



Your resource for maternal mental health in Hunterdon County

Let us help you get the postpartum support you deserve!

If you or someone you know is struggling with maternal mental health, we can offer:

- An extensive list of mental and physical postpartum health experts
- A growing list of local “mom and baby” activities and events
- Monetary assistance to enable moms to access the support they need

We also offer grants to postpartum support professionals seeking further certification specific to perinatal health.

Upcoming Events



Wednesdays
10:00 am

Strong as a Mother: Moms on the Move

June 17
6-8 pm

Moms Night Out: Jammie Jeopardy Game Night at Hammer & Stain

June 18
5-9 pm

Readington Rec Summer Spectacular

July 12
8 am

Evolution Mom Outdoor workout class at Bundt Park

July 23
10 am

Music Together Flemington music class

Summer
6 pm

Couples Game Night
(more details to come)

August 18
9 am

Wildflowers Flourish Wild Buds play class

September 27
2:00 - 4:00 pm

Annual Resource Fair

Who we are

We are a 501(c)(3) charitable organization committed to raising awareness and providing resources and funds for maternal mental health throughout our local community.

Postpartum Wellness of Hunterdon County was founded by local moms with a mutual desire to help moms and families who may be struggling during the postpartum period.

Ongoing Fundraisers

Purchase a
PWHC
t-shirt & support
us all year long!

Purchase from
our charity wine
collection at Old
York Cellars

Contact us for support or
to get involved today!

✉ postpartumwellnesshc@gmail.com

🌐 www.postpartumwellnessofhunterdoncounty.com

📷 [@postpartumwellnesshc](https://www.instagram.com/postpartumwellnesshc)

Learn more about
these events here:

