Street 4th Floor Newark, NJ 07105	Newark	NewarkWIC@ci.newark.nj.us	(862) 229-6360	https://www.nj.gov/health/fhs/wic/participants/fin-d-wic/#essex	
Essex	Rutgers New Jersey Medical School WIC Program		Doctors Office Center (DOC) 90 Bergen Street Suite 5400 Newark, NJ 07101	Newark	rutgerswic@njms.rutgers.edu	(973) 972-3416	https://www.nj.gov/health/fhs/wic/participants/fin-d-wic/#essex	
Essex	Rutgers New Jersey Medical School WIC Program		Ivy Hill Apartments Senior Citizen Center 230 Mt. Vernon Place Newark, NJ 07106	Newark	rutgerswic@njms.rutgers.edu	(973) 972-3416	https://www.nj.gov/health/fhs/wic/participants/fin-d-wic/#essex	
Essex	Rutgers New Jersey Medical School WIC Program		University Hospital OB-GYN Clinic 140 Bergen Street C Level Newark, NJ 07103	Newark	rutgerswic@njms.rutgers.edu	(973) 972-3416	https://www.nj.gov/health/fhs/wic/participants/fin-d-wic/#essex	
Passaic	St. Joseph's WIC Program		185 6th Avenue Paterson, NJ - 07524	Paterson	dhordyszynski@cityofpassaicnj.gov	(973) 754-4575	https://www.wicprograms.org/11/nj-st-josephs_wic_program	
Passaic	Passaic WIC Program		333 Passaic Street Passaic, NJ 07055	Passaic	dhordyszynski@cityofpassaicnj.gov	(973) 365-5620	https://www.wicprograms.org/11/passaic_wic_program	
Passaic	WIC Clinic at St. Joseph's Regional Medical Center		11 Getty Ave, Paterson, NJ 07503	Paterson	dhordyszynski@cityofpassaicnj.gov	(973) 754-4575	https://www.wicprograms.org/11/wic-clinic-at-st-josephs-regional-medical-center	
Union	Plainfield WIC Program	Plainfield	510 Watchung Avenue	Plainfield	wic@plainfieldnj.gov	(908) 753-3397	https://www.nj.gov/health/fhs/wic/participants/fin-d-wic/#union	
Union	Trinitas WIC	Union	40 Parker Road	Elizabeth	WIC@rwbj.org	(908) 994-5141	https://www.nj.gov/health/fhs/wic/participants/fin-d-wic/#union	
Hudson	City of Jersey City - Department of Health & Human Services	Jersey City	City Hall Annex, 1 Jackson Square	Jersey City	wicelp@cnj.org	(201) 547-6842	https://www.nj.gov/health/fhs/wic/participants/fin-d-wic/#hudson	
Hudson	Bayonne Hospital (Health Start)	Bayonne	29 East 29th Street	Bayonne	wicelp@cnj.org	(201) 547-6842	https://www.nj.gov/health/fhs/wic/participants/fin-d-wic/#hudson	
Hudson	North Hudson Community Action Corp.	Union City	407 39th Street	Union City	wic2@nhcac.org	(201) 866-4700	https://www.nj.gov/health/fhs/wic/participants/fin-d-wic/#hudson	
Hudson	Kearny Health Department	Kearny	645 Kearny Avenue	Kearny	wic2@nhcac.org	(201) 866-4700	https://www.nj.gov/health/fhs/wic/participants/fin-d-wic/#hudson	
Hudson	Town of Harrison	Harrison	326 Harrison Avenue (basement level)	Harrison	wic2@nhcac.org	(201) 866-4700	https://www.nj.gov/health/fhs/wic/participants/fin-d-wic/#hudson	
Sussex	Northwest Community Action Partnership (NORWESCAP) WIC Program		The First United Methodist Church 111 Ryerson Ave.	Newton	wic@norwescap.org	(973)-579-5155	https://norwescap.org/health-nutrition/wic/	
Bergen	Hackensack Department of Health		215 State Street	Hackensack	wic@sjhmc.org	(973) 754-4575	https://www.nj.gov/health/fhs/wic/participants/fin-d-wic/#bergen	Saint Joseph Medical Center WIC Program.
Bergen	St. Mark's Episcopal Church		118 Chadwick Road	Teaneck	wic@sjhmc.org	(973) 754-4575	https://www.nj.gov/health/fhs/wic/participants/fin-d-wic/#bergen	Saint Joseph Medical Center WIC Program.
Bergen	First Presbyterian Church		457 Division Ave.	Carlstadt	wic@sjhmc.org	(973) 754-4575	https://www.nj.gov/health/fhs/wic/participants/fin-d-wic/#bergen	Saint Joseph Medical Center WIC Program.
Bergen	St. Paul's Episcopal Church		113 Engle Street.	Englewood	wic@sjhmc.org	(973) 754-4575	https://www.nj.gov/health/fhs/wic/participants/fin-d-wic/#bergen	Saint Joseph Medical Center WIC Program.
Bergen	Cliffside Park Head Start		263 Lafayette Avenue	Cliffside Park	wic@sjhmc.org	(973) 754-4575	https://www.nj.gov/health/fhs/wic/participants/fin-d-wic/#bergen	Saint Joseph Medical Center WIC Program.
Bergen	Bergenfield Department of Health		198 North Washington Avenue	Bergenfield	wic@sjhmc.org	(973) 754-4575	https://www.nj.gov/health/fhs/wic/participants/fin-d-wic/#bergen	Saint Joseph Medical Center WIC Program.
Bergen	St. John's Episcopal Church		301 East Main Street	Ramsey	wic@sjhmc.org	(973) 754-4575	https://www.nj.gov/health/fhs/wic/participants/fin-d-wic/#bergen	Saint Joseph Medical Center WIC Program.
Bergen	BCCAP Weatherization Training Center		541 Midland Avenue	Garfield	wic@sjhmc.org	(973) 754-4575	https://www.nj.gov/health/fhs/wic/participants/fin-d-wic/#bergen	Saint Joseph Medical Center WIC Program.
Morris	Boonton Health Department Wic Clinic St. Joseph's Hospital		100 Washington Street	Boonton		973) 754-4575	Boonton Health Department WIC Clinic - St. Joseph's Hospital - WIC Clinic Office Location (wicprograms.org)	Saint Joseph Medical Center WIC Program.
Warren	NORWESCAP WIC Program		350 Marshall Street	Phillipsburg,	wic@norwescap.org	(908) 454-1210	https://www.nj.gov/health/fhs/wic/participants/fin-d-wic/index.shtml#warren	Northwest Community Action Partnership (NORWESCAP) WIC Program

Central Jersey

Counties:
Hunterdon, Mercer,
Middlesex, Monmouth,
Ocean and Somerset



Psychiatrists

County	Name	City	Insurance Accepted	Address	Phone Number
Mercer	Saranga Bhalla, DO	Princeton	Contact the provider	357 Nassau Street	609-285-5851
Mercer	Ricardo Fernandez, MD	Princeton	Contact the provider	12 Roszel Rd. Suite A-103	609-419-0123
Mercer	Dena Friedman, MD	Princeton	Contact the provider	Woodlands Professional Bldg. 256 Bunn Drive, Suite 6	609-683-7111
Middlesex	Rajkumar Singh, MD	Perth Amboy	Contact the provider	530 New Brunswick Ave.	732-324-5138
Middlesex	Stephanie Stern, MD	Perth Amboy	Contact the provider	320 Raritan Ave., Suite 201	732-985-3500
Monmouth	Robert C. Bransfield, MD	Red Bank	Contact the provider	225 Highway 35	732-741-3263
Monmouth	Michelle K. Calvosa, MD	Manalapan	Contact the provider	116 Craig Road	732-409-3555
Monmouth	Shannon Parks, DO	Tinton Falls	Contact the provider	55 N. Gilbert Street, Suite 2203	732-939-6381

Hunterdon County Therapists

Name	City	Insurance Accepted	Address	Phone Number	Website	In-Network Insurance Plans
Family Helpline	Statewide	Yes	N/A	800-328-3838		Medicaid, Uninsured
Hunterdon Behavioral Health	Flemington	Yes	Hunterdon Medical Center, 2100 Wescott Dr., Flemington 08822	908-788-6401; 24 hour crisis line: 908-788-6400	https://www.hunterdonhealth.org/services/hunterdon-behavioral-health	Aetna, AmeriHealth, Cigna, Horizon Blue Cross Blue Shield, Horizon NJ Health, MagnaCare, Medicare, Medicaid, MultiPlan, Oxford Health Plan PPO & HMO, PCHS, QualCare, TRICARE, United Healthcare
Postpartum Support International Provider Directory	Search by location	Varies by provider	Search by location		https://www.postpartum.net/get-help/provider-directory/	Specific to the provider selected

