



Free Resources for BIPOC Families

San Francisco Bay Area

Born Free, Supported Beyond

You deserve a village. The following organizations offer culturally competent care, support, and advocacy for Black and BIPOC birthing families in the Bay Area and beyond.

La Clínica de La Raza

Inclusive prenatal & postpartum care, breastfeeding support, and family planning. Serving all families regardless of insurance status.

WEBSITE www.laclinica.org

ADDRESS 1450 Fruitvale Ave, Oakland, CA 94601

PHONE (510) 535-4000

SF Black Infant Health Program

Free prenatal classes and wraparound community support specifically for Black mothers and families in San Francisco.

WEBSITE www.sfbihp.org

ADDRESS 1290 Fillmore St, Suite 103, San Francisco, CA 94115

PHONE (628) 217-5399

Expecting Justice

A Black-led SF collaborative mobilizing leaders to improve maternal and infant health in Black and Pacific Islander communities.

WEBSITE www.expectingjustice.org

ADDRESS San Francisco, CA (Collective Impact Initiative — no single office)

PHONE Contact via website

UCSF Center for Birth Justice

Research, advocacy, and community doula training rooted in Black birth equity across California.

WEBSITE www.centerforbirthjustice.org

ADDRESS 1855 4th Street, San Francisco, CA 94158

PHONE (415) 476-1000

Shades of Blue Project

Postpartum mental health support, resources, and community specifically for Black mothers navigating PPD and perinatal mood disorders. Serving families nationwide.

WEBSITE www.shadesofblueproject.org

ADDRESS Based in Houston, TX — serving California families online & nationally

PHONE Contact via website

* Leto's Maternity Isle

Birth & postpartum doula support, peer lactation counseling, and holistic care for Bay Area families. Accepting Kaiser Permanente NorCal, Health Net & Alameda Health Alliance.

WEBSITE www.letosmaternityisle.com

ADDRESS San Francisco Bay Area, CA

PHONE Contact via website