



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](#)

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Upcoming Coalition Meetings

Northern Nevada MCH Meeting

Next meeting is: May 14th, 2026 from 8:30am-
10:00am

[Click Here to Join](#)

Southern Nevada MCH Meeting

Next meeting: May 12th, 2026 from 8:30am-
10:00am

[Click Here to Join](#)

[Click Here for 2026 Meeting Dates](#)

Upcoming Events & Trainings

ROOTS May 2026 Calendar of Events

9
11 am to 1:30 pm

Mother's Day Card Circle

A gentle, reflective space to honor, remember, and process around Mother's Day—whether that day brings joy, grief, or a mix of both. **Nevada Homeless Alliance** 3825 W. Cheyenne Ave Ste 604, North Las Vegas, NV 89032.

15
1 pm to 5 pm

Color and Breathe

A calming, peer-led space focused on breathing exercises, color meditation, and open conversation. This is a chance to slow down, reset, and be in community without pressure. **Chicanos Por La Causa (CPLC)** 555 N. Maryland Pkwy, Las Vegas, NV 89101.

22
1 pm to 5 pm

Color and Breathe

A calming, peer-led space focused on breathing exercises, color meditation, and open conversation. This is a chance to slow down, reset, and be in community without pressure. **Chicanos Por La Causa (CPLC)** 555 N. Maryland Pkwy, Las Vegas, NV 89101.

23
11 am to 2 pm

Cup cake decorating with Soul

A creative, trauma-informed workshop where we decorate cupcakes while *Soul* plays softly in the background—inviting personal expression, lightness, and connection. **Nevada Homeless Alliance**, 3825 W. Cheyenne Ave Ste 604, North Las Vegas, NV 89032.



Preparing for Postpartum

Presented by Cristina Hernandez, MPH, C-FSD (BADT), C-CBE (DTI), C-IFSL (BADT) UNLV School of Public Health EARN-FS Project

CLASS AGENDA



POSTPARTUM SUPPORT

RESERVE YOUR SPOT TODAY
TUESDAY, MAY 5 | 10AM



Scan the QR code or call: 702.485.2229 to reserve your spot



THE UNIVERSITY OF NEVADA
CENTER FOR FAMILIES

FOOD FACTS, NOT FICTION WEBINAR

Nutrition Myths, SNAP Truths, and the Changing Food Pyramid

Free Community Webinar - Moderated Panel Discussion

Join us for an engaging discussion that breaks down myths about **nutrition** and **SNAP** benefits. Learn how nutrition guidance has evolved and get the **facts** about what SNAP covers, who it serves and **new requirements**.

What You'll Learn:

- ✓ The evolution of nutrition guidelines
- ✓ SNAP myths vs. facts
- ✓ New SNAP requirements & trusted resources
- ✓ Community Perspectives

Event Details:

- 📅 May 6, 2026
- 🕒 12:00pm-1:00pm
- 📍 Microsoft Teams Meeting

FEATURED PANELISTS

- Kelly Cantrelle, Deputy Administrator, DSS
- David Barragan, Nutritionist, SNHD
- Tameka Henry, Executive Director, Obodo Collective
- Dr. Sabina Malik, Chair, 5 NV Food Council

MODERATOR

- Sarah Rogers, Nutrition Unit Deputy Chief, DP8H

Hosted by: **Nevada Office of Minority Health and Equity (NOMHE)**
<https://www.dhs.nv.gov/Programs/omhe/>

To join the webinar scan the QR code or use the link below

<https://bit.ly/4tjc541>

UNLV SCHOOL OF PUBLIC HEALTH GRADUATE CERTIFICATE IN MATERNAL AND CHILD HEALTH

NOW RECRUITING FOR FALL 2026



ADVANCING THE HEALTH OF FAMILIES LOCALLY, REGIONALLY, AND NATIONALLY

The Maternal and Child Health (MCH) Graduate Certificate provides students with interdisciplinary training focused on improving the health and well-being of pregnant and birthing people, infants, children, adolescents, and families across the life course. The certificate emphasizes the social, behavioral, environmental, and policy factors that influence maternal and child health outcomes.

