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**TURNING CONVERSATIONS INTO ACTION:
HIGHLIGHTS FROM OUR SPRING CAB MEETING ON
PERINATAL HEALTH**

On March 17th, more than 80 community partners, healthcare providers, and advocates came together for the GMPHP's Spring Community Advisory Board (CAB) meeting. Hosted in collaboration with Capital Health's Perinatal Community Advisory Board (PCAB), the event focused on the shared goal of addressing perinatal challenges through stronger community partnership.

The afternoon brought together a diverse group of voices, committed to improving outcomes for pregnant and postpartum families across Mercer County. Following opening remarks and a brief overview of the current landscape, attendees heard from a panel of PCAB members who shared real-world experiences and insights into the barriers families face when accessing care and support.

The second half of the event was an interactive breakout session, where participants engaged in thoughtful, solution-oriented discussions across key issues including mental health, food insecurity, healthcare navigation, transportation, housing and workforce development.

Across conversations, several common challenges emerged. Participants highlighted persistent barriers such as limited access to culturally competent care, language differences, transportation gaps, and a lack of awareness of available resources. Additionally, stigma, especially around mental health, continues to prevent many individuals from seeking support. Food insecurity also surfaced as a critical concern, especially for families with young children. Attendees noted issues of affordability, access to culturally relevant foods, and gaps in knowledge around nutrition and available programs.

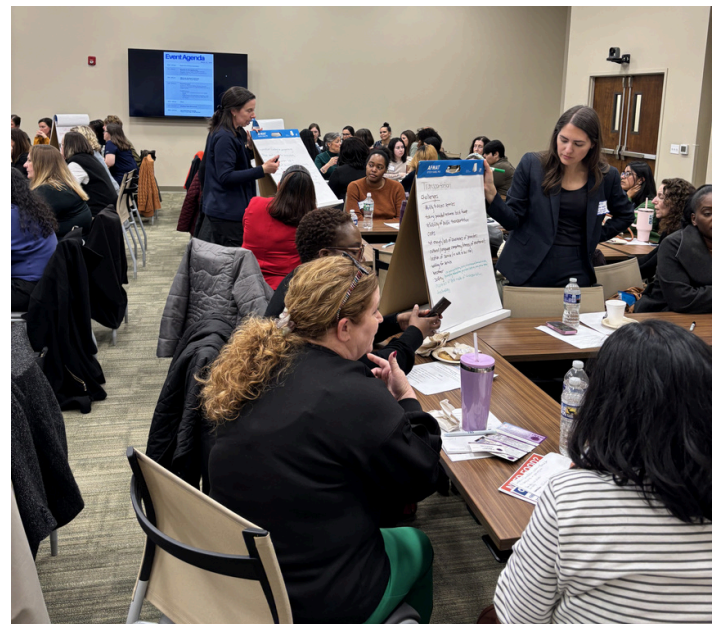
Despite these challenges, the energy in the room was focused on solutions. Attendees emphasized the importance of strengthening partnerships across sectors, expanding the role of community health workers, and improving communication between providers and community based organizations. Ideas such as creating centralized resource hubs, increasing access to food delivery and mobile services, and developing more culturally responsive care models were widely discussed.

SPRING CAB MEETING CONTINUED

There was also a strong call to meet communities where they are by sharing resources in non-traditional ways and spaces, leveraging community relationships, and increasing outreach through coordinated communication efforts and community driven events.

More than anything, the workshop reinforced the shared commitment to making meaningful change through our partnerships. By bringing together our diverse perspectives and experiences, the CAB can play a vital role in shaping strategies to support families during the perinatal period.

We are extremely grateful to everyone who participated and contributed their insights. The ideas generated during this session will help inform future collaboration and action as we continue working towards a more equitable and supportive system of care for families in our community.



ADVANCING HEALTH THROUGH FOOD: RWJBH HAMILTON OPENS NEW FOOD FARMACY

Robert Wood Johnson University Hospital Hamilton is taking an innovative step to address food insecurity and improve community health with the launch of its new Food Farmacy. Located within the RWJ Fitness & Wellness Center at 3100 Quakerbridge Road in Hamilton, the Food Farmacy expands access to nutritious food, personalized nutrition counseling, and education designed to support long-term health and wellbeing.

