

Attention!

Pregnant African American Women

Black Infant Health's Mission: "Empowering African American Women, Infants, and Families for a Healthier Tomorrow!"

♦ **The Black Infant Health Program Can Help You If You Meet All Of The Following:**

- An African American Woman;
- Age 18 or Older;
- Less Than 30 Weeks; and
- Live in the Antelope Valley



♦ **Free Services Include:**

- Supportive Group Sessions via Zoom
- 10 sessions for pregnant women, followed by
- 10 sessions for new mom
- Case management
- Individual Client Plans/Life Plans to help plan your future
- Health and Family support referrals

♦ **Topics Include:**

- Our health and babies' health during COVID-19
- Preparing for your baby
- Cultural Heritage
- Nutrition
- Stress Management

Please contact us through our Outreach Liaison Dorelle Arnwine at (213)810-2497 and by email at dorellearnwine@all4kids.org

You may also feel free to leave a voice message at our office number (661)341-3057.