Breastfeeding Resources

Organization	Type	National or Local Organization	City	Phone Number	Website	Notes
Lactation Center at Capital Health Medical Center-Hopewell	Warm Line; Outpatient & Phone Consultation	Local	Pennington	609-303-4163	www.capitalhealth.org	Prenatal breastfeeding education; Outpatient consultation
Central Jersey Family Health Consortium	Breastfeeding Support Group	Local	Central NJ	732-937-5437	https://cjfhc.org/what-we-do/support-groups.html	Breastfeeding Support Group
CentraState Medical Center	Warm Line	Local	Freehold	732-303-5258		
Community Medical Center	Warm Line	Local	Toms River	732-557-8037		
Eats on Feets Chapters	Breast Milk Donation	National	All of NJ	N/A	https://www.eatsonfeets.org/chapters https://www.facebook.com/EOFNewJersey	Donation between mothers via Facebook group
Hackensack Meridian Health Center for Breastfeeding at Jersey Shore University Medical Center	Outpatient Consultation	Local	Neptune	732-776-3329		Also serves Ocean University Medical Center, Riverview Medical Center & Southern Ocean Medical Center
Hunterdon Medical Center	Breastfeeding Support Group	Local	All of NJ	785-380-3327 PIN 334 066 922#	https://meet.google.com/zas-igrp-upb	1st Thursday of the month; Registration not required
Hunterdon Medical Center	Warm Line	Local	Hunterdon County	908-788-6335		
Monmouth Medical Center	Warm Line	Local	Long Branch	732-923-6857		
Monmouth Medical Center	Breastfeeding Support Group	Local	Long Branch	862-781-3873	https://rwjbh.org/events/event/?event=27853	Registration is required for first-time attendees
Mothers' Milk Bank Northeast	Breast Milk Donation	National	N/A	N/A	https://milkbankne.org/donate/	Donation for hospitals and NICU babies
Ocean University Medical Center	Outpatient Consultation	Local	See listing for Hackensack Meridian Health Center for Breastfeeding at Jersey Shore University Medical Center	732-776-3329		
Penn Medicine/Princeton Health	Warm Line	Local	Plainsboro	609-897-8980 (daytime) 609-897-8982 (after hours, holidays, weekends)		
Penn Medicine/Princeton Health	Breastfeeding Support Group	Local	Princeton	609-897-8980		Meets at PMC Breast Health Center, East Windsor Medical Commons 2, 300B Princeton-Hightstown Rd., East Windsor 08520; Registration not required

Breastfeeding Resources Cont.

Organization	Type	National or Local Organization	City	Phone Number	Website	Notes
Raritan Bay Medical Center	Warm Line	Local	Perth Amboy	732-324-5084		
Riverview Medical Center	Outpatient Consultation	Local	See listing for Hackensack Meridian Health Center for Breastfeeding at Jersey Shore University Medical Center	732-776-3329		
Robert Wood Johnson University Hospital	Warm Line	Local	New Brunswick	732-253-3871		
Robert Wood Johnson University Hospital-Somerset	Warm Line	Local	Somerville	908-685-2200 ext. 3298		
Saint Peter's University Hospital	Warm Line	Local	New Brunswick	732-745-8000 ext. 8820		
Tinyhood	Virtual Breastfeeding Classes	National	N/A	N/A	https://www.tinyhood.com/online-parenting-classes#breastfeeding	Free classes
Zip Milk	Breastfeeding Resources, Directory of Lactation Support Providers	National	N/A	N/A	https://zipmilk.org	

Car Seat Resources

Organization	Type	National or Local Organization	City	Phone Number	Website
The Ride of My Life	Free car seats to those who qualify		North Caldwell	973-650-4014	https://www.therideofmylife.com
Safe in the Seat	Education		N/A	N/A	https://safeintheseat.com/
Safe Kids Coalition	Free car seats to those who qualify	National	N/A		http://safekids.org/find-your-safe-kids

Diaper Resources Central NJ

Organization	Type	National or Local Organization	City	Phone Number	Website	Notes
Central Jersey Diaper Bank		Local-New Brunswick	222 Livingston Ave., New Brunswick	732-296-9922	N/A	Call ahead to Andrea to confirm that someone is available at the site
Central Jersey Family Health Consortium--Connecting NJ		Local	North Brunswick	732-937-5437	www.CJFHC.org	
Connecting NJ		Statewide	N/A	N/A	https://connecting.nj.gov/	
Flemington Food Pantry		Local-Flemington	154 Route 31, Flemington 08822	908-788-5568		Diapers are provided in addition to food
Friendship for a New Beginning		Local-Flemington	162 Main St., Flemington 08822	908-806-4444		
Home Front		Local-Lawrenceville	295 Eggerts Crossing Rd., Lawrenceville			Open the 1st and 3rd Thursday of every month 12-4 pm
Makers Place		Local-Trenton	N/A	609-751-9128 (call or text)	Online diaper application: https://www.makersplace.org/diapers	hello@makersplace.org
United Way Volunteer Center		Local-Flemington	20 Fulper Rd., Flemington 08822	908-237-1689		

Domestic Violence Resources

Organization	National or Local Organization	Phone Number	Website	Notes
180 Turning Lives Around	Local--Monmouth County	732-264-4111	https://180nj.org	
24 Hour Domestic Violence Hotline	Somerset County	908-355-HELP		
Connecting NJ	Statewide	N/A	https://connecting.nj.gov/	
National Domestic Violence Hotline	National	800-799-7233; 800-878-3224 (TTY); 855-812-1001 (video chat)		
NJ Coalition to End Domestic Violence	Statewide	609-584-8107	www.njcedv.org	1670 Whitehorse-Hamilton Square Rd., Trenton 08690
NJ Domestic Violence Hotline	Statewide	800-572-SAFE (7233)		
NJ Sexual Assault Hotline	Statewide	800-601-7200		
Providence House	Local--Ocean County	732-244-8259	https://catholiccharitiestrenton.org/domestic-violence-services	
Safe + Sound Somerset	Local--Somerset County	866-685-1122	https://safe-sound.org	
Safe in Hunterdon	Local--Hunterdon County	888-988-4033	https://safeinhunterdon.org	
Womanspace	Local--Mercer County	609-394-9000	https://womanspace.org	
Women Aware	Local-Middlesex County	732-249-4504	https://womenaware.net	
Zufall Health Sexual Assault Support Services Hotline	Local--Somerset County	908-526-2335 ext. 130		
180 Turning Lives Around	Local--Monmouth County	732-264-4111	https://180nj.org	
24 Hour Domestic Violence Hotline	Somerset County	908-355-HELP		
Connecting NJ	Statewide	N/A	https://connecting.nj.gov/	

Doula Resources in Central NJ

Organization/Person	Type	National or Local Organization	City	Phone Number	Website	Notes
Ancient Song Doula Services	Ancient Song Doula services--antepartum, birth, postpartum, abortion, & loss	National	Montclair	347-778-3490	https://www.ancientsongdoulaservices.com	Black & LatinX people
Ashley Neblett	Community Doula	Local	Mercer County	609-575-6438		Serves Mercer County but may be able to refer to other counties
Bergen Lewis	Community Doula	Local	New Jersey	856-434-1017		msbergeneb@outlook.com; is a community doula and has a network of doulas to whom she can refer
Childbirth and Postpartum Professional Association (CAPPA)	Doula and childbirth education resources	National		770-965-9777	www.cappa.net	Email info@CAPPA.net or call the number provided
Connecting NJ	Doula resources	Statewide	New Jersey	N/A	https://connecting.nj.gov/	
DONA International	Doula services	National	National	888-788-DONA	www.DONA.org	
DoulaMatch.net	Doula resources	National	All counties in New Jersey	N/A	www.doulamatch.net	Contact via help@doulamatch.net for more information
Happy Ever After	Postpartum doula & sleep coaching	Local	New Jersey	N/A	https://happyfamilyafter.com	Contact info@happyfamilyafter.com for more information
Helen Dimas	Community Doula Coordinator	Local	New Jersey	312-513-0411	https://healthconnectone.org/our-work/community_based_doula_program	Coordinating doula care for birthing people with Medicaid in NJ
Jaye Wilson	Doula resource	Local	New Jersey	N/A		Branch of national organization, Melinated Moms; melinatedmoms@gmail.com
START Program	Community Doulas for mothers with substance use disorders	Local	Hunterdon, Middlesex, Morris, & Somerset Counties	732-247-7003 ext., 422		Contact Carolyn Flynn at the number provided or at cflynn@cge-nj.org ; services offered through The People Care Center, Bridgewater, NJ

Food Pantries

County	Name	Address	City	Email	Phone Number	Website	Notes
Hunterdon	Supplemental Nutrition Assistance Program (SNAP); Hunterdon Board of Social Services	6 Gauntt Place	Flemington		908-788-1300		
Mercer	Community Food Pantry	132 N. Warren St.	Trenton		609-394-8847	www.mercerresourcenet.org/search/community-food-pantry/	
Mercer	Arm in Arm	N/A	Trenton	luisr@arminarm.org	609-915-3330		Spanish-speaking staff person--Luis Rivera
Mercer	Food Distribution	123 E. Hanover St. and 48 Hudson St. 61 Nassau St.	Trenton Princeton		609-396-9355; leave a voicemail		Pantries are not open for walk-in service; Voicemail messages should include your full name, full address, and best telephone to reach you (a representative will be in touch with you within one week); Mercer County residents only
Mercer	Fran's Pantry	1880 Princeton Ave.	Lawrenceville				Open Mondays and Thursdays 11 am-2 pm and Tuesdays 3-6pm
Mercer	Lawrenceville Community Center Pantry	295 Eggerts Crossing Rd.	Lawrenceville				Open the 1st and 3rd Thursday of every month 12-4 pm
Mercer	FreeStore Pantry	1000 Division St.	Trenton				Open the 2nd and 4th Wednesday of every month 4-6 pm
Mercer	Capital Health	433 Bellevue Ave.	Trenton		609-815-2671		Provides food bags to patients who have appointments on Thursdays
Mercer	Jewish Family & Children's Services	707 Alexander Rd., Suite 204	Princeton		609-987-8100, ext. 237	www.jfconline.org	Provides a no-contact pick up of a pre-packed bag of groceries that includes non-perishable items as well as fresh fruits and vegetables, cheese, and chicken: call Monday-Thursday 9 am-5 pm and Fridays 9 am-4 pm to arrange a pick up time
Mercer	Abundant Life Christian Fellowship	1901 N. Olden Ave., Suite 25	Ewing		609-908-5547		Open every 4th Saturday 10 am-4 pm
Middlesex	Cathedral Community Development Corporation (CCDC)	282 McClellan St.	Perth Amboy	N/A	908-848-3219	N/A	Open only for emergencies; leave a message at 908-848-3219
Middlesex	Community Food Bank of Central NJ	Perth Amboy High School & Robert N. Wilentz School (see notes)	Perth Amboy	N/A	N/A	N/A	Perth Amboy High School & Robert N. Wilentz School: open Monday-Friday 8-11 am
Middlesex	Elijah's Promise	18 Neilson St.	New Brunswick	N/A	732-545-9002	https://elijahspromise.org	
Middlesex	Emanuel Evangelical Lutheran Church	3-5 Kirkpatrick St.	New Brunswick	N/A	732-545-2673	N/A	Open only on Wednesdays 9 am -12 pm
Middlesex	FISH	456 New Market Rd.	Piscataway	N/A	732-356-0081	N/A	Emergencies only; leave a message
Middlesex	House of Peace Center	1284 St. George Ave.	Avenel	N/A	732-277-0604	N/A	Open only on Wednesdays 5:30-6:45 pm
Middlesex	Salvation Army	433 State St.	Perth Amboy	N/A	732-826-7040 (leave a message for emergencies only)		
Middlesex	Puerto Rican Action Board (PRAB)				(732) 828-4510	https://www.prab.org/event/food-pantry-23/2020-11-12/	Food is distributed by appointment only
Middlesex	Trinity Episcopal Church	650 Rahway Ave.	Woodbridge	N/A	732-634-7422	N/A	Call the church for hours
Somerset	Zarepath Christian Church: My Neighbor's Food Pantry	595 Weston Canal Rd.	Somerset	N/A	732-560-4001		Open on Thursdays and Saturdays; if unable to pick up, they may be able to deliver
Somerset	Franklin Township Food Pantry	224 Churchill Ave.	Somerset	N/A	732-246-0009 ext. 120		
Somerset	SHIPL Samaritan Homeless Interim Program	87 E. High St.	Somerville	N/A	908-725-3260		Hot meals, lunches and dinners may be offered to the poor or homeless
Somerset	Food Bank Network of Somerset County	9 Easy St.	Bound Brook	N/A	732-560-1813		
Somerset	Interfaith Hospitality Network of Somerset County	98 West End Ave.	Somerville	N/A	908-704-1920		
Somerset	Jewish Family Services	150-A W. High St.	Somerville	N/A	908-725-7799		
Somerset	Salvation Army	108 Hamilton St.	Bound Brook	N/A	732-748-1146		
Statewide	Community Food Bank of Central NJ		Central NJ		N/A	https://cfbnj.org/findfood/	Search for food resources by zip code

FQHCs (Central New Jersey)

County	Name	Areas Served	Address	City	Email	Phone Number	Website
Hunterdon	Zufall Health Center, Inc.	Flemington	361 Route 31, Bldg. C, Suite 701	Flemington	N/A	908-968-4440	https://www.zufallhealth.org
Mercer	Henry J. Austin Health Center at Catholic Charities Diocese of Trenton	Trenton	10 Southard St.	Trenton	N/A	609-392-4827	https://henryjaustin.org
Mercer	Henry J. Austin Health Center at Family Guidance Center Corporation	Hamilton	2300 Hamilton Ave.	Trenton	N/A	609-278-5900	https://henryjaustin.org
Mercer	Henry J. Austin Health Center, Inc.	Ewing	112 Ewing St.	Trenton	N/A	609-396-9600	https://henryjaustin.org
Mercer	Henry J. Austin Health Center, Inc.	Hamilton Twp.	1544 Kuser Rd., Suites C6 & 7	Hamilton Twp.	N/A	609-585-4606	https://henryjaustin.org
Mercer	Henry J. Austin Health Center, Inc.	Trenton	321 N. Warren St.	Trenton	N/A	609-278-5900	https://henryjaustin.org
Mercer	Henry J. Austin Health Center, Inc.	Trenton	433 Bellevue Ave., 4th Floor	Trenton	N/A	609-278-5900	https://henryjaustin.org
Mercer	Henry J. Austin Health Center, Inc.	Trenton	218 N. Broad St.	Trenton	N/A	609-278-5900	https://henryjaustin.org
Mercer	Henry J. Austin Health Center, Inc.	Trenton	317 Chambers St.	Trenton	N/A	609-392-2635	https://henryjaustin.org
Mercer	Henry J. Austin Health Center, Inc.	Trenton	314-316 E. State St.	Trenton	N/A	609-278-5900	https://henryjaustin.org
Mercer	Henry J. Austin Health Center at All Access Mental Health	Trenton/Princeton	819 Alexander Rd.	Princeton	N/A	609-278-5900	https://henryjaustin.org
Mercer	Henry J. Austin Health Center at The Rescue Mission of Trenton	Trenton	98 Carroll St.	Trenton	N/A	609-278-5900	https://henryjaustin.org
Mercer	Iron Recovery and Wellness Center	Trenton	132 Perry St.	Trenton	N/A	609-394-8988	https://ironwellness.org
Middlesex	Jewish Renaissance Medical Center, Inc.	Perth Amboy	275 Hobart St.	Perth Amboy	N/A	732-376-6615	https://jrhc.us
Middlesex	Jewish Renaissance Medical Center, Inc.	Perth Amboy	276 Hobart St.	Perth Amboy	N/A	732-376-9333	https://jrhc.us
Middlesex	Rutgers RWJ Eric B. Chandler Health Center	New Brunswick	123 Church St.	New Brunswick	N/A	732-235-6700	https://rutgershealth.org/location/eric-b-chandler-health-center
Middlesex	Rutgers RWJ Eric B. Chandler Health Center	New Brunswick	100 Somerset St.	New Brunswick	N/A	732-235-6700	https://rutgershealth.org/location/eric-b-chandler-health-center
Middlesex	Rutgers RWJ Eric B. Chandler Health Center	New Brunswick	277 George St.	New Brunswick	N/A	732-235-7406	https://rutgershealth.org/location/eric-b-chandler-health-center
Middlesex	SBHC Mobile Van Jewish Renaissance Medical Center, Inc.	Perth Amboy	275 Hobart St.	Perth Amboy	N/A	732-376-9333	https://jrhc.us
Middlesex	The Jewish Renaissance Foundation, Inc.	Perth Amboy	1931 Oak Tree Rd.	Edison	N/A	732-324-2114	https://jrhc.us
Middlesex	Zufall Health Center, Inc.	Plainsboro Twp.	1 Plainsboro Rd.	Plainsboro	N/A	609-853-7600	https://www.zufallhealth.org
Monmouth	Visiting Nurse Association (VNA) of Central Jersey Community Health Center	Freehold Twp.	597 Park Ave.	Freehold Twp.	N/A	732-294-2540	https://vnachc.org
Monmouth	Visiting Nurse Association (VNA) of Central Jersey Community Health Center	Keyport	35 Broad St.	Keyport	N/A	732-888-4149	https://vnachc.org
Monmouth	Visiting Nurse Association (VNA) of Central Jersey Community Health Center	Keansburg	100 Main St.	Keansburg	N/A	732-787-1250	https://vnachc.org
Monmouth	Visiting Nurse Association (VNA) of Central Jersey Community Health Center	Red Bank	188 E. Bergen Pl., Suite 302	Red Bank	N/A	732-219-6620	https://vnachc.org
Ocean	Visiting Nurse Association (VNA) of Central Jersey Community Health Center	Asbury Park	1301 Main St.	Asbury Park	N/A	732-774-6333	https://vnachc.org
Monmouth	Monmouth Family Health Center, Inc.	Long Branch	207 Broadway	Long Branch	N/A	732-923-7100	https://www.mfncnj.org
Monmouth	Monmouth Family Health Center, Inc.	Long Branch	80 Pavilion Ave.	Long Branch	N/A	732-923-7100	https://www.mfncnj.org
Monmouth	Monmouth Family Health Center, Inc.	Long Branch	300 2nd Ave.	Long Branch	N/A	732-923-7100	https://www.mfncnj.org
Monmouth	Monmouth Family Health Center, Inc.	Long Branch	335 Broadway	Long Branch	N/A	732-923-7100	https://www.mfncnj.org
Monmouth	Monmouth Family Health Center, Inc.	Long Branch	277 Hobart St., Mobile Unit	Perth Amboy	N/A	732-376-9333	https://www.mfncnj.org
Monmouth	Lakewood Resource and Referral Center, Inc.	Lakewood	108 Hillside Blvd.	Lakewood	N/A	732-364-6666	https://www.lrrcenter.org/public/about/lrrc/lrrc
Monmouth	CHEMED Center for Health Education, Medicine & Dentistry, Lakewood Resource and Referral Center	Lakewood	1771 Madison Ave.	Lakewood Twp.	N/A	732-364-2144	https://www.chemedhealth.org
Monmouth	Ocean Health Initiatives	Lakewood	101 Second St.	Lakewood Twp.	N/A	732-363-6655	https://ohinj.org/find-your-health-center/
Monmouth	Ocean Health Initiatives, Inc.	Freehold	20 Jackson St., Suite E	Freehold	N/A	732-363-6655	https://ohinj.org/find-your-health-center/
Ocean	Ocean Health Initiatives	Toms River	10 Stockton Dr.	Toms River	N/A	732-363-6655	https://ohinj.org/find-your-health-center/
Somerset	Zufall Health Center, Inc.	Somerville	71 4th St.	Somerville	N/A	908-526-2335	https://www.zufallhealth.org
Union	Neighborhood Health Center-Plainfield	Plainfield	1700-58 Myrtle Ave.	Plainfield	N/A	908-753-6401	https://www.nhscnj.org

