



NV Statewide Maternal and Child Health (MCH) Coalition

Healthy moms and children strengthen Nevada

Stay in the know with the Nevada Statewide Maternal and Child Health (MCH) Coalition. Meet new members of the committees. Learn about the new programs and events that MCH is involved with. Stay connected with what's important.

[Visit our Website](#)

[Follow us on TikTok](#)

[Like us on Facebook](#)

[Follow us on Instagram](#)



Upcoming Coalition Meetings

Northern Nevada MCH Meeting

Next meeting is: January 8th, 2026 from 8:30am-10:00am

[Click Here to Join](#)

Southern Nevada MCH Meeting

Next meeting: February 10th, 2026 from 8:30am-10:00am

[There is no meeting for January](#)

[Click Here for 2026 Meeting Dates](#)

Upcoming Events & Trainings

HUGE thank you to our incredible volunteers who dedicated their time and energy to assemble our new Mama Care Kits! ❤️ Your hands-on support means so much to the new mothers in our community. We couldn't do it without you!





2026 Community Health Worker Summit

Healthy People, Healthy Places:
Community Solutions for Health Equity



Call for Abstracts and Vendors: 2026 CHW Summit

Get ready to build on success! Last year's CHW Summit was a huge hit, and this year, we're committed to making it even more impactful. We're thrilled to announce that the 2026 CHW Summit will take place on April 24th! Mark your calendars now!

You'll soon receive details for registration, which will open in January. Keep an eye on your inbox!

This year, we're excited to delve deeper into how Community Health Workers and other public health professionals are driving significant, positive change in our communities.

To foster even greater collaboration and knowledge sharing, we're expanding the event to include other organizations and are actively seeking dynamic presentations. We are officially calling for abstracts and strongly encourage you to share your expertise and be a vital part of this year's Summit.

Please follow the link below to complete the interest form for abstracts and vendors.

<https://forms.gle/NNLyYt9ieuR34esv9>

Mindfulness Techniques for Pregnancy, Birth & Postpartum

Date: Fridays, January 9th - February 13th

Time: 11:30am - 1:30pm

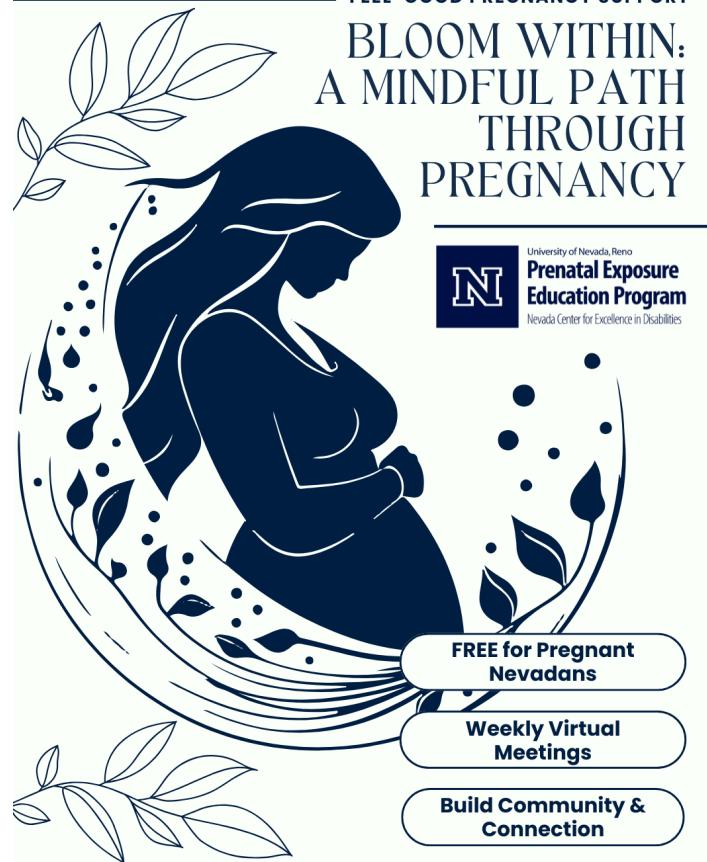
Location: Virtual Zoom Meetings

This six-week prenatal workshop series is designed to nurture and support you during pregnancy. Together, we'll explore mindfulness and acceptance, build emotional resilience, and strengthen skills for making values-based decisions — all to help you feel more grounded and empowered on your journey.

