

HUNTERDON COUNTY

Parent Support Group

Hunterdon Medical Center Education Center
215 Route 31 South, Flemington
Classroom #1

BabySteps I (Babies 0–6 months)

Weekly • 1:00 pm – 2:30 pm

BabySteps II (Babies 6–12 months)

First & Third Thursday of the month

10:30 am – 12 noon

ToddlerSteps (Children 1–3 years)

Second & Fourth Thursday of the month

10:30 am – 12 noon

CONTACT: 908-788-MOMS (6667)

Postpartum Support Group of Central Jersey

28 Mine Street, Flemington

Once or Twice a Month

(please check facebook posts for dates/times:
www.facebook.com/centraljerseypostpartum)

CONTACT: Helen Jones, 908-788-5551

WOWSA! Women Offering Women Support...Always

Harvest Family Success Center
87 Park Avenue, Flemington

Thursdays • 5:30 pm-7:30 pm

FOR INFORMATION, PLEASE CALL: 908-237-0465

Family Health Line
Postpartum Depression Helpline

1-800-328-3838



30 Silverline Drive, 2nd Floor, Suite 1
North Brunswick, NJ 08902

Phone: 732-937-5437, ext. 181
Fax: 732-937-5540

1659 Route 88, Suite 2A
Brick, NJ 08724

Phone: 732-937-5437 ext. 217

SUPPORTED BY A GRANT FROM:



NOVEMBER 2019



New Mother Support Groups in Central New Jersey



Support groups provide a place to
connect with other moms and to share
information and resources

Visit our website at www.cjfhc.org

MERCER COUNTY

COMMUNITY WELLNESS/
PENN MEDICINE PRINCETON HEALTH

Postpartum Adjustment Support Group

Princeton Fitness and Wellness Center
1225 State Road 206, Princeton

Wednesday every other week

1:00 pm – 2:00 pm

CONTACT: 609-987-8980 or 1-888-897-8979

Bright Beginnings

Princeton Fitness and Wellness Center
1225 State Road 206, Princeton

Wednesdays • 10:30 – 11:30 am

CONTACT: 1-888-897-8979 or
www.princetonhcs.org/calendar

New Parent Mornings

Capital Health Medical Center in Hamilton
Childbirth and Parent Education Department
1445 Whitehorse-Mercerville Road, Hamilton

Tuesdays • 10:00 am – 11:30 pm

FOR INFORMATION CALL: 609-303-4140
OR VISIT: www.capitalhealth.org/childbirth

Motherhood & More

Mercer Street Friends
222 North Hermitage Avenue, Trenton

Thursdays • 10:30 am – 11:30 am

CONTACT: Maria, 609-278-6912

MIDDLESEX COUNTY

New Moms . . . New Babies: A New Mother's Support Group

Robert Wood Johnson University Hospital
Bristol-Myers Squibb Children's Hospital
1st Floor Conference Room
1 Robert Wood Johnson Place, New Brunswick

Thursdays • 12:00 noon – 2:00 pm

CONTACT: Betty Pro, 732-253-3871

Life Will Never be the Same . . . Adjusting to the First Year of Motherhood

Saint Peter's University Hospital, MOB 5
254 Easton Avenue, New Brunswick

First Friday of the month • 12:00 noon – 1:00 pm

Registration is Required

CONTACT: Donna Makris, 732-745-8579

SOMERSET COUNTY

Princeton Pregnancy & Postpartum Support Group

Mary Jacobs County Library
64 Washington Road (Rt. 518), Rocky Hill

Third Saturday of the month

10:30 am – 12:00 noon

CONTACT: Joyce Venis, 609-683-1000

OCEAN COUNTY

New Moms' Network

Jersey Shore University Medical Center
Meridian Health Village at Jackson
27 South Cooks Bridge Road, Jackson

Tuesdays • 1:00 pm – 3:00 pm

CONTACT: Linda Carroll, 732-776-4281

MONMOUTH COUNTY

The Riverview Medical Center Postpartum Support Group

Riverview Medical Center
Navesink River Room, 5th Floor
Blaisdelle Pavilion

1 Riverview Plaza, Red Bank

First & Third Thursday of the month • 11:00 am

TO REGISTER CALL:

Karen Edwards RNC, 732-706-5173

Mom and Baby Discussion Group

CentraState Medical Center
Star and Barry Tobias Health Awareness Center
901 West Main Street, Freehold

Fridays • 11:00 am – 12:00 noon

CONTACT: 732-308-0570

No registration required.

Strong as a Mother Support Group

South Wall Fire Co. Banquet Hall
2605 Atlantic Avenue, Manasquan

First & Third Thursday of the month

6:00 pm – 7:30 pm

CONTACT: 732-939-6440 (Call to confirm)

Postpartum Depression Support Group

Monmouth Medical Center, Maysie Stroock Pavilion
Corner of Second & Pavilion Avenues, Long Branch

Tuesdays • 1:00 pm – 2:30 pm

Call prior to attending: 732-923-5573

Please call to confirm
date and time of group.