NICU Resources

Name	National or Local Organization	Website	Notes
Hand to Hold	National	www.handtohold.org	peer support, written materials, support groups
March of Dimes	National	www.marchofdimes.org	app and groups
Project Sweet Peas	National	www.projectsweetpeas.com	support (care packages, fuel assistance, NICU themed mental health plan worksheets)
Support Group for NICU Parents (Postpartum Support International)	National	https://www.postpartum.net/get-help/psi-online-support-meetings	Registration required; 90 minute free virtual group for current or former parents of NICU babies

Nurse Practitioners

County	Name	City	Insurance Accepted	Address	Phone Number
Monmouth	Denise K. Allen, APN, BC	Rumson	Contact the provider	20 Bingham Avenue, Suite 2	732-977-8805
Monmouth	Cheryl Leiningen, DNP	Eatontown	Contact the provider	615 Hope Road, Suite 212	732-740-9432
Monmouth	Valerie Magrino, APN	Shrewsbury	Contact the provider	23 White Street	732-444-8802
Ocean	Sheron Diane Keys, DNP	Forked River	Contact the provider	620 Lacey Road, Suite 5	609-618-8500 / 609-597-7001
Ocean	Irene Marsh, APN	Toms River	Contact the provider	509 Main Street., Bldg. A, 2nd Floor, Suite A	732-763-2302

Perinatal Loss Resources (English)

Name	Organization	Type	Virtual or In-person	Language	Day/Time/Occurrence	City	Phone Number	Website	Notes
Miscarriage Support Group	Pockets of Light	Miscarriage	Virtual & In-Person	English	Closed Groups, registration required. Dates and times vary.	Montclair	973-619-4277	https://www.pocketsoflight.org	
PAL Support Group (Pregnancy After Loss)	Pockets of Light	Pregnancy After Loss	Virtual & In-Person	English	Closed Groups, registration required. Dates and times vary.	Montclair	973-619-4277	https://www.pocketsoflight.org	
Perinatal Loss Group	Partnership for Maternal and Child Health of Northern New Jersey	Miscarriage, stillbirth, & infant loss	Virtual	English	Thursdays @ 6pm (Bi-Weekly)	N/A		https://www.partnershipmch.org/programs/support-group/	
Perinatal Loss Group (Peer Support)	The TEARS Foundation	All types of perinatal loss	Varies by group	English	Varies by group	Statewide	848-469-8180	www.thetearsfoundation.org	newjerseychapter@thetearsfoundation.org
Perinatal Loss Groups	Postpartum Support International	All types of perinatal loss	Virtual	English	Varies by group	National	N/A	https://www.postpartum.net/get-help/psi-online-support/	Registration required; free
Return to Zero--H.O.P.E.	Return to Zero--H.O.P.E.	All types of perinatal loss	Virtual	English	Varies by group	National	N/A	https://rtzhope.org/register	Closed-ended groups; \$50-250 fee
SHARE National Support Groups	SHARE	All types of perinatal loss	Varies by group	English	Varies by group	National	N/A	http://nationalshare.org/online-support/	Free
SHARE Support Group	Saint Peter's University Hospital	Miscarriage, stillbirth, & infant loss	In-Person	English	3rd Thursday of the month 7-9 pm	New Brunswick	732-745-8522		imariano@saintpetersuh.com ; free
SHARE Support Group	Riverview Medical Center	Miscarriage, stillbirth, & infant loss	In-person	English	2nd Tuesday of the month 7:30-9:30 pm	Red Bank	732-530-2315		Free
Stillbirth and Early Infant Loss Support Group	Pockets of Light	Stillbirth & Early Infant Loss	Virtual & In-Person	English	Closed Groups, registration required. Dates and times vary.	Montclair	973-619-4277	https://www.pocketsoflight.org	
UNITE	Penn Medicine/Princeton Health	Miscarriage, stillbirth, & infant loss	Virtual	English	1st Wednesday of the month 7-9 pm	Central New Jersey residents	609-897-8980 or -8985	www.princetonhcs.org/calendar	Registration required; free

Pregnancy & New Mom Support Groups

Name	Organization	Type	Virtual or In-person	Language	Day/Time/Occurrence	City	Phone Number	Website	Notes
Circle of Hope: Group for New Moms of Color	Partnership for Maternal and Child Health of Northern New Jersey	New Mothers	Virtual	English	Mondays @ 3pm (Weekly)				
Hope for Mothers Support Group: For Mothers with Babies up to One Year	Partnership for Maternal and Child Health of Northern New Jersey	New Mothers	Virtual	English	Tuesday @ 1pm (Weekly)				
Pregnancy and New Moms Support Group	Partnership for Maternal and Child Health of Northern New Jersey	Pregnancy/New Mothers	Virtual	English	Thursdays @ 12pm (Weekly)				
Grupo Virtual Para Madres con Bebés Hasta Un Año de Edad	Partnership for Maternal and Child Health of Northern New Jersey	New Mothers	Virtual	Spanish	Wednesdays @ 10am (Weekly)				
Pregnant Moms Support Group	Partnership for Maternal and Child Health of Northern New Jersey	Pregnancy	Virtual	English	On hold				
Listening Hearts	Central Jersey Family Health Consortium	Perinatal	Virtual	English	Contact facilitator	Central NJ	N/A	https://cjfhc.org/what-we-do/support-groups.html	Rcervelli@CJFHC.org
Mamas Sin Miedos (Fearless Moms)	Harvest Family Success Center	New Mothers	In-person	English & Spanish	Thursdays at 11 am	Hunterdon County Residents Only	908-237-0465	N/A	Croose@njprevent.com
Beyond the Baby Blues	Hunterdon Medical Center	New Mothers	Virtual	English	Tuesdays at 10 am	Central NJ	N/A	N/A	Connect to the meeting: https://bit.ly/3mCvNZD ; Facilitator: emailbeyondthebabyblues3@gmail.com ; Registration not required
BabySteps (Birth to Walkers)	Hunterdon Medical Center	Mothers	Virtual	English	Thursdays at 1-2:30 pm	Central NJ	413-340-2176	N/A	Connect to the meeting: https://meet.google.com/nwc-cwax-psv ; Registration not required
New Parents Support Group	Capital Health Medical Center-Hopewell	New Parents	In-person	English	Mondays at 1-2 pm	Pennington	609-303-4139	www.capitalhealth.org/classes-events/main/new-parent-support-group	Registration encouraged but not required; group meets in the 3rd floor conference room
Bright Beginnings	Penn Medicine Princeton Health	New Parents	In-person	English	Wednesdays at 11 am-12 pm	Princeton	609-897-8980	N/A	Registration not required; group meets at Princeton Fitness & Wellness, 1225 State Rd., Princeton 08540
Pregnancy & Postpartum Support Group	Penn Medicine Princeton Health	New Mothers	Virtual	English	Wednesdays at 4:30-5:30 pm	N/A	609-897-8980	www.princetonhcs.org/calendar	Registration required
New Moms-New Babies: A New Mothers Support Group	Robert Wood Johnson University Hospital	New Mothers	In-person	English	Wednesdays at 12-2 pm	New Brunswick	732-253-3871	N/A	Registration not required; group meets at RWJ Fitness and Wellness Center, RWJUH Community Education Room, 100 Kirkpatrick St., New Brunswick 08901
Life Will Never Be the Same Again Support Groups for New Moms	Saint Peter's University Hospital	New Mothers	In-person	English	1st Tuesday of the month at 12-1 pm	New Brunswick	732-745-8579	N/A	Registration required; meeting location will be provided upon registration
Mom and Baby Discussion Group	CentraState Medical Center	New Mothers	In-person	English	Fridays at 11 am	Freehold	732-308-0570	N/A	Registration not required; meeting location will be provided upon request
Postpartum Support Group	Riverview Medical Center	New Mothers	In-person	English	1st & 3rd Thursdays at 11 am	Red Bank	Karen Edwards 732-706-5173	N/A	Registration required; group meets at Riverview Medical Center, 1 Riverview Plaza, Red Bank 07701 (exact meeting location will be provided upon registration)
Postpartum Support Group	Jersey Shore University Medical Center	New Mothers	In-person	English	Thursdays at 11-12:30 pm	Neptune	Linda Carroll 732-776-3329	N/A	Registration not required; facilitator: Linda.Carroll@hmn.org
Various Pregnancy & Parenting Support Groups	Postpartum Support International	Pregnancy & New Parents	Virtual	English & Spanish	check website listing	National	N/A	www.postpartum.net/get-help/psi-online-support-meetings/	Registration required; 90 minute free support groups

Sleep Coaching Resources

Organization/Person	Type	National or Local Organization	City	Phone Number	Website	Notes
Happy Family After	Sleep coaching & postpartum doula	Local	New Jersey	N/A	www.happyfamilyafter.com	email info@happyfamilyafter.com for more information
Amanda Israel	Sleep & potty training consultant	Local	National	253-585-2906	www.lullabymagicsleepconsulting.com	Free 15 minute sleep consultation available
Jenifer Gilman	Sleep consultant	Canada	Canada	905-617-3226	https://goodnightsleepsite.com	Sleep resources for all ages (babies to adult)
Christine Lawler	Sleep consultant	National	National	N/A	https://thepeacefulsleeper.com	

