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REFLECTING ON YEAR ONE OF THE CHIP

We've officially wrapped up the first year of our Mercer County Community Health Improvement Plan (CHIP), and it has been a year of learning, collaboration and building momentum.

Laying the Foundation for Action

During the final quarter of 2026, our priority area workgroups – Mental & Behavioral Health, Access to Wellness, Housing & Built Environment and Maternal & Infant Health – came together to reflect on progress and begin shaping plans for the year ahead.

Throughout the year, workgroup members met to identify CHIP actions, align priorities, and explore how we can work collaboratively to address complex community health challenges. A major focus of this first year, was laying the foundation. This included establishing how the workgroups function, strengthening cross-sector partnerships, and creating shared structures that will support sustained, coordinated work as we move forward.

Tracking Progress and Looking Ahead

While we continue to track and compile 2025 data, there are several highlights worth noting. This year, **more than 100 community partners representing over 65 organizations** participated in GMPHP events, including Community Advisory Board (CAB) meetings, and CHIP workgroup meetings. GMPHP members also shared the Community Health Needs Assessment (CHNA) findings at numerous community events and meetings, **reaching more than 350 community members** across Mercer County.

Expanding and strengthening our partnership network was another key accomplishment this year. Our Community Advisory Board membership grew to include **over 70 organizations**, bringing diverse expertise, perspectives, and connections that strengthen the CHIP's impact.

As we move into the next year of the CHIP cycle, we will continue to share updates on workgroup activities, data findings, and progress toward our shared community health goals. The work is ongoing and we're excited to build on the strong foundation established this year.

Get Involved and Learn More

To read our full CHNA and CHIP reports and learn more about the work, please visit our website at www.gmphp.org. If you're interested in getting involved in a workgroup please contact Mackenzie at executivedirector@gmphp.org or 609-580-0621.

MEET OUR BOARD MEMBERS

We are excited to welcome several new members to the GMPHP Board! Each brings valuable experience, fresh perspectives, and a shared commitment to improving health and well-being across Mercer County. We're grateful for their willingness to serve on our Board and look forward to the impact we'll make together.

We would also like to extend our sincere gratitude to our 2025 Board Members for their time, leadership and dedication. We thank Steve Papenburg, Past President and Jill Swanson, Secretary for the many years they served the GMPHP. Their guidance and service helped lay a strong foundation for GMPHP's work and have played an essential role in shaping our vision and impact. We are deeply thankful to all of our outgoing Board members for their contributions and support.

Introducing our 2026 GMPHP Board Members



President
Jeremye Cohen,
FACHE - Vice
President of
Strategy and
Business
Development at
Capital Health



President Elect
Veronica DeSisto,
MPH, CHES -
Health Educator at
Hamilton Township
Division of Health



Past President
Diane Grillo - Vice
President of Health
Promotion at
RWJBH Hamilton
Hospital



Treasurer
Kam Maghazehe,
DHA, LSSBB,
FACHDM -
Strategic Initiatives
Manager at Capital
Health



Secretary
Glenda Grant-
Roberts,
BS,MSA,CPM -
Health Officer for
the City of Trenton

CELEBRATING A CAREER OF COMMITMENT TO PUBLIC HEALTH

We extend our deepest gratitude to Jill Swanson as she steps into retirement following years of dedicated service as both Health Officer and GMPHP Board member. Her leadership, commitment, and unwavering dedication to public health have made a lasting impact on the communities we serve.

Throughout her tenure as Health Officer for West Windsor Township, Jill led with integrity and compassion. She worked tirelessly to strengthen public health programs, guiding the department through evolving challenges, and always ensuring residents had access to essential services.

In her role as a GMPHP Board Member, Jill brought invaluable insights, leading us through many Community Health Needs Assessment and Community Health Improvement Plan cycles and serving for many years on our finance committee. Whether guiding strategy or supporting partners, Jill always kept community well-being at the center of our work, encompassing the core mission of GMPHP.

On behalf of GMPHP, partners, and community members, we thank Jill for her years of service and wish her continued health, happiness, and fulfillment in this next chapter.



FOOD PANTRY FINDER

GMTMA LAUNCHES FOOD PANTRY FINDER MAP



This tool is designed to help families and caseworkers easily locate food pantries that are accessible by public transit. Users can explore the map, select nearby bus routes, and discover food pantries within walking distance of those routes. The Food Pantry Finder builds on the success of Greater Mercer TMA's [Grocery Store Finder App](#), developed to improve access to healthy food options.

