



# BEloved BIRTH

## BLACK CENTERING

Group Perinatal Care By, For, and With Black People



What's included in BElovedBIRTH Black Centering?

## Our Gold-Package of Black Love

- Prenatal care designed to honor & celebrate you, while preventing racism from harming you or your baby's health
- Group prenatal & postpartum visits, providing you with a village of support
- 1 on 1 in-person appointments & ultrasounds as needed
- Hands-on empowering healthcare
- Childbirth education, by & for us, with a birth justice focus
- Awesome virtual program home so you stay connected to your group and support resources 24/7
- Wrap-around support & care coordination with our family support advocates
- Holistic & natural wellness supplies & support
- Access to 1 on 1 mental health care with our Black psychologists
- Pregnancy photo shoot!
- Doula care (labor support/coach)
- Access to 1 on 1 lactation support in your home, on Zoom, or in the office
- Produce box delivery in pregnancy, and postpartum delivery of restaurant prepared meals for 6 weeks!

Our "Gold-Package of Black Love" includes all of this and more, at no cost to you!

## Our Black Centering Midwives



Jyeshtha Wren, CNM



Jasmine Swinson, CNM



Amber Bell, CNM



Bryonna Mathews, CNM

Enroll  
Today!

Ask your midwife or doctor for help enrolling today!  
Check out our website and follow us on social media  
Scan code with your phone's camera for links



SCAN ME!