Treatment Services for Substance Abuse

County	Name	Types of Care	Address	City	Email	Phone Number	Website	Notes
Bergen	Addiction Recovery Program	Outpatient & Intensive Outpatient Services	151 Hudson St.	Hackensack		201-336-3330		
Hunterdon	Kwenyan and Associates	Outpatient, Intervention IPO, and treatment	200 Main Street	Flemington	wcurry@kwenyanandassociates.org	908-237-3826		
Hunterdon	Hunterdon Recovery Center	Support Group	87 Park Avenue	Flemington		908-782-3909		
Hunterdon	Hunterdon Drug Awareness	Counseling & assessment, adult intensive outpatient, SAB	8 Main Street, Suite 7	Flemington		908-788-1900		
Hunterdon	Day TOP NJ Outpatient	Substance abuse treatment for adults and teens	6 Gauntt Place	Flemington		908-806-5195		Accepts insurance and payment options
Statewide	NJ Quit Line	Smoking cessation via phone	N/A	N/A		866-657-8677		Smoking cessation counseling via phone (advice, techniques, reading materials, and can mail resources--patches, medications, etc.)
Statewide	NJ Quit Line Línea de Ayuda para Dejar de Fumar	Consejería por teléfono para dejar de fumar	N/A	N/A		866-657-8677		El consejero proporciona técnicas, material para leer y puede mandar parches, medicamentos u lo necesario para dejar de fumar
Statewide	Moms Quit Connection for Families	Smoking cessation counseling	N/A	N/A		856-675-5326		
Mercer	Grupo AA Nueva Luz de Trenton	Support Grupo	151 North Warren Street (Sótano Catedral St. Maria)	Trenton		404-917-5315; Spanish 973-824-0555		Reuniones: Lunes, Martes, Miércoles, Viernes y Sábado [A] 8 am to10 pm; Jueves [T] 8 am to 10 pm
Mercer	Catholic Charities		39 N. Clinton Avenue	Trenton		800-360-7711; 609-278-3202	http://www.cctrenton.org	
Hunterdon, Middlesex, Morris, and Somerset	The Center for Great Expectations	Adult Residential Mommy & Me	19B Dellwood Lane	Somerset		732-247-7003 (Manager)	https://www.cge-nj.org/programs/adult-program/	Serves homeless, pregnant and/or parenting women with substance use disorder (children may be up to age 5 years)
Hunterdon, Middlesex, Morris, and Somerset	The Center for Great Expectations	START Program	120 Finderne Avenue	Bridgewater		732-434-8577 (Manager)	https://www.cge-nj.org/programs/s-t-a-r-t/	START is our free community-based, home visitation and telehealth program in 8 New Jersey counties for persons seeking substance use services during pregnancy and postpartum.
Essex, West Hudson, and Union Counties	The Center for Great Expectations	START Program	332 South 8th Street	Newark		732-434-8577 (Manager)		
Somerset County	IME Addictions Center					844-276-2777		
Somerset County	A Simple Way: Narcotics Anonymous (Virtual)						https://us04web.zoom.us/j/79446996876	Mondays at 7:30-9 pm; meeting ID 794-4699-6876; Dial in 646-558-8656; Password 136136
Central NJ	Central Jersey Family Health Consortium	Education & Resource List					https://cjfhc.org/what-we-do/professional/perinatal-addiction-prevention-project.html	List of treatment services and other resources

WIC (Central New Jersey)

County	Name	Areas Served	Address	City	Email	Phone Number	Website
Hunterdon	Flemington United Methodist Church	Hunterdon County	116 Main Street	Flemington	wic@norwescap.org	908-454-1210	n/a
Mercer	The Children's Home Society of NJ's Mercer WIC	Mercer County	1440 Parkside Avenue	Ewing	wicnutritionist@chsofnj.org	609-498-7755	n/a
Mercer	Hamilton Health Department	Mercer County	320 Scully Avenue	Hamilton	wicnutritionist@chsofnj.org	609-498-7755	n/a
Mercer	Princeton Twp., Municipal Building WIC	Mercer County	400 Witherspoon Street	Princeton	wicnutritionist@chsofnj.org	609-498-7755	n/a
Mercer	CHS South Clinton Office	Mercer County	635 South Clinton Avenue	Trenton	wicnutritionist@chsofnj.org	609-498-7755	n/a
Mercer	First Baptist Church of Hightstown	Mercer County	125 South Main Street	Hightstown	wicnutritionist@chsofnj.org	609-498-7755	n/a
Middlesex	How Lane Health Center	Middlesex County	123 How Lane (rear of building)	New Brunswick	wic@vnahg.org	732-249-3513	n/a
Middlesex	Presbyterian Church of Jamesburg	Middlesex County	177 Gatzmer Avenue	Jamesburg	wic@vnahg.org	732-249-3513	n/a
Middlesex	Edison Township Health Department	Middlesex County	80 Idlewild Road	Edison	wic@vnahg.org	732-249-3513	n/a
Middlesex	Perth Amboy WIC Program	Middlesex County	313 State Street, Second Floor	Perth Amboy	wic@vnahg.org	732-376-1188	n/a
Middlesex	Acelero Head Start	Middlesex County	301 Augusta Street	South Amboy	wic@vnahg.org	732-376-1188	n/a
Monmouth	VNA of Central New Jersey	Monmouth County	WIC Administration Site, 790 Route 35	Middletown	wic@vnahg.org	732-471-9301	n/a
Monmouth	Trinity Church	Monmouth County	503 Asbury Avenue	Asbury Park	wic@vnahg.org	732-471-9301	n/a
Monmouth	Freehold Health Center	Monmouth County	597 Park Avenue	Freehold	wic@vnahg.org	732-471-9301	n/a

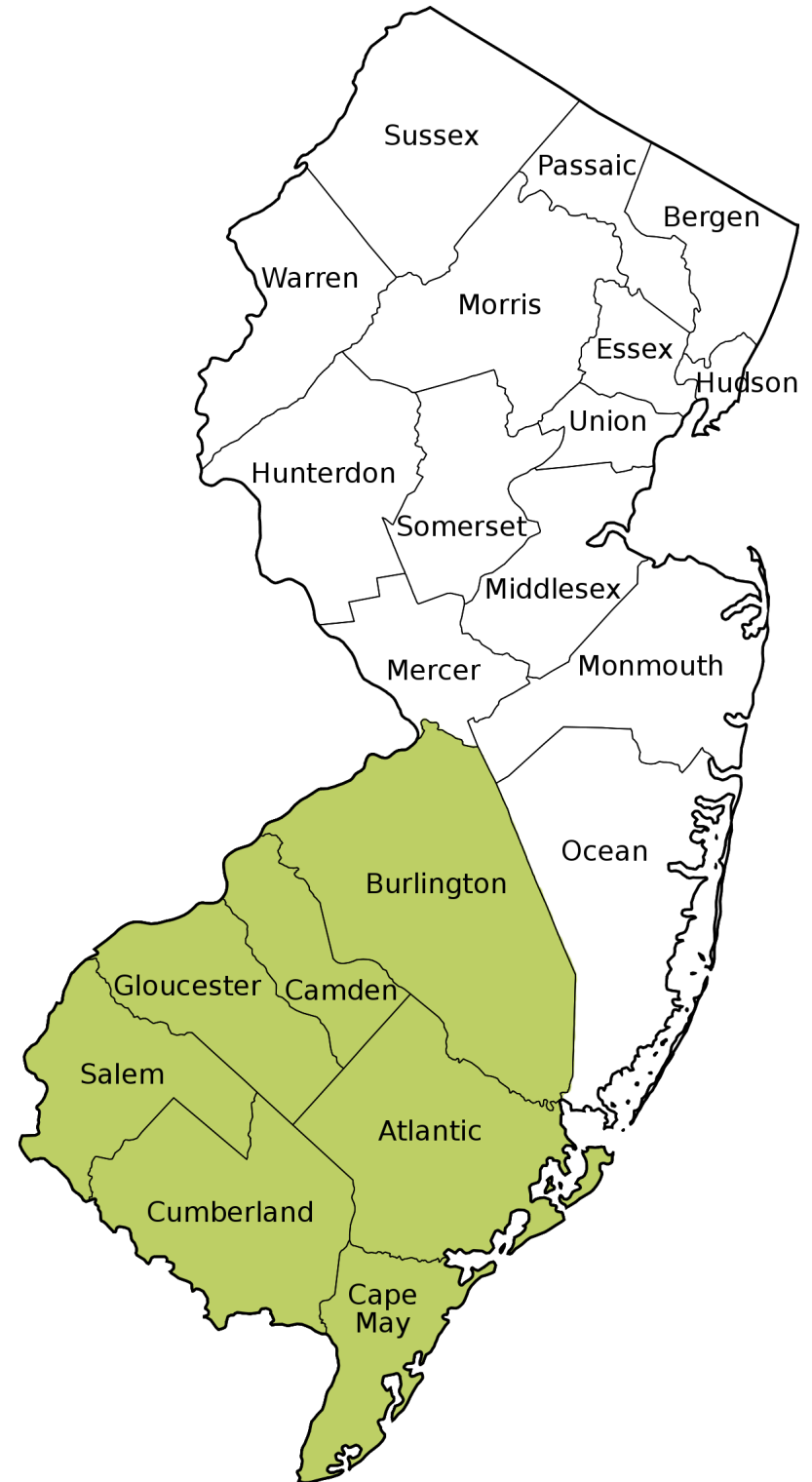
WIC (Central New Jersey Cont.)

