

Calling All Mommies



St. John's invites you to be a part of our **Committed to Black Wellness & Health Program** that aims to provide support to Black Women and their families.

OUR PROGRAMS GOAL IS TO:

Improve the health and quality of life of Expectant/ New Mothers and Babies within a culturally competent and affirming environment that empowers Black Women to:

- Build Resilience
- Reduce Stress
- Promote healthy behaviors that support relationships and overall wellness while making connections in a social or 1:1 setting.
- Education for nurturing and building bonds with their babies.
- Learn more about giving birth and what to expect before and after.
- Develop and set long-term life goals and plans with your assigned case manager.

PARTICIPANTS FOR THE PROGRAM WILL RECEIVE ACCESS TO:

- 1:1 sessions for Mental Health Care
- Prenatal & Postnatal HealthCare
- Case Management with assistance and support of culturally competent staff.
- Referrals and Resources for needed services such as: Lactation Classes, Doula Services, Prenatal Dieticians, Dental and Mental Health Services.
- Access to weekly group sessions that are educational, fun and provide a social way to receive care, make connections, share advice, and much more!
- Baby Supplies such as – Diapers, Baby Clothes, Car Seats, Breast Pumps, Cribs, Strollers and much more.

Come Join Us!

PROGRAM ELIGIBILITY

Identify as Black or African Descent.

FOR MORE INFORMATION PLEASE CONTACT:

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St. John's
Community Health

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