[Visit our Website](#)

FEEL-GOOD PREGNANCY SUPPORT

BLOOM WITHIN: A MINDFUL PATH THROUGH PREGNANCY



Count the Kicks is an evidence-based public health program that teaches expectant parents the method for and importance of monitoring their baby's movements every day in the third trimester of pregnancy. You are invited to attend a FREE 60-minute webinar on Jan. 26 at 12:00PM PST for FQHCs in Clark county designed to highlight the vital connection between maternal oral health and healthy birth outcomes, and how to implement Count the Kicks in your setting.

Healthy Smiles, Healthy Starts: Oral Health and Fetal Movement Awareness in Pregnancy

Jan 26 | 12:00PM PST

[Register Today](#)



NHA EVENT
SCHEDULE

13
TUE

DESERT OASIS HIGH SCHOOL

Family Connect Event
6600 W. Erie Ave, Las Vegas
2:00pm - 5:00pm

22
THU

SPRING VALLEY LIBRARY

PHC Event
4280 S. Jones Blvd., Las Vegas
10:00am - 1:00pm

28
WED

MASJID AS-SABAR (MOSQUE)

PHC Event
711 Morgan Ave, Las Vegas
10:00am - 1:00pm

COMMUNITY



EVENTS IN COLLABORATION W/NHA

27
TUE

HOSN ENCAMPMENT CONNECT

Location TBD / 8:00am - 11:00am
Email Alyssa for more details at:
ajohnson@helpsonv.org

HAPPY NEW YEAR



TO REGISTER AS A PROVIDER FOR ON-SITE PHC EVENTS:
Visit us at nevadahomelessalliance.org



FREE SERVICES & RESOURCES:

- Housing assessments & Referrals
- ID/Birth Certs for people experiencing homelessness
- Social Services
- Medical Insurance / Medical Services
- Medical Transportation Services
- Employment & Education
- Behavioral / Mental Health
- Family Services
- Community Resources
- Hygiene Kits & Giveaways
- Rapid Testing & Vision Screening
- Food/Snacks and more...

HONORING BLACK HISTORY, PROTECTING OUR FUTURE, & LIVING TOBACCO-FREE



FEBRUARY 19, 2026
9:30 AM-2:30 PM

Pearson Community Center
1625 W. Carey Ave, North Las Vegas, NV 89032

Register For Free at BECAUSEWEMATTERLV.ORG

Celebrate **Black History Month** at the Tobacco-Free Living Summit, where we promote wellness and a tobacco-free future for our community.

Expert Led Topics: Youth Vaping, Lung Health, Menthol Marketing, and Quitting Support

Scan To Register



This Is A Free Event | Lunch Is Included

View Agenda Here



Joe Lombardo
Governor

NEVADA HEALTH AUTHORITY

DIRECTOR'S OFFICE

4070 Silver Sage Drive
Carson City, NV 89701
NVHA.NV.GOV



Stacie Weeks
Director

Si necesitas ayuda traduciendo este mensaje, por favor escribe a info@nvha.nv.gov, o llame (702) 668-4200 o (775) 687-1900

We will make reasonable accommodation for members of the public with a disability.

Please notify Nevada Health Authority as soon as possible at info@nvha.nv.gov.

NOTICE OF PUBLIC WORKSHOP

Winter Stakeholder Update Workshop

Name of Organization: Nevada Health Authority (NVHA)

Date and Time of Meeting: Tuesday, January 27, 2026 at 1:00pm

Place of Meeting: Microsoft Teams

Please use the Microsoft Teams options provided below

Join the meeting now

Meeting ID: 230 140 581 333 8

Passcode: te359XG7

Dial in by phone

Audio only: (775) 321-6111

Phone conference ID: 522 831 160#

*General Public Comments: No action may be taken upon a matter raised under public comment period unless the matter itself has been specifically included on an agenda as an action item. To provide public comment telephonically, you may join the meeting by dialing (775) 321-6111 and when prompted to provide the Meeting ID, enter 522 831 160#. You may then press *5 to raise your hand during the public comment periods to provide your comment. Persons making comment will be asked to begin by stating their name for the record, spell their last name, and provide the secretary with written comments. Those who wish to provide a written comment may submit their comment via mail to 4070 Silver Sage Drive, Carson City, Nevada 89701 or via email to info@nvha.nv.gov.*

Please be cautious and do not click on links in the chat area of the meeting unless you have verified they are safe. If you ever have questions about a link in a document purporting to be from Nevada Health Authority, please do not hesitate to contact info@nvha.nv.gov for verification.

Join MotherToBaby for their Free Webinar January 28th 2026!

Zika in 2026: Lessons from the Past and the Current State of Research and Risk
January 28, 2026 | 12p ET

This session will review what we've learned about Zika since the height of global concern, summarize current data on risk, and highlight the evolving research landscape. As questions about congenital infections continue to arise in prenatal counseling, this webinar will provide timely, evidence-based information to support discussions with patients and families during Birth Defects Awareness Month and beyond.



[Register Now](#)

Virtual film screening and discussion: The FASD Project Wednesday, January 14th | 1pm EST

As a part of Birth Defects Awareness Month, MDH and Proof Alliance are hosting a virtual film screening on Wednesday, Jan. 14 from 1pm to 2pm (EST) on fetal alcohol spectrum disorders. This one-hour session also includes a facilitated group discussion following the screening.

[Register Now](#)





AMERICAN HEART MONTH 2026

JOIN US IN CREATING A NATION OF LIFESAVERS™



February is Heart Month and American Heart Association has created a toolkit attached with more information, sample social media posts, and more!

Use the resources provided to help create CPR awareness and drive participation in becoming a Nation of Lifesavers.

Here's how:

- Join the Nation of Lifesavers.
- Send a dedicated email or share it in a Newsletter.
- Post on social media.
- Distribute the CPR infographics, fact sheet and CPR Playlist throughout your communities and encourage others to share.
- Use the key messages to raise awareness in your communication materials.
- Post and share the digital content across your channels throughout the month.

Click the button below to get access!

[American Heart Month Toolkit](#)

Monthly Observances

January is **BIRTH DEFECTS AWARENESS MONTH**

Each year, 1 in 33 U.S. babies is born with a birth defect. These include congenital heart defects, cleft lip and/or palate, and spina bifida. Many birth defects occur in the first trimester, often before a person knows they are pregnant. Some birth defects can lead to lifelong health challenges for the affected individual.

Although not all birth defects can be prevented, certain steps can reduce the risk and support healthier pregnancies, including:

- Taking 400 micrograms (mcg) of folic acid every day for at least one month before pregnancy
- Avoiding infections that can cause birth defects or otherwise be harmful to the pregnancy or the developing baby
- Seeing a healthcare professional when planning a pregnancy and starting prenatal care as soon as possible
- Talking to a healthcare provider about medications and recommended vaccinations in pregnancy
- Getting chronic health conditions, like diabetes and thyroid conditions, under control before getting pregnant.
- Aim for a healthy body weight to avoid risks associated with obesity in pregnancy
- Avoiding alcohol, cigarettes, vaping, cannabis, and other illicit drugs throughout pregnancy

Individuals, families, educators, and healthcare providers can access tools, fact sheets, and awareness materials to support these action steps at: <https://nbdpn.org/national-birth-defects-awareness-month/>.

