

## black infant health

Empowering Pregnant and Mothering African-American Women

**Guiding Parents, Growing Strong Families** 

Your Love. Our Expertise.

Black Infant Health connects you to support, resources and a caring sisterhood aimed at improving the health of Black mothers and babies.

## **Services Offered**

- Virtual and In-Person group sessions with other moms
- Resources
- Support from caring professionals
- · Education about your pregnancy
- Mental Health Support Services
- Information on nurturing and bonding with your baby
- Infant feeding and care tips
- Referrals to health and family support

## Requirements

- Self-Identify as African American or a Black Woman
- 18+ Years of age at enrollment
- Be pregnant or no more than 6 months post-partum
- Reside in the Antelope Valley

## Together, let's create a world where every child is safe to grow.

Learn more about how we can help you. Call, email or stop by for a visit.

Tel: 562.249.9067

Email: bih@allforkids.org

















