

Calling All Mommies to St. John's CBWH Program Supporting Pregnant and Parenting Youth

St. John's invites you to be a part of our Committed to Black Wellness & Health Program (CBWH) that aims to provide support to Black Teen 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 personal and professional goals and plans with your assigned case manager.

Come Join Us!

PROGRAM ELIGIBILITY

Identify as Black or African Descent.

FOR MORE INFORMATION PLEASE CONTACT:

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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.

St. John's
Community Health

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