



**black
infant
health** ♥

Empowering Pregnant and Mothering
African-American Women

Alameda County Black Infant Health Program

Black Infant Health (BIH) aims to empower pregnant and mothering Black women to make healthy choices for themselves and their children as well as build a community that stands up against the injustices towards African-American women and their birthing experiences.

Black Infant Health (BIH) program aims to help reduce stress, build resilience, promote healthy behaviors, and increase social support.

BIH SERVICES INCLUDE:

- 20 culturally affirming group sessions
 - 10 intimate sessions for pregnant women
 - 10 intimate sessions after baby is born
 - Support from a Public Health Nurse and/or Mental Health Professional
 - Individual Client Plans / Life Plans to help women plan for their future
 - Health and Family Support Referrals
 - Case-Management with one-on-one support
 - Incentives and resources
 - Healthy meals and childcare provided at each in-person session
- Participants can self-refer, or be referred by their provider.



**Public Health
Department**
Alameda County Health

**black
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Empowering, Protecting, and Making
African American Women

Starting Out Strong

Partnering with families for healthy babies and communities

FOR MORE INFORMATION OR TO ENROLL CONTACT US

StartingOutStrong.info



Alma Herman - Community Outreach Liaison

 510-618-3415  Alma.Herman@acgov.org

Shamelle Bremond - Program Specialist

 510-618-2019  Shamelle.Bremond@acgov.org

Yvonne Youngblood, RN, BSN, PHN, MS, Program Manager

 510-618-1980  Yvonne.Youngblood@acgov.org