County	Name	Areas Served	Address	City	Email	Phone Number	Website
Monmouth	Keyport VNA Community Health Center	Monmouth County	35 Broad Street	Keyport	wic@vnahg.org	732-471-9301	n/a
Monmouth	Monmouth Day Care Center	Monmouth County	9 Dr. James Parker Boulevard	Red Bank	wic@vnahg.org	732-471-9301	n/a
Monmouth	Grace Methodist Church	Monmouth County	115 Saint James Avenue	Union Beach	wic@vnahg.org	732-471-9301	n/a
Monmouth	First Presbyterian Church	Monmouth County	9th Avenue & E Street	Belmar	wic@vnahg.org	732-471-9301	n/a
Ocean	Ocean County Health Department	Ocean County	175 Sunset Avenue	Toms River	wic@ochd.org	732-370-0122	n/a
Ocean	Southern Ocean Resource Center	Ocean County	333 Haywood Avenue	Manahawkin	wic@ochd.org	732-370-0122	n/a
Ocean	Ocean Health Initiatives (OHI)	Ocean County	10 Stockton Avenue	Toms River	wic@ochd.org	732-370-0122	n/a
Ocean	Northern Ocean County Board of Health	Ocean County	1771 Madison Avenue	Lakewood	wic@ochd.org	732-370-0122	
Ocean	Ocean Health Initiatives (OHI) Health Center	Ocean County	101 Second Street	Lakewood	wic@ochd.org	732-370-0122	
Somerset	People Care Center	Somerset County	120 Finderne Avenue, Room 4	Bridgewater	wic@norwescap.org	908-685-8282	
Somerset	Watchung Avenue Presbyterian Church	Somerset County	170 Watchung Avenue	North Plainfield	wic@norwescap.org	908-454-1210	

South Jersey

Counties:

Atlantic, Burlington, Camden,
Cape May, Cumberland,
Gloucester and Salem



Psychiatrists

County	Name	Address	Phone Number	Website	In-Network Insurance Plans	Notes
Multiple Counties	Center for Family Services (multiple locations)	Egg Harbor Township, NJ	877.922.2377	https://www.centerffs.org/our-services/counseling-behavioral-health/comprehensive-outpatient-counseling	Medicaid and others	
Multiple Counties	It Takes a Family (multiple locations)	multiple locations	609.933.7044	https://www.ittakesafamilyllc.com/	Aetna, Horizon Medicaid, Private and commercial insurance	
Camden	South Jersey Behavioral Health	400 Market Street Camden, NJ 08102	800.220.8081	https://www.sjbhr.org/PublicPages/Home.aspx	major insurances accepted including Medicaid	Spanish
Camden	Resolution Point Behavioral Health	1175 Marlkrass Rd Unit 3532, Cherry Hill, NJ 08003	732-354-0050	https://www.resolutionpointbh.com/		
Cumberland	Cumberland County Guidance Center	2038 Carmel Road Millville, NJ 08332	856.455.5555	https://ccgnj.org/	all insurances accepted	Spanish speaking providers
Atlantic	Atlanticare Behavioral Health	multiple locations	888-569-1000	https://www.atlanticare.org/services/behavioral-health/	all insurances accepted including Medicaid	
Salem	Healthcare Commons	500 S. Pennsville-Auburn Rd, Carneys Point, NJ 08069	856.299.3001	https://www.hcommons.com/	All insurance	
Burlington	Rowan Psychiatry Residents	100 Century Pkwy, Ste 350, Mt. Laurel NJ 08054	856-482-9000	https://rowanmedicine.com/specialties/psychiatry/	All insurance including Medicaid	perinatal psychiatry available for consultation
Burlington, Atlantic	Legacy Treatment Services (multiple locations)	561 Tilton Road Northfield, NJ 08232	800.433.7365 or 609.288.3268	https://www.legacytreatment.org/services/outpatient-mental-health-services-including-telehealth/	Medicaid and others	
Multiple Counties	Oaks Integrated Care (multiple locations)	Multiple locations	800.963.3377	https://oaksintcare.org/services/outpatient-services/	Medicaid, some Horizon plans	Spanish speaking provider
Atlantic	Jewish Family Services	Atlantic City NJ and Margate--see website	609.822.1108	https://www.jfsatlantic.org/	Medicaid and others	

Atlantic County Therapists

Name	Address	Phone Number	Website	In-Network Insurance Plans
Acenda Integrated Health (multiple locations)	Egg Harbor Township, NJ	844-422-3632 (main number)	https://acendahealth.org/programs/adult-counseling-therapy-services/	Accepts all insurance plans
Atlanticare	Multiple locations	888-569-1000	https://www.atlanticare.org/services/behavioral-health/	All insurance plans accepted
Center for Family Services (multiple locations)	Egg Harbor Township, NJ	877.922.2377	https://www.centerffs.org/our-services/counseling-behavioral-health/comprehensive-outpatient-counseling	Medicaid and others
Harmony Counseling Services	Telehealth-statewide	(862)-203-7818	https://www.harmonycounselingllc.org/	Horizon, Aetna, United
Individual and Family Therapeutic Wellness LLC	802 Tilton Road Suite 103 Northfield, NJ 08225	609-377-8074	https://individualandfamilytherapeuticwellness.com/	Aetna, United, BCBS, Cigna, Amerihealth, Medicare
Legacy Treatment Services (multiple locations)	561 Tilton Road Northfield, NJ 08232	800.433.7365 or 609.288.3268	https://www.legacytreatment.org/services/outpatient-mental-health-services-including-telehealth/	Medicaid and others
Oaks Integrated Care (multiple locations)	Multiple locations	800.963.3377	https://oaksintcare.org/services/outpatient-services/	Medicaid, some Horizon plans
Sandy Shore Counseling: Brenna Cash, LPC	505 New Rd #6, Somers Point NJ 08244	609.224.9572	https://www.brennacashcounseling.com/about/	United, Cigna, Horizon Plans, Amerihealth
Jewish Family Services	Atlantic City NJ and Margate--see website	609.822.1108	https://www.jfsatlantic.org/	Medicaid and others
Seaside Serenity Counseling	Telehealth sessions but located in Absecon, NJ	609-961-1827	https://www.seaside-serenity.com/	Aetna, Oxford, United, Blue Cross Blue Shield Plans
Open Path Collective	N/A	N/A	https://openpathcollective.org/	N/A

Burlington County Therapists

Name	Address	Phone Number	Website	In-Network Insurance Plans	Notes
Chrysalis Counseling Center	115 North Church Street Moorestown NJ 08057	856-200-8203	https://www.thechrysaliscounselingcenter.com/	Aetna, Horizon BCBS, United (Optum)	
Alice Jannini Counseling	520 Stokes Road Suite B-5 Medford, NJ 08055	856-693-3452	no website	Magellan (BCBS, Hoironz, Amerihealth, Keystone) and CIGNA	PMH-C
It Takes a Family (multiple locations)	multiple locations	609.933.7044	https://www.ittakesafamilyllc.com/	Aetna, Horizon Medicaid, Private and commercial Insurance	yes prescriber, no spanish
Oaks Integrated Care (multiple locations)	multiple locations	800.963.3377	https://oaksintcare.org/services/outpatient-services/		Speak Up When You're Down provider (mention?)
Mental Mediator	6102 Hamilton Way, Easthampton NJ 08060	484.515.6125	https://www.mentalmediator.com/	Major plans accepted, Tricare	no spanish
Legacy Treatment Services (multiple locations)	795 Woodlane Road, Suite 301 Mount Holly, NJ 08060	800.433.7365	https://www.legacytreatment.org/services/outpatient-mental-health-services-including-telehealth/		
Open Path Collective	N/A	N/A	https://openpathcollective.org/		

Camden County Therapists

Name	Address	Phone Number	Website	In-Network Insurance Plans
Center for Family Services	584 Benson St Camden, NJ 08103	877.203.7818	https://www.centerffs.org/our-services/counseling-behavioral-health	All insurances
Change of Mind Counseling	no address listed-telehealth only	609.217.3868	https://www.changeofmindcounseling.com/	BCBS, Omnia, United healthcare, Aetna
Susan Gold, MA, LPC	1930 E Marlton Park Suite Q-41 Cherry Hill, NJ 08003	609-706-1332 susangold@verizon.net	no website	BCBS,Aetna
Hispanic Family Center of Southern New Jersey		856.3653739	http://hispanicfamilycenter.com/	
Hope Honeyman, LCSW	1930 E Marlton Pike Suite Q-3 Vherry Hill NJ 08003	856-424-6887	no website	BCBS plans, Aetna
J and T Behavioral Health	700 Liberty Place sicklerville, NJ 08081	856.776.7540	https://www.jtbehavioralhealth.com/	
Kinnari Kothari, MD	1 Britton Place Suite 6 Voorhees, NJ 08043	856-772-0700	no website	blue cross blue shield, Aetna
Legacy Treatment Services	100 Townsend Avenue Berlin, NJ 08009	800-433-7365	https://www.legacytreatment.org/	all insurances
Meridian Counseling Services LLC	Cherry Hill and Turnersville	856.751.0505	http://meridiancounseling.net/	everything but UHC or Medicaid
Mindful Soul Center for Well Being	Marlton and Haddon Township	856.617.4544	https://mindfulsoulwellbeing.com/	Aetna
Oaks Integrated Care	multiple locations	1-800-963-3377	https://oaksintcare.org/	All insurances
Omni Health	427 Market St Camden, NJ 08102	8563541.585	https://www.omhsi1.com/	All insurances, sliding scale
Osborne Family Health	1601 Haddon Ave Camden, NJ 08103	856.757.3700 x6	https://osbornfamilyhealthcenter.com/counseling	All insurances, sliding scale
Live Truthfully Counseling	1500 Kings Hwy N Suite C-& Cherry Hill NJ 08034	215-821-8829	https://livetruythfullycounseling.com/	United Healthcare, Oxford, BCBS, Aetna, Oscar
Bridge 2 Balance Counseling	221 Laurel Road Suite 105 Voorhees Twp, NJ 08043	856.656.4431	https://bridge2balance.com/	Aetna, most BCBS
South Jersey Behavioral Health	400 Market St Camden, NJ 08102	800.220.8081	https://www.sjbhr.org/PublicPages/Home.aspx	All insurances, including Medicaid
Open Path Collective	N/A	N/A	https://openpathcollective.org/	
Resolution Point Behavioral Health	n/a	732-354-0050	https://www.resolutionpointbh.com/	All insurances including medicaid