The Food Farmacy was developed in partnership with Mercer Street Friends, and Fairgrown Farm, bringing together healthcare and community-based expertise to tackle hunger and nutrition insecurity. Through this program, eligible patients can access fresh produce year-round as well as nutritious shelf-stable foods. They also received support from a registered dietician who can provide individualized nutrition counseling, culturally relevant foods and recipes, and nutrition education focused on chronic disease management and prevention. To participate in the program, patients will be referred by their physician based on their food insecurity status and chronic disease state.

The Food Farmacy is part of a growing “food is medicine” movement, recognizing the critical role nutrition plays in managing and preventing chronic illness. The Food Farmacy aims to help patients reduce barriers to accessing healthy foods and ensure they have the resources they need to thrive beyond the clinical setting.

The Food Farmacy is now open and serving clients, marking an important milestone in advancing whole-person care to improve overall health outcomes in the community.



For more information, please contact
Hamilton.Farmacy@rwjbh.org

COMMUNITY HEALTH IMPROVEMENT PLAN WORKGROUP UPDATES

Community partners across Mercer County continue to drive meaningful work forward through the Community Health Improvement Plan (CHIP) workgroups. During the first quarter of 2026, our workgroups; Mental & Behavioral Health, Access to Wellness, Housing & Built Environment, and Maternal & Infant Health, met to discuss last year's progress and our plan for the year ahead.

The Mental & Behavioral Health Workgroup continues to build momentum around improving awareness of and access to mental health resources in the community. Our recent efforts have focused on laying the foundation for building a comprehensive County-wide resource map that organizations and community members can use to access critical mental and behavioral health services. Through the duration of the CHIP timeline, the group will continue to explore ways to build out this tool and promote throughout the community.

The Access to Wellness Workgroup continues to work towards collaboratively addressing health disparities and prioritizing equitable access to resources to support healthy living. During our last meeting we explored the current services being offered by partners to address gaps in workgroup membership. We also identified some of the training needs that would be most beneficial to workgroup members.

The Housing and Built Environment Workgroup continues to remain focused on the critical link between stable, safe housing and health outcomes. Our recent conversations have focused on collecting accurate and up to date data on affordable housing in the County as a foundational step. This information will help inform future strategies and strengthen our efforts to connect residents with safe and sustainable housing options.

The Maternal & Infant Health Workgroup, in partnership with Trenton's Health Team's Trenton Maternal Health Stakeholders group, continues to work to improve outcomes for birthing families by advancing community based strategies. In March, we hosted a Perinatal Health workshop bringing together more community partners across workgroups (see story on page 1). Ongoing priorities include strengthening care coordination, expanding access to culturally sensitive care, and supporting families through the perinatal period.

To join a CHIP workgroup, please reach out to Mackenzie at executivedirector@gmphp.org or 609-580-0621.

CHIP Priority Areas

Mental & Behavioral Health



Access to Wellness

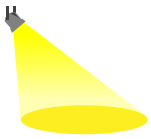


Housing & Built Environment



Maternal & Infant Health





PARTNER SPOTLIGHT: THE HOPE CENTER

The HOPE Center is a vital resource for youth and young adults in Mercer and Burlington Counties, offering free, affirming services designed to support individuals navigating a wide range of life experiences. As part of the Center For Family Services, the HOPE Center creates a safe space for individuals to access care, build community, and strengthen their well-being.

At the core of the HOPE Center's work are its counseling and support services. Youth and young adults can access individual, short-term counseling as well as peer support groups that address challenges such as self-esteem and identity-related stress, family or community rejection, trauma, and major life transitions. These services are designed to affirm each person's experience while promoting resilience and self-confidence.

Beyond direct services, the HOPE Center can help connect individuals to a broader network of affirming resources including referrals for therapy, healthcare, housing, and other essential supports. The holistic approach ensures that young people are connected to comprehensive, wraparound support.

The HOPE Center extends its impact through their Training Institute, which offers free education and consultation for organizations and community groups. Trainings cover topics including best practices in service provision, intimate partner violence, creating safe, affirming environments for LGBTQIA+ individuals, and more.

We encourage partners to connect with the HOPE Center to explore referral pathways, training opportunities, and ways to collaborate in supporting youth and young adults in our community.

To learn more or access services, contact the HOPE Center at hope-center@centerffs.org or reach the Program Supervisor directly at dina.castillo@centerffs.org



Affirming Counseling Services for Youth and Young Adults!

Individual counseling and peer support groups that focus on a wide range of experiences including:

- Peer, family, or community rejection
- Victims of crime and trauma
- Self-esteem and identity stressors
- Life Transitions

Potential clients must be residents of Mercer or Burlington County.
Limited access to a bilingual clinician is available.



NJHA OFFERS MENTAL HEALTH FIRST AID TRAINING

The New Jersey Hospital Association (NJHA) is excited to share that registration is now open for a **free Mental Health First Aid (MHFA) training**.

Mental Health First Aid is an evidence-based training that teaches participants how to identify, understand, and respond to signs of mental health challenges or substance use concerns. The goal is to increase confidence and awareness, so individuals feel better prepared to offer support and help connect others to appropriate resources.

This particular training is Veteran-focused, but the core concepts are the same as the Adult Mental Health First Aid curriculum. The Veteran version simply includes an added layer that addresses military culture and experiences—an asset when working with diverse communities and populations.

Registration is currently open, and additional training dates will continue to be added and updated on our calendar. We encourage you to check back regularly and to share this opportunity with colleagues and community partners who may be interested. **To register, please visit:**

<https://www.njha.com/njvetismhfa>.

REASONS TO PARTICIPATE

- The suicide rate for veterans is 57% greater than for non-veterans.
- Nearly 1 in 4 active-duty members show signs of mental health conditions.
- 88% of veterans' caregivers experience increased levels of stress and anxiety.

WHAT IT COVERS

- The importance of mental health to the community of military, veterans and their families.
- Risk factors and protective factors specific to the community of military, veterans and their families.
- Applying the MHFA Action Plan (ALGEE) in scenarios designed specifically for military, veterans and their families.
- National, regional and community mental health resources for service members, veterans and their families.

AFTER THE COURSE, YOU'LL BE ABLE TO

- Recognize common signs and symptoms of mental health and substance use challenges
- Understand how to interact with a person in crisis
- Know how to connect a person with help
- Use self-care tools and techniques.

WHO SHOULD TAKE IT

- Community-based organizations and individuals, veterans advocates and others who engage with the veteran and military communities, including service members, veterans and military families.

For more information or to host a class for your colleagues or community, please contact us at **MHFA@NJHA.com**.

Rutgers Cooperative Extension's FCHS Wellness Update!

Ways to Contribute to Your Community

Hey Mercer County!

Supporting neighbors facing hunger is one of the most meaningful ways to strengthen your community. Across New Jersey, emergency food providers work every day to ensure families have access to nutritious meals. Rutgers Cooperative Extension's recent webinar, Taking Action Against Hunger, highlights simple steps anyone can take to get involved.

Ways You Can Make an Impact

- **Volunteer your time:** Help with sorting, packing, distribution, or special events, roles fit all schedules and skill levels.
- **Donate intentionally:** Ask your local pantry what they need most; funds often go further than purchased goods.
- **Support long-term solutions:** Spread awareness, organize community drives, or contact local officials about food access policies.

Learn More

Watch the full webinar, Volunteer, Donate, Promote: Your Guide to Fighting Hunger in NJ, to explore practical strategies and local resources:

<https://extension.rutgers.edu/wellness-wednesdays/archive/wellness>



RUTGERS UNIVERSITY
**Family and Community
Health Sciences**
New Jersey Agricultural Experiment Station



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(Equiv. Assistant Professor)
Ricardo.Kairios@rutgers.edu

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.

JOURNALING A Tool in Holistic Self Care

FREE Virtual Webinar | May 13, 2026 | 1:00 – 2:00 pm



Journaling is an intentional act of honest reflection about one's self and the things going on around you. Journaling and expressive writing have demonstrated to have positive health outcomes such as boosting mood, enhancing a sense of well-being, reducing the symptoms of depression and improving memory.

For those dealing with a chronic condition, journaling can help with the emotional ups and downs experienced in your daily lives. There are many things in life we don't have control over, journaling is one way to take control during chaos.

Program Description:

This program will provide an introduction to journaling concepts, guidelines on how to optimize the benefits and ways to get started.

- What it is – history and benefits
- Ways to fit journaling into your schedule
- Flipping negative feelings to a positive and evaluating feelings
- Topic ideas to get started

Register Today for this free program using the link or QR code.

<https://www.workcast.com/register?cpak=1607915051148981>



Provided by: **Hunterdon Mercer Chronic Disease Coalition**
Partnering to Improve Health for all People

<https://www.hunterdonhealth.org/services/hunterdon-mercerc-chronic-disease-coalition>

Speaker:
Shelby Nelson



Shelby is the founder of Synergize Fitness & Wellness in Flemington, NJ. She has been part of the fitness & wellness industry for over 30 years. Shelby holds a degree in Exercise Science and has multiple wellness related certifications. She is a group fitness instructor specializing in Pilates & Yoga. She is also a Corrective Exercise Coach, Stress & Sleep Management Coach, teaches Mindfulness, Fall Prevention and provides self-care services which include Sound Healing, Crystal Healing and Reiki. Shelby has a true passion for teaching and helping others live their best lives.