! Potential Lead Risk
RECALL DATE: DECEMBER 30, 2025

Immediately **stop** using the recalled product:

**Virgo
Rheumacare
Capsules**

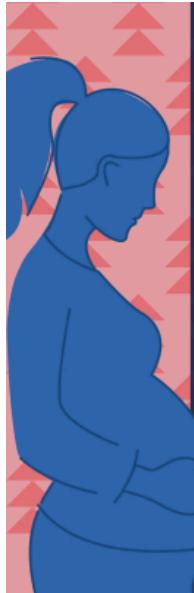


KEEP AWAY FROM CHILDREN

NvCLPPP North California Lead Poisoning Prevention Program #LeaveLeadBehind

Important Updates & Resources

Syphilis and CS Prevention Resources for Providers



Congratulations on your pregnancy. In addition to your regular prenatal screenings, please be sure that you are screened for all STDs including syphilis in your 1st trimester, 3rd trimester and at delivery. Please take this card to your next doctor's appointment or the Health District.

For more information about syphilis and assistance with locating an STD treatment and testing clinic, please call 2-1-1 or visit Nevada211.org.



Sexual Health History Flyer

One Pager for STDs

Quick Provider Reference

Perinatal Mental Health Trainings for All

Perinatal Mental Health Disorders

PMHD is the most common complication of childbirth, affecting 15-20% of pregnant women and women with young children and up to 10% of men with young children.

nvmch.org/pmhds



Perinatal Mental Health Disorders, including postpartum depression, are the most common medical complication associated with pregnancy and childbirth. PMHDs present a widespread public health problem that may have serious consequences for mothers, infants, and families. Join us for one of our trainings if you'd like to learn more!

Please click the date below to register for a training.

Upcoming sessions:

[January 9th 10-11am](#)

[February 11th 10-11am](#)

[March 13th 10-11am](#)

For larger group training sessions, please email Kairirenae.pangelinan@commonspirit.org.

Cribs 4 Kids Parent Safe Sleep Workshop



Please contact us if you do not have a safe sleep environment prepared for your child. You may also sign up for a scheduled safe sleep workshop below.

2nd Wednesdays of the Month

4th Wednesdays of the Month

Become a Cribs 4 Kids Partner: If you are an organization and would like to provide cribs to your clients, please contact Kairi at Kairirenae.Pangelinan@commonspirit.org.

Breastfeeding Support

Learn about breastfeeding before the baby arrives! There are many health benefits of breastfeeding for both you and baby, and resources you may want to familiarize yourself with before giving birth.

[Visit Nevada Breastfeeding Coalition Website](#)

[Learn about Breastfeeding Consults](#)

[Breastfeeding Support Through WIC](#)



Nevada Breastfeeds

[Visit NV Breastfeeds Website](#)

[Northern Nevada Postpartum Support & Therapists](#)

Call for More Information

- Thrive Wellness of Reno - 775-525-8103
- Megan Kornbluth - 530-580-8848
- Quest Counseling - 775-786-6880
- Amber Creek - 775-575-2144
- Desert Bloom Wellness - Caitlyn Wallace - 775-453-4149

[Free community classes in Southern Nevada](#)

Dignity Health Community Outreach is offering online and in-person fitness, wellness, and children's classes.

- Free Birthing Center Tours
- STEM Starts
- Sing & Sign: Food Time
- Mommy Care Club
- Zumbini
- Baby Basics

[Click Here for Days and Locations](#)

MCH Initiatives

[Learn More Here](#)

[Nevada 2-1-1](#): Locate resources and services statewide

[Go Before You Show](#): Prenatal campaign to ensure a safe and healthy pregnancy

[Sober Moms, Healthy Babies](#): Receive top priority admission at state-funded substance abuse treatment centers.

[Tobacco Quitline](#): Free, convenient, safe, and secure way to quit smoking.

[Count the Kicks](#): Easy, free, and reliable way for expectant parents to monitor their baby's well-being in the third trimester in addition to regular prenatal visits

[Safe Sleep](#): The Safe Sleep program ensures that every baby living in Nevada has a safe sleep environment.

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