Cape May County Therapists

Name	Address	Phone Number	Website	In-Network Insurance Plans
Acenda (multiple locations)	Cape May Court House, NJ	844-422-3632	https://acendahealth.org/programs/adult-counseling-therapy-services/	All insurances
Jewish Family Services	1129 South Route 9 Suite 7 Cape May Court House, NJ 08210	609.822.1108	https://www.jfsatlantic.org/	Medicaid and others
Open Path Collective	N/A	N/A	https://openpathcollective.org/	N/A

Cumberland County Therapists

Name	Address	Phone Number	Website	In-Network Insurance Plans
Center for Family Services (multiple locations)	multiple locations	877.203.7818	https://www.centerffs.org/our-services/counseling-behavioral-health/comprehensive-outpatient-counseling	all insurances accepted
Inspira Behavioral Wellness Center	multiple locations	856.455.5555	https://www.inspirahealthnetwork.org/services-treatments/behavioral-mental-health-services	all insurances accepted
It Takes a Family (multiple locations)	multiple locations	609.933.7044	https://www.ittakesafamilyllc.com/	Aetna, Horizon Medicaid, Private and commercial Insurance
Oaks Integrated Care (multiple locations)	multiple locations	800.963.3377	https://oaksintcare.org/	all insurances accepted
Omni Health	319 West Landis Ave Vineland, NJ	856.541.5848	https://www.omhsi1.com/default.html	all insurances accepted
Open Path Collective	N/A	N/A	https://openpathcollective.org/	N/A
Cumberland County Guidance Center	2038 Carmel Road Millville, NJ 08332	856.455.5555	https://ccgcnj.org/	all insurances accepted

Gloucester County Therapists

Name	Address	Phone Number	Website	In-Network Insurance Plans
Acenda Integrated Health (multiple locations)	Glassboro	844-422-3632	https://acendahealth.org/programs/adult-counseling-therapy-services/	All insurances
Artemis Center for Guidance	Two locations: Sewell and Glassboro	856.512.1611	https://artemisguidance.com/	Aetna
Center for Emotional Wellness and Healing	Turnersville and Sewell	856.553.6110	https://www.sewelltherapists.com/	Aetna, BCBS, Magellan
Center for Family Guidance	multiple locations	856.251.0500	https://ctrfamilyguidance.com/	everything but medicaid
Center for Family Services	multiple locations	877.922.2377	https://www.centerffs.org/our-services/counseling-behavioral-health/comprehensive-outpatient-counseling	All insurances
Inspira Behavioral Health	multiple locations	856.455.5555	https://www.inspirahealthnetwork.org/services-treatments/behavioral-mental-health-services	All insurances
Meridian Counseling Services	Cherry Hill and Sewell NJ	856.751.0505	http://meridiancounseling.net/	UHC, Aetna, anything but medicaid
Open Path Collective	N/A	N/A	https://openpathcollective.org/	N/A
South Jersey Psychological Associates	140 S Broadway Pitman, NJ 08071	844.365.7676	https://southjerseypsychological.com/	varies by provider

Salem County Therapists

Name	Address	Phone Number	Website	In-Network Insurance Plans
Acenda Integrated Health (multiple locations)	multiple locations	844.422.3632	https://acendahealth.org/programs/adult-counseling-therapy-services/	All insurance
Healthcare Commons	500 S. Pennsville-Auburn Rd, Carneys Point, NJ 08069	856.299.3001	https://www.hcommons.com/	All insurance
It Takes a Family (multiple locations)	multiple locations	609.933.7044	https://www.ittakesafamilyllc.com/	Aetna, Horizon Medicaid, Private and commercial Insurance
Legacy Treatment Services	330 Salem Woodstown Road Mannington NJ 08079	800.433.7365	https://www.legacytreatment.org/services/outpatient-mental-health-services-including-telehealth/	All insurance
Open Path Collective	N/A	NA	https://openpathcollective.org/	

Advanced Practice Nurses

Name	Address	Phone Number	Website	In-Network Insurance Plans	Notes
Center for Family Services (multiple locations)	Egg Harbor Township, NJ	877.922.2377	https://www.centerffs.org/our-services/counseling-behavioral-health/comprehensive-outpatient-counseling	Medicaid and others	
It Takes a Family (multiple locations)	multiple locations	609.933.7044	https://www.ittakesafamilyllc.com/	Aetna, Horizon Medicaid, Private and commercial Insurance	
South Jersey Behavioral Health	400 Market Street Camden, NJ 08102	800.220.8081	https://www.sjbhr.org/PublicPages/Home.aspx	major insurances accepted including Medicaid	Spanish
Resolution Point Behavioral Health	1175 MarlKress Rd Unit 3532, Cherry Hill, NJ 08003	732-354-0050	https://www.resolutionpointbh.com/		
Cumberland County Guidance Center	2038 Carmel Road Millville, NJ 08332	856.455.5555	https://ccgcnj.org/	all insurances accepted	Spanish Speaking providers
Atlanticare Behavioral Health	multiple locations	888-569-1000	https://www.atlanticare.org/services/behavioral-health/	all insurances accepted	
Healthcare Commons	500 S. Pennsville-Auburn Rd, Carneys Point, NJ 08069	856.299.3001	https://www.hcommons.com/	All insurance	
Rowan Psychiatry Residents	100 Century Pkwy, Ste 350, Mt. Laurel NJ 08054	856-482-9000	https://rowanmedicine.com/specialties/psychiatry/	All insurance including Medicaid	perinatal psychiatry available for consultation
Legacy Treatment Services (multiple locations)	561 Tilton Road Northfield, NJ 08232	800.433.7365 or 609.288.3268	https://www.legacytreatment.org/services/outpatient-mental-health-services-including-telehealth/	Medicaid and others	
Oaks Integrated Care (multiple locations)	Multiple locations	800.963.3377	https://oaksintcare.org/services/outpatient-services/	Medicaid, some Horizon plans	Spanish speaking provider
Jewish Family Services	Atlantic City NJ and Margate--see website	609.822.1108	https://www.jfsatlantic.org/	Medicaid and others	

Breastfeeding Resources

Organization	Type	National or Local Organization	City	Phone Number	Website	Notes
East on Feets Chapters	Breast Milk Donatation	National	All of NJ	N/A	https://www.eatsonfeets.org/chapters https://www.facebook.com/EOFNewJersey	Donation between mothers via facebook group
Mother's Milk Bank Northeast		National/regional	N/A	N/A	https://milkbankne.org/donate/	Donation for hospitals and NICU babies
Tinyhood	Virtual Breastfeeding Classes	National	N/A	N/A	https://www.tinyhood.com/online-parenting-classes#breastfeeding	Free classes
La Leche League of Glassboro	Support Groups	Local chapter of national organization	Glassboro	N/A	https://lllorglassboro.weebly.com/	
La Leche League	Support Groups	National chapter	N/A	N/A	https://www.llli.org/	
Southern New Jersey Perinatal Cooperative	Support Groups, additional resources	Local	N/A	N/A	https://www.snjpc.org/what-we-do/for-families/breastfeeding-support.html	
ZipMilk	Database	Local	N/A	N/A	https://www.zipmilk.org/	

Car Seat Resources

Organization	National or Local Organization	City	Website	Notes
Safe Kids Southern NJ	Local	Cooper Hospital	https://www.therideofmylife.com	https://www.camdencounty.com/service/public-safety/infant-car-seat-program/
Local Car Seat Safety Checks				https://www.njoag.gov/about/divisions-and-offices/division-of-highway-traffic-safety-home/division-of-highway-traffic-safety-child-passenger-safety/
Free Car Seat Program: Children's Hospital of Philadelphia			https://www.chop.edu/health-resources/child-safety-seat-program-chop	
Catholic Charities Diocese of Camden:			https://www.capeatlanticresourcenet.org/search/catholic-charities-diocese-of-camden-atlantic-county/	

Diaper Resources South NJ

Organization	Type	National or Local Organization	City	Phone Number	Website
South Jersey Dream Center		Local	West Deptford	856-845-4500	https://www.southjerseydreamcenter.org/
Connecting NJ		Statewide	N/A	N/A	https://connecting.nj.gov/
National Diaper Bank Network	Information	National	N/A	N/A	https://nationaldiaperbanknetwork.org/member-directory/

Domestic Violence Resources

Organization	National or Local Organization	Phone Number	Website	Notes
Connecting NJ	Statewide	N/A	https://connecting.nj.gov/	
National Domestic Violence Hotline	National	800-799-7233; 800-878-3224 (TTY); 855-812-1001 (video chat)		
NJ Coalition to End Domestic Violence	Statewide	609-584-8107	www.njcedv.org	1670 Whitehorse-Hamilton Square Rd., Trenton 08690
NJ Domestic Violence Hotline	Statewide	800-572-SAFE (7233)		
NJ Sexual Assault Hotline	Statewide	800-601-7200		
Harambe Social Resource Center	Statewide	(609) 225-6936	https://harambesocialservices.org/	info@harambesocialservices.org
Viola's Place	South Jersey region	violasplace2018@gmail.com	https://violasplaceinc.org/our-services	
Center for Family Services-SERV	Salem, Gloucester, Cumberland County	1-866-295-SERV (7378)	https://www.centerffs.org/serv	online chat available on website
Family Violence Prevention Program: Volunteers of America	Camden and Burlington County	Burlington: (609) 699-1623; Camden: (856) 668-2065	https://www.voadv.org/familyviolenceprevention	
Avanzar	Atlantic County	1-800-286-4184 or text 609-569-5437	https://avanzarnow.org/programs-services/vip/	
Camden County Domestic Violence Center	Camden city	856-227-1234	https://sites.google.com/a/njaconline.org/camden-county-women-s-center	