The idea for this new app emerged after the Access to Wellness event, where attendees expressed a strong need for a similar tool focused on food pantries. The app was created using data shared and maintained by the Trenton Health Team. Find their tool here. You can explore the Food Pantry Map App [here](#).

COMMUNITY PARTNERS UNITE TO ADDRESS FOOD INSECURITY

On November 17, 2025, the Mercer County Food Stakeholders, Mercer County Food Security Leaders, and the Mercer County Office of Food Security, with support from Mercer Street Friends, hosted the first ever **Mercer County Food Security Conference**. The conference brought together over 80 community leaders, service providers, advocates, and public-sector partners to explore local challenges and collaborative solution to food insecurity in our communities.



The day opened with remarks from Bernie Flynn of Mercer Street Friends and Joan Healy of Rutgers Cooperative Extension, setting the tone for a solutions-centered conversation grounded in community experience. Jackie Cornell, Mercer County Deputy Director of Human Services, highlighted the County's role in supporting coordinated efforts that address food insecurity alongside housing, health and social services.



Panel discussions explored a range of models, from traditional and choice-based food pantries to school-based programs, and innovative food distribution approaches. Speakers from organizations including Mercer Street Friends, Arm in Arm, Rise, HomeFront, TASK, JFCS, Share My Meals, and others shared practical insights on meeting neighbors where they are, reducing barriers to access, and building systems rooted in dignity and trust. Lightning round presentations from local farms and food rescue organizations further highlighted the critical connection between local agriculture, food recovery, and community resilience.

The afternoon included a working session led by Adriana Abizadeh-Barbour of Catalyst Consulting Group, allowing participants the opportunity to reflect collectively, identify shared priorities, and begin shaping concrete next steps for continued cross-sector collaboration around food security in Mercer County.

The conference concluded with closing remarks by Sarah Steward of HomeFront, reinforcing the importance of sustained collaboration and shared accountability. As an inaugural event, the conference laid a strong foundation for ongoing dialogue and action, reaffirming our shared commitment to building a more equitable, resilient food system for all in Mercer County.



FREE RIDES AVAILABLE THROUGH MIHIA



NJMIHIA is expanding access to transportation for pregnant and postpartum individuals and the perinatal workforce by offering free, unlimited, and zero-emission rides throughout the community. Powered by GoTrenton! and Isles, this program helps remove transportation barriers so participants can get where they need to go safely and reliably.

Eligible riders include pregnant and postpartum women, community health workers, doulas, and others in the perinatal workforce. Rides can be used for a wide range of essential needs, including:

- Medical appointments or healthcare provider visits
- Grocery stores/pharmacies
- Classes or training
- Work
- SNAP/Welfare offices
- And more

Getting started is simple. Riders receive a ride code from a healthcare provider or social services agency, download the GoTrenton! app, and book their free rides directly through the app. Ride codes are valid through June 30, 2026.

For more information about NJMIHIA Rides or to request a ride code, contact info@njmihia.gov. For GoTrenton! app support or questions contact gotrenton@isles.org

TRADE TRANSPORTATION TO VA HOSPITALS

TRADE provides transportation for Mercer County veterans to and from VA hospitals:

- Every Tuesday to Lyons VA Medical Center
- Every Wednesday to East Orange VA Medical Center

Pick up is behind Trenton City Hall's building at 319 East State Street at 8:20 a.m. on these days. TRADE will provide rides back to this location after these appointments.



City Hall security staff will assist with parking and allow vehicles with veterans to enter the employee parking lot. Please contact the security staff at 609-989-3081 when you arrive.

Registration with TRADE is not required for these trips.

For additional information, please call TRADE at 609-530-1971 and press 1 for assistance.

SPRING CAB MEETING

Addressing Perinatal Challenges Through Community Partnership

Please join us for our spring Community Advisory Board Meeting - A community conversation focused on the challenges faced by pregnant and postpartum families in our community.

This session will feature a panel with members of Capital Health's Perinatal Community Advisory Board, followed by a guided conversation to share insights, discuss barriers to care and support, and explore how CAB members and partner organizations can strengthen support for this vulnerable population.



Date: Tuesday, March 17th



Time: 2-4pm



Location: Capital Health Conference Center - 51 Scotch Road, Ewing



RSVP: The workshop is free and open to all, but please register using **[THIS LINK](#)**, or scan the QR code.