CERTIFICATE REQUIREMENTS

- Flexible application or hybrid format
- Completion of required coursework
- Each course may be completed with a minimum grade of "B"
- Students need to maintain a minimum GPA of a 3.0 across all certificate courses to demonstrate competency.
- Students expected to follow continuous enrollment policies stated in the graduate catalog

WHO SHOULD APPLY?

This certificate is designed for individuals who hold a bachelor's degree or recognized equivalent from a regionally accredited institution and have academic or professional preparation in public health, social sciences, health sciences, or a related field. It is particularly suited for current and aspiring public health professionals, healthcare practitioners, policy advocates, and program managers working in maternal and child health settings across the public and private sectors.

Students will gain knowledge through coursework and experiential learning opportunities such as research, internships, and service-learning with community partners. The certificate supports the development of a diverse, skilled maternal and child health workforce equipped to reduce health disparities and gain nationally recognized maternal and child health leadership competencies.

REQUIRED COURSES

- HED 625 – Maternal and Child Health
- EAB 760 – Perinatal and Pediatric Epidemiology
- EGH 732 – Children, Development, Health, and the Environment
- HED 777 – Women's Health Across Time and the Life Course

QUESTIONS?

Applications available online at the UNLV Graduate College.



@UNLV Public Health @unlvpubhealth

UNLV.EDU/PUBLICHEALTH



Children's Advocacy ALLIANCE

YOU'VE GOT THE MIC! POLICY STUDIO

#3



Share your experience.
Shape real solutions.
Influence policy.

Event Detail

- 📅 Saturday May 9, 2026
- 🕒 2:30 PM - 5:00PM
- 📍 West Las Vegas Library
1881 North Martin Luther King Jr. Blvd
Las Vegas, NV 89108

POLICY AREAS:

- CHILDREN'S HEALTH
- CHILD WELFARE
- EARLY EDUCATION



SCAN TO RSVP

Build Policy Skills • Free Food & Drinks • Free to Attend

This program is not a Library District event. The views expressed and info presented are solely those of the producing entity.

FREE RIDES TO MATERNAL CARE

ACCESS FREE RIDES FOR MATERNAL CARE

JTNN is here to support your journey by providing no-cost transportation to:

- Prenatal appointments
Check-ups, screenings, and lab visits
- Postpartum follow-ups
Wellness visits for mother or baby
- Labor delivery appointments
Hospital or birthing center visits
- Lactation and breastfeeding support
Consulting or classes
- Maternal mental health visits
Counseling or therapy sessions

HOW TO SCHEDULE A RIDE

- 1 Complete The Form:
Scan the QR code below or visit <https://survey.alchemer.com/s3/6719344/Uber-Maternal-Health>
- 2 Call Our Office:
Call 775.324.7557 during office hours.
Our office is open Monday-Friday, from 9AM - 5 PM to help you.

SCHEDULING GUIDELINES

- Same-day rides are available
- Please call us as early as possible to request your ride.
- JTNN reserves the right to accept or decline ride requests on a case-by-case basis.
- For multiple appointments on the same day, please call us for assistance.

Supported by Renew Health

SCAN TO REQUEST A RIDE

QUESTIONS OR NEED HELP? CONTACT US!
Email: outreach@jtnn.org
Phone: 775.324.7557

JTNN *Join Together Northern Nevada* Renew *HEALTH*



SAVE THE DATES: 2026 FAMILY HEALTH FESTIVALS

– SMALL STEPS TO A HEALTHIER COMMUNITY –

Wednesday, May 20 | 3pm – 6pm
Neil Road Recreation Center
3925 Neil Rd., Reno, NV 89502

Saturday, August 1 | 9am – 12pm
Hug High School
3530 Sullivan Lane, Sparks, NV 89431

Thursday, October 8 | 3pm – 6pm
Reno-Sparks Livestock Events Center
1350 N. Wells Ave Reno, NV 89512



