ABOUT THE PROGRAM

• Earn a slow cooker and baby items
• Increase self-empowerment
• Develop a sisterhood with other African-American women
• Learn stress management tools
• Supports cultural beliefs and values
• Learn about health and wellness
• Services may be offered virtually

DID YOU KNOW?
The African-American infant mortality rate is 3x higher than other racial or ethnic groups.*

ELIGIBILITY

• Self-identify as African-American
• Pregnant or up to six months postpartum
• 16 years or older

*California Birth and Death Statistical Master Files, 2016

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