

*Attention Resource Parents! Do you have training in the life saving skill of CPR? If so, how long ago did you take a course; five, ten, maybe even twenty years ago? Knowing CPR may help you save a life, perhaps that of a child placed in your care. We know that training classes can get expensive, so we compiled a list of FREE CPR trainings throughout the state. Keep in mind this is not an exhaustive list and more opportunities likely exist in your area. Try checking your local fire houses, community centers, or medical buildings for other free training opportunities.*

### Free CPR Training

Location	Address	Contact Information	Cost
<b>North Jersey</b>			
Bergen Regional Medical Center	230 East Ridgewood Ave., Paramus, NJ	Contact the Foundation at (201) 967-4361	Free
Meadowlands Hospital Medical Center	55 Meadowlands Parkway, Secaucus, NJ	(201) 250-4626 <a href="mailto:education@meadowlandshospital.org">education@meadowlandshospital.org</a>	Free
Liberty Health Jersey City Medical Center Campus	11 Glenwood Ave., Jersey City, NJ	(201) 222-1680 <a href="mailto:Revioseclopezcdc@aol.com">Revioseclopezcdc@aol.com</a>	Free
St. Joseph's Healthcare System	703 Main St., Paterson, NJ	Lou Ann Damsma (973) 754-3451	\$10
<b>Central Jersey</b>			
Ocean Medical	Various Ocean County Locations	1-800-560-9990	Free
Jersey Shore University Medical	1945 New Jersey 33, Neptune, NJ	1-800-560-9990	Free
Riverview Medical Center	1 Riverview Plaza, Redbank, NJ	1-800-560-9990	Free
Bayshore Community Hospital	727 N. Beers St., Holmdel, NJ	1-800-560-9990	Free
Capital Health Medical Center	1 Capital Way, Pennington, NJ	Capital Health Emergency Medical Services (609) 815-7291	Free
Babies-R-Us	Various Locations	Contact your local store	Free

\*Note: No free classes were located in South Jersey