The Training Institute Presents

Global Crossroads Symposium: Confronting Hidden Battles Behind the World Stage

Uniting Against Illicit Drugs, Trafficking and Emerging Risks in a Connected World

Wednesday, April 22, 2026 | 9 a.m. – 3 p.m.

RWJ Fitness and Wellness Center Hamilton
3100 Quakerbridge Road, Hamilton Township, NJ 08619

\$125 per person | Includes breakfast, lunch, continuing education units (CEUs) and a carton of naloxone
Exhibitor option is available for \$200

Join leaders from the Drug Enforcement Administration (DEA), Federal Bureau of Investigation (FBI), New Jersey State Police (NJSP) and 800-GAMBLER to learn how to identify and respond to issues such as mental health challenges, illicit drug use and human trafficking at the local level. Together, we can build healthier, safer communities.

Presentations from:

- DEA
- FBI
- NJSP
- 800-GAMBLER
- Rutgers Addiction Research Center
- And more!

CEUs:

- 6 NJ DOE
- 6 LPC, CADC, LCADC, CPS
- 6 NAADAC (pending approval)
- 6 Public Health Credits (pending approval)



Scan the QR code or visit [lp.constantcontactpages.com/ev/reg/rvb7u34](https://www.constantcontactpages.com/ev/reg/rvb7u34) to register.

Sponsorships are available! To learn more, visit:

<https://www.classy.org/event/rwj-barnabas-health-global-crossroads-symposium/e753992>

Questions? Email IFPRTrainingInstitute@rwjrh.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.



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

Department of the Treasury—Internal Revenue Service
U.S. Individual Income Tax Return
For the year Jan. 1–Dec. 31, 2025
Your first name and initial
If a joint return, spouse's first name and initial
Address (number and street), if you have one
City, state

SCAN ME

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 (see 5498R) (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 TOTALED - pharmacy printout, eyeglasses or contact lens receipts or medical mileage
- Charitable contributions TOTALED - receipt for any contribution of \$250 or more
- Rent or mortgage interest statement
- All property tax information (green card, PTR 1, PTR 2, homesteaded 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.

PARTNERS

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

Mental Health FIRST AID
from NATIONAL COUNCIL FOR MENTAL WELLBEING

MENTAL HEALTH FIRST AID FOR MILITARY, VETERANS, AND THEIR FAMILIES

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 helps 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.

Nearly **1 IN 4*** active duty members showed signs of a mental health condition.

The suicide rate for veterans is **57% GREATER*** than non-veterans.

88%* of veterans' caregivers report increased stress or anxiety.

*The original research for the displayed statistic is linked

REGISTER TODAY!

Delivery Format:
7.5 hour in-person training, valued at \$170 per learner, offered free of charge thanks to a grant from the N.J. Dept. of Veterans

Date and Time:
Monday, June 1, 2026, 9:00 a.m. – 4:30 p.m.

Location:
RWJ Fitness & Wellness Center Conference Room A

Where to Register:
www.njha.com/njvetmhfa (or email MHFA@njha.com)

Address: 3100 Quakerbridge Rd. Mercerville, NJ 08619
Registration & coffee starting at 8:30 a.m.

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.

BIKE MONTH IS IN MAY → SIGN UP TODAY

FOR GREATER MERCER TMA'S

Bike To Happy

PHOTO CHALLENGE!

GMTMA.ORG

BIKE TO NATURE
BIKE TO WORK / SCHOOL
BIKE TO TREATS
BIKE TO HISTORY

MERCER COUNTY, OCEAN COUNTY, MONTGOMERY TOWNSHIP, AND PLAINSBORO TOWNSHIP

- Each week you bike to your happy place, take a selfie and submit it for a chance to win prizes from our sponsors!
- Photos must clearly show you and your bike.
- Share the happy: Tag @GreaterMercerTMA and use #Biketohappy

GREATER MERCER TMA
Discover Greater Paths

GMTMA.ORG/BIKING/BIKE-MONTH

JOIN US IN MAKING BIKE MONTH 2026 UNFORGETTABLE!

Critical Incidents and the Impact of Intergenerational Trauma:
Providing Support Services in Communities of Color

Wednesday, May 13, 2026 | 9:30 a.m. to 1 p.m.