SAVE THE DATE

GMPHP SPRING COMMUNITY
ADVISORY BOARD MEETING

MARCH 17 2026
2-4PM

CAPITAL HEALTH CONFERENCE CENTER
51 SCOTCH ROAD, EWING, NJ

SCAN TO REGISTER



609-580-0621

executivedirector@gmphp.org

This workshop is highly recommended for all CAB members, as each member brings unique expertise, connections, and influence that can directly support families during the perinatal period. We would especially love participation from those with information on transportation, housing, job training, and education. Your participation is critical to shaping informed, community-driven strategies and ensuring our collective work leads to meaningful, coordinated action.

We hope you'll join us for this important conversation! For questions, please contact Mackenzie at executivedirector@gmphp.org or 609-580-0621.

Rutgers Cooperative Extension's FCHS Wellness Update!

Let's Get Physical: Keeping It Moving During the Winter

Hey Mercer County!

As the days get colder and the evenings come earlier, winter brings a natural shift in our routines. In our recent *Wellness Wednesdays with FCHS webinar*, we explored simple and fun ways to stay active during the colder months, no gym membership needed and no special equipment required. Staying active in winter can boost your mood, energy, and overall well-being. Even small moments of movement can make a big difference.

Quick Tips to Keep Moving All Winter Long

1. Make a Plan

- Set small, realistic goals.
- Schedule movement like an appointment.
- Track progress with a calendar or app.

2. Take Advantage of the Moment

- Every minute counts.
- Stretch during breaks.
- Take short indoor walks.
- Move when you can!.

3. Lean Into Technology

- Try free fitness apps or videos.
- Join virtual classes.
- Use activity trackers to stay motivated.

4. Find a Friend

- Ask someone to be an accountability partner.
- Try family activity challenges.
- Social support helps you stay consistent.

5. Enjoy Nature (Safely!)

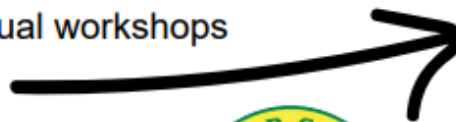
- Bundle up for short outdoor walks.
- Wear layers to stay warm.
- Stay hydrated, even in cold weather.

6. Try Quick Indoor Activities

- Do simple chair exercises.
- Take dance breaks.
- Turn chores into movements!

Want to Learn More? Check Out:

- Free fitness apps and online videos
- Community classes and virtual workshops
- **Watch out Webinar!!**



Authored by:
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FCHS Educator /
Assistant Professor
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Cooperating Agencies: Rutgers, The State University of New Jersey, U.S. Department of Agriculture, and Boards of County Commissioners. Rutgers Cooperative Extension, a unit of the Rutgers New Jersey Agricultural Experiment Station, is an equal opportunity program provider and employer.



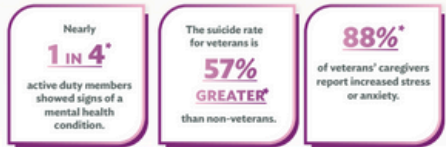
So many people are out there wishing for something better, hoping that help will show up. That's what Mental Health First Aid is — it is help to get people connected to care and ultimately to get them to a better place."

— Tousha Paxton-Barnes, U.S. Army Veteran

WHY MENTAL HEALTH FIRST AID?

Mental Health First Aid for Military, Veterans, and their Families is an evidence-based and early intervention training program developed for adults to learn how to assist and support members of their community who may be experiencing a mental health or substance use challenge.

This training specifically addresses the relevance of mental health to military culture, information on risk factors such as mental and physical trauma faced by many service members and their families, how to break down stigma and how to reach out to those who suffer in silence and are reluctant to seek help.



*the original research for the displayed statistic is linked

REGISTER TODAY!

Delivery Format:

7.5 hour live instructor-led training

Date and Time:

Friday, March 6, 2026, 10:00 a.m. – 5:30 p.m.

Location:

Mercer County Connection, 957 Hwy 33, Hamilton, NJ 08690

Where to Register:

www.njha.com/njvetsmhfa (or email MHFA@njha.com)

This course is provided in partnership with the Hamilton Township Mayor's Wellness Campaign and Mercer County Connection.