RESERVA LAS FECHAS: 2026 FESTIVAL FAMILIAR DE LA SALUD

– PEQUEÑOS PASOS HACIA UNA COMUNIDAD MÁS SALUDABLE –

Miércoles 20 de Mayo | 3pm – 6pm
Neil Road Recreation Center
3925 Neil Rd., Reno, NV 89502

Sábado 1 de Agosto | 9am – 12pm
Hug High School
3530 Sullivan Lane, Sparks, NV 89431

Jueves 8 de Octubre | 3pm – 6pm
Reno-Sparks Livestock Events Center
1350 N. Wells Ave Reno, NV 89512

A COLLABORATIVE SERVICE BROUGHT TO YOU BY:



Questions? Please contact us: FamilyHealthFestivals@gmail.com • 775-328-2491 • fbnn.org/FHF

UN SERVICIO COLABORATIVO OFRECIDO POR:



Preguntas? Contáctanos: FamilyHealthFestivals@gmail.com • 775-328-2491 • fbnn.org/FHF

connect the dots

Maternal Mental Health Month
May 2026



FORO MUNDIAL DE SALUD
MENTAL MATERNA 2026

CONECTANDO
LOS PUNTOS
GLOBALMENTE

2026 WORLD MATERNAL
MENTAL HEALTH FORUM

CONNECTING
THE DOTS
GLOBALLY



[Click Here to Register for Free](#)

Monday-Thursday, May 4-7

The 2026 World Maternal Mental Health Forum is a free, global, multilingual event bringing together families, providers, and communities to connect stories, research, and support.

This year marks a milestone as our first multilingual Forum, with live captions in 30+ languages.

Three free CE sessions available (for U.S.-based providers).



Celebrate
*Maternal Mental
 Health Month*
 and join a Spring
 Climb!



[Click Here to Join the Climb \(Northern NV\)](#)

[Click Here to Join the Climb \(Southern NV\)](#)

Postpartum Support International's



Cyan Park
 9 am till 12 pm

MEET • CONNECT • CLIMB

The Climb is a FREE community walk and fundraiser bringing support & awareness for Perinatal Mental Health Disorders (PMHD) within our community. Join us and meet other survivors, supporters, and providers of PMHDs as we break the stigma and raise funds to help make local resources more accessible to parents who need them!



@psi_nevada
 psichapternv@gmail.com



POSTPARTUM SUPPORT INTERNATIONAL'S

The Climb

St. Rose Dominican-San Martin Campus
 8280 W Warm Springs Rd,
 Las Vegas, NV 89113
 June 6th, 8am- 12pm



The Climb is the largest international event for perinatal mental health disorders. Together we are building community, raising funds and awareness to support the mental health of every birthing person, their families, and celebrate survivors!



RSVP or donate at the QR code. All donations are tax-deductible!
 For more information, contact: Aisha Fanning at psichapternv@gmail.com



Join us for a LIVE EVENT

Advancing Maternal Health: Connection Forum

Bridging Community, Patients, and Providers for Improved Cardiovascular Outcomes Throughout the Maternal Health Journey.



The Advancing Maternal Health Initiative is supported by Merck for Mothers, Merck's global maternal health effort to help create a world where no woman has to die while giving birth.

Join us for a collaborative virtual forum dedicated to strengthening cardiovascular care across the maternal health journey. This forum will introduce community- and clinical-facing postpartum recommendations, showcase successful maternal health models of care, and highlight key cardiovascular challenges impacting maternal health. We will also explore strategies to deepen community-clinical linkages that support improved cardiovascular outcomes for birthing people.

Join the American Heart Association for the Advancing Maternal Health Virtual Connection Forum!

We invite healthcare providers, community birth workers, doulas, midwives, community health workers, community organizers, and all maternal health advocates to participate in this important discussion.

Thu, May 14, 2026

8:00 AM - 11:00 AM PDT

Registration link: [Advancing Maternal Health Patient-Provider Connection Forum](https://www.heart.org/advancing-maternal-health-patient-provider-connection-forum)



You're invited to the 5th annual Pahrump Community Baby Shower!

Check out the Facebook page for the event here: <https://www.facebook.com/profile.php?id=61567993256452>

Click Here to RSVP

University of Nevada, Reno Extension
College of Agriculture, Biotechnology & Natural Resources

Mom & Me Wellness Retreat

4-H Camp Alamo
Alamo, NV 89001

Join the Hope and Recovery team for the second annual Mom and Me Wellness Retreat: A heartwarming weekend camp in Alamo, Nevada designed for women in their recovery journey from domestic violence and/or substance use and their children. This retreat is a chance to step away from daily stress, reconnect as a family, celebrate and create lasting memories in a supportive, nature-filled environment.

- Camp will depart from the University of Nevada, Reno Extension at 8050 Paradise Rd, Las Vegas, NV 89123
- Space is limited and will be awarded based on qualification and need
- Children must range between the ages of 5 and 14
- Meals and transportation to Alamo, NV included

The retreat is all about healing, connection, and celebration – because every mom deserves joy, self-care, love and recognition of their recovery journey.

Click here or scan the QR code to register. For questions, call 702-948-5913 or email hopesteam@unr.edu.

An EEDEIA institution. Extension is a unit of the University of Nevada, Reno's College of Agriculture, Biotechnology & Natural Resources engaged in Nevada communities, generating research-based knowledge to address critical community needs. It is a county-state-federal partnership providing practical education to people, businesses and communities.

Persons in need of special accommodations or assistance should contact Paul Casada, staff writer and compliance coordinator, at pcasada@unr.edu or 702-257-5177 at least five days prior to the scheduled event with their needs or for more information.

RENO

BIGGEST LITTLE SKIN CANCER SCREENING

May 14, 3:30-7 p.m.
Reno Public Market
299 E. Plumb Lane, Reno

Skin cancer is the most common cancer, but it's easier to treat when found early. Come to this FREE skin check clinic to get peace of mind for your body's largest organ.

- ✓ Skin check of sun-exposed skin; please wear loose-fitting clothing
- ✓ Sun safety swag bag for every person screened
- ✓ No insurance, no cost
- ✓ First come, first served; last sign-ups at 6:30 p.m.

Learn more about sun safety at SunSmartNevada.org



Scan here to add this to your calendar!



988 SUICIDE & CRISIS LIFELINE

HYBRID TOWNHALL ANNOUNCEMENT

Join us for a community town hall to learn about 988, the Suicide & Crisis Lifeline, and share your thoughts about mental health support in our community

REGISTER NOW!

SCAN HERE

HOSTED BY

NAMI Southern Nevada
National Alliance on Mental Illness

JUNE 11TH
1:00pm - 2:00pm

AT THE MEETING:

- Learn about 988 services
- Learn how 988 supports people in NV
- Share your perspectives on 988
- Join a conversation about crisis support

Virtual Zoom: Link will be sent upon registration

NAMI Southern Nevada Office:
2820 W Charleston Blvd Unit 19 LV, NV 89102

Learn to Ride a Bike!

2026 June 1-5
West Preparatory Academy
2050 Sapphire Stone Ave.
Las Vegas, NV 89106

Kids and adults with developmental disabilities can learn to ride a bike this summer! Riders attend one 75-minute session each day for five consecutive days, Monday-Friday. Choose a session at registration. Riders are assisted and encouraged by two volunteer spotters and taught by trained professionals. Over the course of camp, an adapted bike is adjusted to gradually introduce more instability and to help challenge the riders at their own pace.



Participant Qualifications

- Ages 8 and up with a diagnosed disability, able to walk without assistive devices, and sidestep to both sides.
- Have a minimum 20-inch inseam and weigh less than 220 pounds.
- Able to attend all five days of camp.
- Bring a cruiser-style/or recommended bike for your rider by 3rd day of camp. Bike is needed for rider to transition from the iCan Bike adapted bike to their personal bike to ride at home!
- Scholarships available.



SESSIONS
1 8:00 - 9:15 AM
2 9:35 - 10:55 AM
3 11:10 - 12:30 PM
4 1:30 - 2:50 PM
5 3:10 - 4:30 PM

\$225
per rider

Volunteers Needed Too!



REGISTER TO RIDE
scan the QR code or go to:
<https://forms.gle/7k19FFhtvG919Wg8>
For more information, email Diana Rovetti at icanbikeNevada@gmail.com



This project is supported by the Nevada Governor's Council on Developmental Disabilities through 75% of grant funds from the Federal Department of Health and Human Services; Community Living Administration grant #2501NVSCDD and 25% of funds allocated by the Nevada State Legislature under NRS 232.3. Human Services; Community Living Administration grant #2501NVSCDD and 25% of funds allocated by the Nevada State Legislature under NRS 232.3.00 administered through the Nevada Health Authority for a total estimated amount of \$15,000. The content is the sole responsibility of the recipient and does not necessarily represent the official opinions of any other associated or supporting agency.

Volunteers Needed

2026 June 1-5
West Preparatory Academy
2050 Sapphire Stone Ave.
Las Vegas, NV 89106

Volunteers are needed for our week-long iCan Bike camp that teaches kids and adults disabilities how to ride conventional two-wheeled bicycles. Choose a session time at registration. The commitment for one session is about 90 minutes (15-minute training followed by a 75-minute riding session). The ideal volunteer is able to come to the same session all five days in order to have most fun and to build a relationship with their rider.



Volunteer Duties

- **Spotter:** Volunteers must be at least 14 years old at the start of camp. They are responsible for the well-being of the rider, walking/running behind and to the side of the rider to prevent mishaps. They will also be a coach and motivator, providing encouragement to build confidence and success.
- **Motivator:** Volunteers who are between the ages of 10-13. They cannot be the primary spotter but can be an uplifting energy for their rider.



REGISTER TO VOLUNTEER
scan the QR code or go to:
<https://forms.gle/2JL2h3P5Jzb8mXJD6>
For more information, email Diana Rovetti at icanbikeNevada@gmail.com



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¡Aprende a Montar en Bicicleta!

2026 June 1-5
West Preparatory Academy
2050 Sapphire Stone Ave.
Las Vegas, NV 89106

Niños y adultos con discapacidades del desarrollo pueden aprender a montar en bicicleta este verano. Los ciclistas participan en una sesión de 75 minutos cada día durante cinco días consecutivos, de lunes a viernes. Elija una sesión en el registro. Los ciclistas reciben la ayuda y el apoyo de dos observadores voluntarios y son enseñados por profesionales capacitados. A lo largo del campamento, se ajusta una bicicleta adaptada para introducir gradualmente más inestabilidad y ayudar a desafiar a los ciclistas a su propio ritmo.



Requisitos de los Participantes

- Mayores de 8 años con una discapacidad diagnosticada, capaz de caminar sin dispositivos de ayuda, y dar un paso lateral a ambos lados.
- Tener un mínimo de 20 pulgadas de entrepierna y pesar menos de 220 libras.
- Poder asistir los cinco días del campamento.
- Traer una bicicleta tipo cruiser o una bicicleta recomendada para el ciclista el tercer día del campamento. La bicicleta es necesaria para que el ciclista haga la transición de la bicicleta adaptada iCan Bike a su bicicleta personal para montar en casa.
- Becas disponibles.



SESIONES
1 8:00 - 9:15 AM
2 9:35 - 10:55 AM
3 11:10 - 12:30 PM
4 1:30 - 2:50 PM
5 3:10 - 4:30 PM

\$225
Por ciclista

¡Se necesitan voluntarios!



Para registrarse escanee el código QR o vaya a:
<https://forms.gle/2JL2h3P5Jzb8mXJD6>
Para más información, envíe un correo electrónico a Diana Rovetti a icanbikeNevada@gmail.com



Este proyecto es apoyado por el Consejo del Gobernador de Nevada sobre Discapacidades del Desarrollo a través del 75% de los fondos de subvención del Departamento Federal de Salud y Servicios Humanos; Administración de Vida Comunitaria subvención # 2501NVSCDD y el 25% de fondos asignados por la Legislatura del Estado de Nevada en virtud de NRS 232.3.00 administrado a través del Nevada Health Authority por un total de un estimado de \$15,000. El contenido es responsabilidad exclusiva del receptor y no representa necesariamente las opiniones oficiales de ninguna otra agencia asociada o de apoyo.

Se Necesitan Voluntarios

2026 June 1-5
West Preparatory Academy
2050 Sapphire Stone Ave.
Las Vegas, NV 89106

Se necesitan voluntarios para nuestro campamento iCan Bike, que dura una semana y enseña a niños y adultos con discapacidad a montar en bicicletas convencionales de dos ruedas. Elige una sesión durante el registro. El compromiso para una sesión es de 90 minutos aproximadamente (15 minutos de formación seguidos de una sesión de 75 minutos en bicicleta). El voluntario ideal puede venir a la misma sesión los cinco días para divertirse al máximo y establecer una relación con su ciclista.



Funciones de los Voluntarios

- **Observador:** Los voluntarios deben tener al menos 14 años al inicio del campamento. Son responsables del bienestar del ciclista, caminando/corriendo detrás y al lado del ciclista para evitar accidentes. También serán un entrenador y motivador, proporcionando aliento para fomentar la confianza y el éxito.
- **Motivador:** Voluntarios con edades comprendidas entre los 10 y los 13 años. No pueden ser el observador principal, pero pueden animar a su ciclista.



Para registrarse escanee el código QR o vaya a:
<https://forms.gle/2JL2h3P5Jzb8mXJD6>
Para más información, envíe un correo electrónico a Diana Rovetti a icanbikeNevada@gmail.com



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Free Backpacks
Free School Supplies
Free Resources

*Available while quantities last

5TH ANNUAL

SAVE THE DATE

BACK TO SCHOOL

RESOURCE FAIR

JULY 25, 2026

Helen Cannon Junior High
5850 Euclid St., Las Vegas
10am - 1pm

In collaboration with
Fountain of Hope AME Church

Mochilas Gratis
Útiles Escolares Gratis
Recursos Gratis

*Disponibles hasta agotar existencias

5.ª EDICIÓN ANUAL

RESERVA LA FECHA

REGRESO A CLASES

FERIA DE RECURSOS

25 DE JULIO DE 2026

Helen Cannon Junior High
5850 Euclid St., Las Vegas
10am - 1pm

En colaboración con
Fountain of Hope AME Church

N Child and Family Research Center
College of Education & Human Development



Little Wolf Pack Explorers Summer Camp

William J. Raggio Building, room 2027
8:30 a.m. - 5:30 p.m.

Registration: \$265 (includes 1 week)
\$215 per week after initial registration
Ages: 4-12 years old

The Child and Family Research Center is opening new summer camp sessions for children to explore all the University campus has to offer. From engaging hands-on classroom activities to exciting on and near campus field trips, it will be a time full of exploration and fun!

Activities may include a field day at the quad, art and sensory projects, hands-on make and take creations, visits to local playgrounds and trips to the planetarium, museums and more!

Summer Camp Sessions:

- 6/8 - 6/12
- 6/15 - 6/18
- 6/22 - 6/26
- 7/6 - 7/10
- 7/13 - 7/17
- 7/20 - 7/24
- 7/27 - 7/31

- Register today!
- Space is limited.
- Low teacher to child ratios.



Questions? Contact Ashley, aberry@unr.edu



Scan Me

Join us for the 1st Annual Las Vegas Promise Walk for Preeclampsia. Together, we walk to make strides for healthy pregnancies, give hope to survivors, and accelerate research for future generations.

SEPTEMBER 26, 2026

About The Walk

9 AM - 12 PM

CRAIG RANCH REGIONAL PARK SHELTER #8

[lasvegaspromisewalk](https://www.instagram.com/lasvegaspromisewalk)
[lasvegaspromisewalkforpreeclampsia](https://www.facebook.com/lasvegaspromisewalkforpreeclampsia)

- Family Friendly
- Heart Healthy Walk
- Local Vendors & Resources
- Survivor Stories
- Food & Drink
- Blood Pressure Screenings
- Kid-Friendly Activities



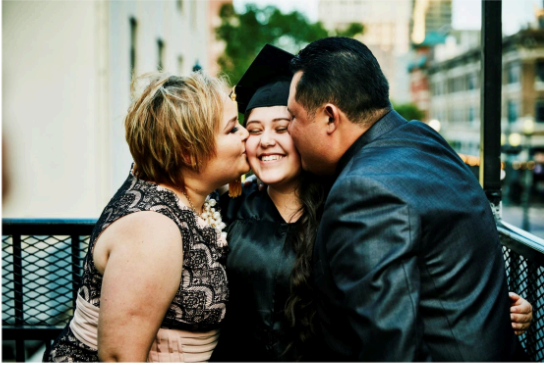
Proceeds support the Preeclampsia Foundation's vision of a world where preeclampsia no longer threatens the lives of moms and babies.

Monthly Observances



2026 American Stroke Month Campaign Toolkit

May is American Stroke Month



The American Stroke Association encourages everyone to learn the warning signs of stroke and understand your risk. You have a powerful role in your health.

We're here for you with trusted knowledge you can use in the moments that matter most.

[Click Here to View Toolkit](#)

May is American Stroke Month The American Stroke Association urges you to use the resources provided and encourage others to learn the B.E. F.A.S.T. warning signs and take action to prevent a future stroke.

Here's how you can help:

- ✓ Send in an email or share it in an E-newsletter
- ✓ Post on social media
- ✓ Distribute resources throughout your communities and encourage others to share
- ✓ Utilize key messaging to raise awareness in your communication materials
- ✓ Post and share digital content across your channels throughout May

Key messages:

- Stroke is the fourth-leading cause of death and a leading cause of serious, long-term disability in the U.S. Even so, many strokes can be prevented, treated and overcome with the right information and care.
- Each year, approximately 800,000 people in the U.S. experience a stroke.
- Recognizing stroke warning signs and calling 911 quickly can reduce death and disability from stroke.
- High blood pressure is the leading risk factor for stroke, according to the 2025 Guideline for the Management of High Blood Pressure in Adults.
- Having a stroke increases the risk of another one. Learning what caused your stroke and understanding your personal risk factors can help you and your care team identify steps to reduce your risk.



[Happy Mother's Day! \(May 10th\)](#)

To every mom, grandmother, and mother figure in our community—today we celebrate YOU. Your compassion, resilience, and endless care shape lives and strengthen our world. We are grateful for your impact and inspired by your example. Happy Mother's Day from all of us at NV MCH! 🌸



[Memorial Day \(May 25th\)](#)

Today, we pause to remember the brave men and women who gave their lives in service to our nation. Their courage, sacrifice, and unwavering dedication have safeguarded the freedoms we cherish every day. As we gather with family and friends, let us also take a moment of reflection and gratitude. May we honor their legacy not only in words, but through acts of kindness, unity, and service to others. From all of us at NV MCH, we extend our heartfelt thanks to our fallen heroes and their families.



Important Updates & Resources

Win or lose, what matters is being part of the team.

Health Insurance gets them in the game.



Medicaid and CHIP offer FREE or low-cost health insurance for children and teens up to age 19.

Children can get regular check-ups, immunizations, doctor and dentist visits, hospital care, mental health services, prescriptions and more.

Enrollment is open year-round. You may be eligible now, even if you have applied before. Families of four with an income up to \$65,000* may qualify. Parents may qualify for Medicaid as well. Those eligible for Medicaid and CHIP can enroll any day of the year.

*Income levels vary by state.