This training helps participants understand how historical and intergenerational trauma shapes crisis responses in marginalized communities of color. It explores the effects of generational trauma on individuals and communities while emphasizing culturally responsive, trauma-aware approaches that build trust and avoid re-traumatization. Participants will strengthen their ability to provide compassionate support that promotes healing, resilience, and community empowerment.

<https://tinyurl.com/49vybdy2>
Meeting ID: 861 8847 8445 Passcode: 275143

Questions? Contact Michele Madiou 609-898-6574 / mmadiou@mercercounty.org

Sponsored by the Mercer County Division of Mental Health
Presented by Kimme Carlos

Mercer County Executive Dan Benson & The Board of Commissioners
Terrance Stokes (Chair), Cathleen M. Lewis (Vice Chair), John A. Cimino, Samuel T. Frisby, Kristin L. McLaughlin, Nina D. Melker, Lucille R.S. Walter



NURSE VISITS SUPPORTING PARENTS & NEWBORNS AT HOME

**MERCER COUNTY
VIRTUAL EDUCATION SESSION**

**Understanding Labor, Delivery,
and Pain Management Options**

presented by, Family Connects NJ Nurses



**4/30/2026
11:00AM - 12:00PM
Via Zoom**

Register Here



**Understanding Your Options: From birth plans to pain management
Advocating for Yourself: How to communicate effectively with your medical team
The Golden Hour: What to expect in the first moments after delivery
Q&A Session: Get your questions answered by experienced nurses**



**THE BELOVED PROJECT
OF NEW JERSEY**

Connecting Community. Restoring Hope. Building Pathways Forward.

AGENCY INVITATION

COMMUNITY SERVICES FAIR

Hosted by The Beloved Project of NJ

Local organizations, service providers, and community agencies are invited to participate in a **Community Services Fair** designed to connect residents with vital programs, services, and opportunities.

SERVICES MAY INCLUDE:

- Housing & Homelessness Prevention
- Healthcare & Insurance Navigation
- Reentry & Justice-Involvement Support
- Financial Literacy & Credit Counseling
- Workforce Development & Employment
- Senior Services
- Youth & Family Services
- Community Advocacy Programs
- Mental Health & Wellness



DATE:
THURSDAY,
APRIL 30, 2026

TIME:
10:00 AM - 2:00 PM

LOCATION:
MILL HILL PARK
Trenton, NJ

Together, we can ensure residents of Trenton and surrounding communities have direct access to the support systems that help individuals and families thrive.



AGENCY PARTICIPATION

Organizations are invited to host an information table to share services, programs, and resources with community members.

REGISTRATION IS REQUIRED

Space is limited and will be confirmed upon registration.

<https://thebelovedproject.breezechms.com/form/ed9204>
belovedprojectnj@gmail.com

**FOR MORE INFORMATION
CALL 609-699-6139**

<https://thebelovedproject.breezechms.com/form/ed9204>

Stronger Together. Better Together.



The Tick Talk

**Friday, June 19th, 2026
10:00 am-11:00 am**

Hopewell Township Municipal Center
201 Washington Crossing Pennington Rd
Titusville, NJ 08560

Join us for an educational presentation presented by the Rutgers Center for Vector Biology "NJ Ticks 4 Science!" Program

Learn About:

- Tick-borne Diseases
- The Tick Life Cycle
- How Infection Happens
- Habitat Modification
- How to Protect Yourself Against Ticks
- The NJ Ticks 4 Science! Program



Registration is requested for this FREE program:

Email nurse@hopewelltpw.org



Visit the NJ Ticks 4 Science Website:
<https://ticks.rutgers.edu/>



PREGNANT PARENT SUPPORT



OFFERING & CONNECTING YOU TO FREE SERVICES...

- FREE Care Management**
Our Community Health Workers will screen for social, psychological, and health care needs, and connect you to free services and resources.
- FREE Transportation**
If you need a ride to and from your health-related appointments, we are able to cover the cost.
- Paid Leave Benefits**
We help families who are expecting or have recently welcomed a new child to better understand and earn their paid leave benefits.
- Medicaid Benefits**
Our team will help you sign up for or renew your NJ FamilyCare / Medicaid benefits for you and your family.

Trenton Health Team's **Community Care team** is working with **pregnant people and parents who have recently entered postpartum** to take the stress out of new parenthood and managing your health or benefits.



FOR A HEALTHY TRENTON.

communitycare@trentonhealthteam.org

609-256-4010