The course will teach you how to apply the MHFA Action Plan (ALGEE):

- Assess for risk of suicide or harm.
- Listen nonjudgmentally.
- Give reassurance and information.
- Encourage appropriate professional help.
- Encourage self-help and other support strategies.

Hopewell Valley Central High School

259 Pennington-Titusville Road, Pennington, NJ 08534

Teen Wellness Day

HV Central High School Gymnasium

SAVE THE DATE!

Wednesday, March 18, 2026

8:00 AM to 12:00 PM



This is a great opportunity to educate our youth! Students in 9th & 11th grades will be attending the program with the goal of learning more about overall health, wellness and safety from community providers and organizations.

You can expect to spend a few minutes with students as they go from table to table during the fair. We anticipate 600 students attending throughout the day.

Please bring handouts and resources about the topic you plan to share with students. They enjoy giveaways! A 6x30 table, cover and chairs will be provided as well as light refreshments.

Registration information will be emailed in early February. Questions? Please contact the Hopewell Valley Municipal Alliance at hvmunicipalalliance@gmail.com.



TRADE Transportation to VA Hospitals

TRADE provides transportation for Mercer County veterans to and from VA hospitals:

- Every Tuesday to Lyons VA Medical Center
- Every Wednesday to East Orange VA Medical Center

Pick up is behind Trenton City Hall's building at 319 East State Street at 8:20 a.m. on these days. TRADE will provide rides back to this location after these appointments.

City Hall security staff will assist with parking and allow vehicles with veterans to enter the employee parking lot. Please contact the security staff at 609-989-3081 when you arrive.

Registration with TRADE is not required for these trips.

For additional information, please call TRADE at 609-530-1971 and press 1 for assistance.



MERCER COUNTY

Executive Dan Benson
The Board of County Commissioners



NJMIHIA Rides

Powered by GoTrenton! and Isles

Get free, unlimited, zero-emission rides for pregnant and postpartum women, community health workers, doulas and others in the perinatal workforce.

Ride code valid until June 30, 2026

Rides to take you wherever you need to go:

- Medical appointments or healthcare provider visits
- Grocery stores/pharmacies
- Classes or training
- Work
- SNAP/Welfare offices
- And more!

Questions?

To learn more about NJMIHIA Rides Powered by GoTrenton!/Isles or to request a ride code, email info@njmihia.gov

For GoTrenton! support or service questions, contact gotrenton@isles.org

Get Started today:

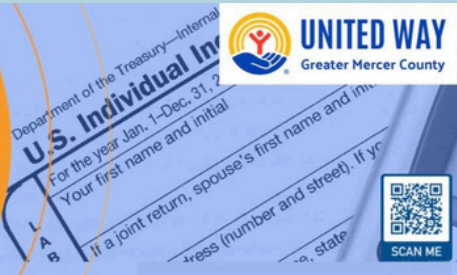
Download the GoTrenton! app

Enter your ride code provided by your healthcare provider or social services agency.

Book your free ride



FILE YOUR TAXES FOR FREE
YOU QUALIFY IF YOU MAKE LESS THAN \$67,000 A YEAR



FREE TAX SITE LOCATIONS

Boys & Girls Club Spruce Street Community Center: 1040 Spruce Street, Lawrenceville **UPDATED HOURS**
Opens 2/7/2026 - Closes 4/11/2026
Walk-ins, Saturday – 9am-1pm
Spanish available

Hamilton Public Library: 1 Justice Samuel Alito Way, Hamilton **UPDATED HOURS**
Please note: the library does not schedule appointments. Enter at lower level, disabled access door.
Opens 2/4/2026 - Closes 4/15/2026
By appointment, walk-ins available
Wednesday & Thursday – 8am-11am
To schedule an appointment:
• Go online at uwgmc.org/freetaxprogram
• Call 609-896-1912 or 2-1-1

Salvation Army Trenton: 575 E State Street, Trenton*
Opens 2/3/2026 - Closes 4/15/2026
Walk-ins, Tuesday, Wednesday & Thursday – 12pm-4pm
Spanish available

United Way of Greater Mercer County: Financial Empowerment Center, 3444 Quakerbridge Rd, Bldg 3, STE 102, Hamilton
Opens 2/3/2026 - Closes 4/15/2026
By appointment, walk-ins may be available
Tuesday, Wednesday & Thursday – 5pm-8pm
To schedule an appointment:
• Go online at uwgmc.org/freetaxprogram
• Call 609-896-1912 or 2-1-1

