

# 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](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](http://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