Early Childhood Community Health Worker Team (EC-CHW)
North: (775)391-5727
South: (702)605-9507

jhines@childrenscabinet.org

This Connecting Kids to Coverage. The Children's Cabinet, Early Childhood Community Health Worker Program is supported by the Centers for Medicare & Medicaid Services (CMS) of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$551,887.00 with 100 percent funded by CMS/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by CMS/HHS, or the U.S. Government.

La salud y el deporte van de la mano.

El seguro de salud los ayuda a jugar para ganar.



Medicaid y CHIP ofrecen seguro médico gratuito o a bajo costo para niños y adolescentes de hasta 19 años de edad.

Los niños pueden recibir chequeos regulares, vacunas, visitas al doctor y al dentista, atención hospitalaria, servicios de salud mental, medicinas recetadas y más.

La inscripción está abierta todo el año. Usted podría ser elegible ahora, incluso si ya ha aplicado antes. Las familias de cuatro integrantes con un ingreso de hasta \$65,000* podrían calificar. Los padres podrían calificar para cobertura también. Aquellos que son elegibles para Medicaid y CHIP pueden inscribirse cualquier día del año.

*Los niveles de ingresos varían por estado.



Early Childhood Community Health Worker Team (EC-CHW)
North: (775)391-5727
South: (702)605-9507

jhines@childrenscabinet.org

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Beyond the ABC's

Important practices for safer sleep



The ABCs are a great start, but there are many more ways to help prevent SUID while baby is asleep and awake.



Visit [SNHD.INFO/SUID](https://www.snhd.info/suid) for more Safe Sleep Tips

The Southern Nevada Health District's **Safe Sleep Community Toolkit** is now available for downloading and sharing - <https://www.southernnevadahealthdistrict.org/suid/safe-sleep-community-toolkit/>

Please check out the various topics within the toolkit and use them to share with your colleagues, community partners, and clients. Each topic within the toolkit is downloadable in different sizes for social media purposes and includes suggested captions and hashtags.

When sharing on social media, please remember to link SNHD's main safe sleep webpage - <https://snhd.info/suid> and tag SNHD's social media pages as well (Facebook and Instagram linked within the toolkit page).

[Visit Toolkit Here](#)

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](https://www.nvmch.org/pmhds)



Cribs 4 Kids Parent Safe Sleep Workshop



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 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](#)

Please click the date below to register for a training.

Upcoming sessions:

[May 8th 10am-11am](#)

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

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

[August 12th 10am-11am](#)

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.




THE HEALTHY LIVING INSTITUTE AT UMC IS PROUD TO OFFER COMPLIMENTARY RESOURCES TO EDUCATE AND SUPPORT NEW PARENTS. THIS INCLUDES LACTATION & FEEDING CONSULTATIONS, CLASSES ON BREASTFEEDING PREPARATION, AND OUR GROUP:

VEGAS MILK LOUNGE

JOIN OUR PEER-TO-PEER PERINATAL SUPPORT GROUP FACILITATED BY THE SOUTHERN NEVADA BREASTFEEDING COALITION AT THE HEALTHY LIVING INSTITUTE. WE WELCOME NEW AND EXPECTANT PARENTS WHO ARE INTERESTED IN AND/OR HAVE QUESTIONS ABOUT FEEDING THEIR BABIES.

901 RANCHO LANE, SUITE 180
WEDNESDAYS, 11 A.M. - NOON
 RESERVED PARKING AVAILABLE







Gratuito

Grupo de Apoyo para la Lactancia Materna

Todos los viernes de 12-1pm

Guiado por una Consultora Internacional Certificada en Lactancia Materna (IBCLC) y una Consejera Certificada.

Anthem Wellness Center
 2348 E. Bonanza Rd. Las Vegas, NV 89101

Confirme su asistencia aquí
 Se ofrecerán refrigerios ligeros






[Visit Nevada Breastfeeding Coalition Website](#)

[Breastfeeding Support Through WIC](#)

[Visit NV Breastfeeds Website](#)

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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