

Pregnancy Resources

There are many resources available to assist women who may need them during a pregnancy and for their babies. Let us spread the word that this help is available. This information might save some lives. This resource list is a starting point with essentials but there are even more local possibilities which can provide help.

LOCAL PREGNANCY AID

- Birthright - Freehold 732-462-2888
- Birthright - Toms River 732-349-0154
- Birthright - Red Bank 732-747-7600
- Birthright - Barnegat 609-660-0485
- Choice One - Lawrenceville 1-800-497-TEST
- First Way - Burlington 609-871-1431
- Options for Women - Cherry Hill 856-795-0048
- Good Counsel Homes - Riverside 800-723-8331

24/7 Toll-Free Hotlines:

National Life Center 1-800-848-LOVE
Birthright 1-800-550-4900
NJ Safe Haven Law 1-877-839-2339

DEPARTMENT OF SOCIAL SERVICES

Your county Department of Social Services can provide help with many needs. Programs can include Emergency Housing & other Housing Assistance, Food Stamps, Work First, Child Care Programs or referrals, Temporary Aid to Needy Families (TANF), Medicaid for Pregnant Woman.

- Burlington 609-261-1000
- Mercer 609-989-4320
- Monmouth 732-431-6000
- Ocean 732-349-1500

FOOD WIC

Provides food to pregnant & breast-feeding mothers, food and formula for children to age 5.

- Burlington 609-267-4304
- Mercer 609-989-3636
- Monmouth 732-471-9301
- Ocean 732-341-9700

FOOD STAMPS

Food stamps are available through your Dept. of Social Services.

FOOD PANTRIES

There are many local food pantries. Some may require referrals. Call for your nearest location, hours, and requirements.

- Burlington 856-764-6940
- Mercer 609-406-0503
- Monmouth 732-918-2600
- Ocean 732-918-2600

Search for food pantries at:

http://www.foodpantries.org/st/new_jersey

SHELTER

For emergency housing and other housing assistance call your local Dept. of Social Services. If help is still needed call the local Pregnancy Centers or the 24/7 Hotlines listed above. **Good Counsel Homes-South Jersey** in Riverside provides housing for pregnant women and their children, call 800-723-8331 for assistance.

HEALTH CARE

New Jersey Care 2000+Family Care 1-800-701-0710. Local Hospitals can advise about prenatal health care.

HIGH RISK PREGNANCIES & BIRTHS: SERVICES

www.saintpetersuh.com

Saint Peters University Hospital,
New Brunswick, NJ Maternal Fetal Medicine
732-745-8549
Infant & Perinatal Loss Evaluations,
Infant Prematurity Assessment & Prevention
732-565-5435

LEGAL CENTER

Provides free legal advice to pregnant mothers being coerced into abortion. 973-984-0725

NJ SAFE HAVEN LAW

24/7 Toll-Free Hotline 1-877-839-2339
Parent/Designee can leave an unharmed, unwanted baby (less than 30 days old) at a hospital emergency room or police station for a safe haven without prosecution. NO QUESTIONS ASKED

CHOOSE LIFE!

Note: These resources are presented for your information, and do not constitute an endorsement by the Diocese of Trenton.

RESPECT LIFE MINISTRY
DEPARTMENT OF PASTORAL CARE
701 Lawrenceville Road, P. O. Box 5147, Trenton, New Jersey 08638-0147
Telephone: 609-403-7192 FAX: 609-406-7458