Doula Resources in Southern NJ

Organization/Person	Type	National or Local Organization	City	Phone Number	Website	Notes
Childbirth and Postpartum Professional Association (CAPPA)	Doula and childbirth education resources	National	National	770-965-9777	www.cappa.net	Email info@CAPPA.net or call the number provided
Connecting NJ	Doula resources	Statewide	New Jersey	N/A	https://connecting.nj.gov/	
DONA International	Doula services	National	National	888-788-DONA	www.DONA.org	
DoulaMatch.net	Doula resources	National	All counties in New Jersey	N/A	www.doulamatch.net	Contact via help@doulamatch.net for more information

Food Pantries

County	Name	Phone Number	Website
Atlantic and Camden county	Connect NJ	1-800-611-8326	https://www.snjpc.org/what-we-do/for-families/connection.html
Burlington County	Burlington Community Action Program	(609) 835-4329	http://www.bccap.org/contact/
Cumberland, Gloucester, and Salem County	CGS Resource Net	(856) 716-2100	https://www.cgsresourcenet.org/
Camden	Camden Resource Net	(856) 482-6222	https://www.camdenresourcenet.org/
Cape May, Atlantic	Cape Atlantic Resource Net	no phone listed	http://www.capeatlanticresourcenet.org/
Burlington County	Burlington Resource Net	609-518-6800	https://www.burlingtonresourcenet.org/

FQHCs

County	Name	Areas Served	Address	Website
Atlantic	Atlanticare Health Services	Atlantic County	multiple locations	https://www.atlanticare.org/
Atlantic	Southern New Jersey Family Medical Centers	Atlantic County	multiple locations	https://www.sjfmc.org/
Burlington	Southern New Jersey Family Medical Centers	Burlington Counties	multiple locations	https://www.sjfmc.org/
Camden	CAMCare	Camden city	multiple locations	https://www.camcare.net/
Camden	Osborn Family Medical Health Center	Camden county	1601 Haddon Ave, Camden, New Jersey 08103	https://osbornfamilyhealthcenter.com/
Camden	Project H.O.P.E	Camden City	519-525 West Street Camden, NJ 08103	https://www.projecthopecamden.org/
Cape May County	Complete Care Health Network	Cape May county	multiple locations	https://www.completecarenj.org/#
Cumberland County	Complete Care Health Network	Cumberland county	multiple locations	https://www.completecarenj.org/#
Gloucester County	CAMcare	Gloucester county	multiple locations	https://www.camcare.net/
Gloucester County	Complete Care Health Network	Gloucester county	multiple locations	https://www.completecarenj.org/#
Salem County	Southern Jersey Family Medical Centers	Salem County	multiple locations	https://www.sjfmc.org/

NICU Resources

Name	National or Local Organization	Website	Notes
Hand to Hold	National	www.handtohold.org	peer support, written materials, support groups
March of Dimes	National	www.marchofdimes.org	app and groups
Project Sweet Peas	National	www.projectsweetpeas.com	support (care packages, fuel assistance, NICU themed mental health plan worksheets)
Catastrophic Illness In NJ Relief Fund	NJDOH	https://www.state.nj.us/humanservices/cicrf/home/	
Postpartum Support International	National	https://www.postpartum.net/get-help/specialized-support-resources/#toggle-id-20	Support groups and individualized support possible

Perinatal Loss Support Groups

Name	Organization	Type	Virtual or In-person	Language
Three Little Birds Perinatal	Three Little Birds Perinatal	Support Group, material assistance, one on one support	Virtual and In-person	English
Hoping/UNITE	Virtua	Miscarriage	Virtual	English
Loss Support Group	Postpartum Support International	Multiple groups	Virtual	English and Spanish

Pregnancy & New Mom Support Groups

Name	Organization	Type	Virtual or In-person	Language	Day/Time/Occurrence	City	Phone Number	Website
TLC For Moms Support Group	Virtua Health	New Moms/Postpartum Depression Support Group		English	Wednesdays 12:30	virtual	N/A	
Postpartum Moms Group	Change of Mind Counseling	New Moms/Postpartum Depression Support Group	Virtual	English	Mondays and Wednesdays 12:30-1:45			https://www.changeofmindcounseling.com/groups
Support Group	Postpartum Wellness Initiative	Virtual support group	virtual	English	Every other Thursday 12-1 PM	virtual	856-675-5295	https://www.snipc.org/postpartumwellness
Various Groups	Postpartum Support International	Various groups and topics	Virtual	English	Various	virtual		https://www.postpartum.net/get-help/psi-online-support-meetings/
Support Group	Harmony Counseling	Parenting Support Group	Virtual	English	Mondays 8:00 PM	Haddon Heights NJ		https://www.harmonycounselingllc.org/momsgroup
Postpartum Warriors	Mindful Soul Center for Wellbeing	Postpartum Support Group	Virtual	English	Mondays 8:00 PM	Haddon Heights NJ		https://mindfulsoulwellbeing.com/virtual-support-groups/
Postpartum Stress Center	Postpartum Stress Center	Multiple Support Groups	Virtual	English	Varies	virtual		https://postpartumstress.com/about/support-groups/

Prenatal Education

Organization	Type	Virtual or In-person	Language	City	Website
Penn Medicine	Prenatal, Postpartum, Breastfeeding classes	Virtual	English	Philadelphia	https://www.pennmedicine.org/for-patients-and-visitors/find-a-program-or-service/obstetrics/maternity-care/maternity-care-at-pah/childbirth-classes#tab-1
Virtua Health	Prenatal, Postpartum, Breastfeeding classes	Virtual	English	Voorhees	https://www.virtua.org/ClassesEvents
Atlanticare	Safe Beginnings	In Person	English	Atlantic City	https://www.atlanticare.org/services/womens-health/maternity/safe-beginnings/
Atlanticare	Prenatal, breastfeeding, baby basics class	In Person	English and Spanish	Atlantic County NJ	https://www.atlanticare.org/services/womens-health/maternity/parent-education

Sleep Coaching Resources

Organization/Person	Type	National or Local Organization	City	Phone Number	Website	Notes
Happy Family After	Sleep coaching & postpartum doula	Local	New Jersey	N/A	www.happyfamilyafter.com	email info@happyfamilyafter.com for more information
Amanda Israel	Sleep & potty training consultant	Local	National	253-585-2906	www.lullabymagicsleepconsulting.com	Free 15 minute sleep consultation available
Jenifer Gilman	Sleep consultant	Canada	Canada	905-617-3226	https://goodnightsleepsite.com	Sleep resources for all ages (babies to adult)
Christine Lawler	Sleep consultant	National	National	N/A	https://thepeacefulesleeper.com	

WIC (Southern New Jersey)

County	Name	Address	City	Email	Phone Number
Atlantic	Egg Harbor City WIC	300 Philadelphia Ave Sutie B	Egg Harbor City	tricity_WIC@gatewaycap.org	(609)-593-3940
Atlantic	Atlantic City WIC	139 N. Iowa Avenue Atlantic City, NJ 08401	Atlantic City	tricity_WIC@gatewaycap.org	609-246-7767
Atlantic	Galloway Township	333 Jimmie Leeds Road, Unit 5 Galloway NJ 08205	Galloway Township	tricity_WIC@gatewaycap.org	609-382-5050
Burlington	Burlington County Health Department	Raphael Meadow Health Center 15 Pioneer Blvd	Westhampton	WIC@co.burlington.nj.us	(609)-267-4304
Burlington	Nesbitt Recreation Center	Anderson Ave and Pemberton- Browns Mill Road	Pemberton	WIC@co.burlington.nj.us	(609)-267-4304
Burlington	Central Baptist Church	Fifth and Maple Avenues	Palmyra	WIC@co.burlington.nj.us	(609)-267-4304
Burlington	1st United Methodist Church	Camden and Pleasant Valley Ave	Moorestown	WIC@co.burlington.nj.us	(609)-267-4304
Burlington	Tabernacle Fire Company #1	76 Hawkins Road and Rt 206	Tabernacle	WIC@co.burlington.nj.us	(609)-267-4304
Burlington	Shiloh Baptist Church	104 1/2 Elizabeth St	Bordentown	WIC@co.burlington.nj.us	(609)-267-4304
Burlington	JFK Center	429 JFK Way	Willingboro	WIC@co.burlington.nj.us	(609)-267-4304
Burlington	Burlington Housing Authority	800 Walnut ST	Burlington	WIC@co.burlington.nj.us	(609)-267-4304

The New Jersey Regional Maternal Health Resource Directory

The regional maternal health consortia's programs that are focused on perinatal mental health have collaborated in compiling a list of mental health and other various resources available by region, and by county, for New Jersey perinatal residents to use.

--If you are having a mental health emergency and are in need of immediate assistance, please call 911 or go to the emergency room. These resources are not intended for emergency use.

988 - National Maternal Mental Health Hotline



1-800-611-8326 | nj.gov/connectingnj

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