BRING THE FOLLOWING DOCUMENTS:

REQUIRED TO BRING

- ✓ Picture ID
- ✓ Social Security Cards/ITIN letters
- ✓ Date of birth for everyone included
- ✓ Checking/savings bank account number and routing number

Other (Not all documents may apply to you)

- W2 forms
- 1099 forms
- Unemployment forms
- Year-end pension statements (1099R)
- Year-end retirement account summaries (ex. 5498b) (Balances in IRA accounts at year-end)
- Any other tax forms you received (1098-Ts)
- Healthcare forms 1095-A, 1095-B, or 1095-C
- Medical expenses TOTALLED - pharmacy printout; eyeglasses or contact lens receipts or medical mileage
- Charitable contributions TOTALLED - receipt for any contribution of \$250 or more
- Rent or mortgage interest statement
- All property tax information (green card, PTR 1, PTR 2, homestead rebate amount)
- Copy of 2024 income tax return
- Widowed, divorced, or legally separated individuals, indicate the year the event occurred
- Married filing separately filers need their spouse's Social Security number an indicate if the spouse itemized deductions

*Priority will be given to appointments. DO NOT make multiple appointments. Availability will be limited and tax filing is not guaranteed. Please see instructions for each site. For past tax returns the oldest year will be filed and you may have to return on another date to complete others.



Contact Us

609-896-1912 OR 2-1-1 | www.uwgmc.org/freetaxprogram



JOB READINESS TRAINING COURSE

This 3-day course will prepare you to answer the following questions: Are you job-ready? Do you know what your core transferable strengths are? Can you answer the question "tell me a little bit about yourself?" Do you have a career plan? Do you know what obstacles you might face? What is the job market really like?



**Feb. 17-19th
9-3pm
33 TUCKER ST., TRENTON, NJ 08618**

Questions?
DHIGGINS@ISLES.ORG
609/954-1484



TruDoulas of NJ

Open to doulas, lactation consultants, and birthworkers



**HEARTS IN COMMUNITY:
CHD AWARENESS FOR BIRTHWORKERS**

Saturday, February 28, 2026

Time: 10:00am - 12:00pm



Scan to Register

Location: 407 W State St, Trenton, NJ 08618



Keynote Speaker
Zoë Nelson
Founder, Healthy Hearts at Home

Join us as our keynote speaker explores congenital heart defects (CHD), their impact on pregnancy and newborn, and how doulas can recognize warning signs and support families through diagnosis, care, and advocacy.

"Early awareness. Timely care. Stronger outcomes."

\$25 registration fee

You will learn:

Certificate Provided

- ✓ Increase awareness of Congenital Heart Defects (CHD) and their impact on pregnancy, birth, and early infancy
- ✓ Learn early warning signs and when to advocate for cardiac screening or referral
- ✓ Equip doulas and birthworkers with tools to support families navigating a CHD diagnosis

REGISTER

609-807-1604 | trudoulasofnj@gmail.com | www.trudoulasofnj.com

Children's FUTURES

Fulfilling a Promise, Making it Possible.

"SWIPE RIGHT" TO MEET YOUR DOULA

You swiped right and requested a doula, now it's time to meet them! Join us to meet and match with a doula

**Saturday, February 28, 2026
11:00 AM – 3:00 PM**

16 West Front St, Trenton, NJ 08608

This is an opportunity to meet and select your doula, learn how they will support you before, during, and after birth, and begin building your support relationship.

For more information, call (609) 695-1977.



Please scan the QR code to register.



CENTRAL JERSEY FAMILY HEALTH CONSORTIUM PRESENTS

Re-imagining Perinatal Wellness: Supporting Every Family, Every Journey

Conference on Perinatal Mental Health
Forsgate Country Club
375 Forsgate Drive, Monroe, NJ 08831

SAVE THE DATE

Wednesday April 22, 2026 | 8:30AM - 4PM



MERCER COUNTY CLERK PAULA SOLLAMI COVELLO AND CONGRESSWOMAN BONNIE WATSON COLEMAN PRESENT

U.S PASSPORT CLINIC

FEBRUARY 19, 2026
2:00PM-6:30PM

LOCATION:
MERCER COUNTY LIBRARY: WEST WINDSOR BRANCH- 333 N POST RD, PRINCETON JUNCTION, NJ 08550

NECESSARY ITEMS:
-CURRENT DRIVER'S LICENSE AND GOVERNMENT ISSUED BIRTH CERTIFICATE OR OLD PASSPORT
-CHECK OR MONEY ORDER ONLY
-BOTH PARENTS MUST BE PRESENT
FOR MINORS UNDER AGE 16

SERVICES PROVIDED:

- RENEW AN EXPIRED PASSPORT APPLY FOR A NEW PASSPORT OR PASSPORT CARD
- TAKE A PASSPORT PHOTO

RSVP:609-989-6473 FOR GUARANTEED SERVICE

Continuing Nursing Education Contact Hours
This program has been awarded 7.0 contact hours.

