

# ATTENTION!

## PREGNANT AFRICAN-AMERICAN WOMEN



One of Life's Greatest Joys is the Birth of a Healthy Baby.



### LONG BEACH BLACK INFANT HEALTH PROGRAM

3820 Cherry Avenue  
Long Beach, CA 90807

562-570-4410  
562-570-4525

**Our Program Can Help You  
If You Meet All Of The Following:**  
**Self-Identified African-American Woman,  
Age 18 or Older, Less Than 27 Weeks  
Pregnant and Live in Long Beach**

#### Free Services

- **Intimate Group Sessions**
  - ◆ 10 Sessions for Pregnant Women, followed by
  - ◆ 10 Sessions for New Moms
- **Case Management** As Needed
- **Individual Client Plans / Life Plans** To Help You Plan For Your Future
- **Public Health Nurse** and **Social Worker**
- **Health and Family Support Referrals**
- **Healthy Meals** At Each Session
- **Transportation Assistance** To and From Group Sessions and Doctor Appointments
- **Incentives and Resources**

#### Specialty Workshops

- **Breastfeeding**
- **Child Passenger Safety**
- **Feminine Hygiene**
- **Nutrition**
- **SIDS/Safe Sleep for Infants**
- **School Readiness Parent Education**
- **Stress/Depression Management**

#### Our Mission

Black babies in America die at more than twice the rate of babies from all other populations during their first year of life because they are born too soon and are too small. Likewise, more African American women die during pregnancy and childbirth than any other ethnic group. The primary goal of the Black Infant Health Program is to improve the survival rate for African American mothers and infants. We encourage early and continuous prenatal and pediatric care. We empower women to make healthy life choices for themselves and their families. We promote self-love, self-care and confidence building. We build on the strengths of each woman. We help women increase social connections and decrease isolation. We support positive fatherhood involvement. We honor the unique history and traditions of African American people.