The Partnership for Maternal and Child Health of Northern New Jersey is approved as a provider of nursing continuing professional development by New Jersey State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. P194-3/23-26

This program is provided by The Partnership for Maternal and Child Health of Northern New Jersey and jointly provided by Central Jersey Family Health Consortium and Southern New Jersey Perinatal Cooperative

Approval status does not imply endorsement by the Partnership for Maternal and Child Health of Northern New Jersey, Central Jersey Family Health Consortium, Southern New Jersey Perinatal Cooperative, NJSNA or by ANCC of any commercial products discussed/ displayed in conjunction with the educational activity.

Social Workers
This course has been approved for 3 Generalist Social Work CE credits through ASWB ACE.

Successful Completion
To receive contact hours/CEs for participating in the continuing education program, the participant must be registered, attend the entire program, and complete and submit an online evaluation. A certificate of completion will be distributed within two weeks of the program.

Cost
\$35

Registration
Click [here](#) or scan the code for more information, including the full agenda, speaker bios, and important details about the event. Space is limited. Registration deadline is Monday, April 13, 2026.



Questions? For more information, please contact Kathy Donaldson at kdonaldson@cjfhc.org.

Featured Speakers

Kristin Cavuto
MSW, LCSW, IBCLC



Kristy E. Champignon
MA, LPC, LMHC, ACS, PMH-C



Nicole McNelis
MEd, NCC, LPC, PMH-C



KEYNOTE SPEAKER



Catherine Birndorf, MD
Co-Founder, CEO, Medical Director
The Motherhood Center

Target Audience: Social workers, therapists, nurses, obstetric care providers, and doulas.
Learning Outcomes: At the conclusion of this program, 80% of attendees will identify at least three areas of interest that they plan to focus on in their practice settings.
Nursing Contact Hours: Central Jersey Family Health Consortium is approved as a provider of nursing continuing professional development by New Jersey State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Provider #P92-11/23-26. Provider approval is valid through October 31, 2026.
Approval status does not imply endorsement by Central Jersey Family Health Consortium, NJSNA, or ANCC's Commission on Accreditation of any commercial product discussed/displayed in conjunction with this program.
Successful Completion: To receive a contact hour certificate, participants must register to attend, sign in, attend the full conference and complete an evaluation form.
Disclosure: None of the planners or speakers for this educational activity have relevant financial relationship(s) to disclose with ineligible companies whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients.
Clinical Continuing Education Credits for Social Work: Contact Kathy Donaldson at KDonaldson@cjfhc.org for information about continuing education.




Lost Hopes & Dreams: New Jersey's Perinatal Bereavement Training

Monday, April 20, 2026
8:00 am - 4:30 pm
Ocean University Medical Center
425 Jack Martin Blvd
Brick, NJ 08724

This full-day training is designed to enhance the knowledge and skills of healthcare professionals who provide care and support to New Jersey families experiencing perinatal loss.

- After attending this program, participants will be able to:
- Define the five types of perinatal loss
 - Implement communication skills with parents and family members
 - Explain the ethical dilemmas that can occur with deaths in the NICU
 - Explain best practice for supporting families with pregnancy after loss
 - Summarize the documentation required for final disposition
 - Describe the steps of memory making for families
 - Develop tools for staff and parent follow-up
 - State the essential components of discharge education

Target Audience
Perinatal Nurses, NICU Nurses, Social Workers, Physicians, Midwives

Learning Outcome
After attending the program, 85% of attendees will report an increase in knowledge and skill to be able to effectively care for families who experience perinatal loss.

Disclosure/Commercial Support
The planners and speakers do not have any conflicts of interest to report for this activity. There is no commercial support for this activity.



If you would like to be featured in our next newsletter, please reach out to Mackenzie Koval at executivedirector@gmphp.org