ABOUT THE PROGRAM

• Earn a slow cooker and baby items
• Increase self-empowerment
• Develop a sisterhood with other African-American women
• Learn stress management tools
• Supports cultural beliefs and values
• Learn about health and wellness
• Services may be offered virtually

DID YOU KNOW?
The African-American infant mortality rate is 3x higher than other racial or ethnic groups.*

ELIGIBILITY

• Self-identify as African-American
• Pregnant or up to six months postpartum
• 16 years or older

*California Birth and Death Statistical Master Files, 2016

San Bernardino: 351 N. Mountain View Ave., 2nd floor
Contact: BIH@dph.sbcounty.gov | 1-844-352-3985
What BIH offers...

- A sisterhood with other African-American women
- Stress management tools
- Supports cultural beliefs and values
- Health and wellness support
- Increase self-empowerment
- Gifts and baby items

Eligibility

SELF-IDENTIFY AS AFRICAN-AMERICAN 16 YEARS OR OLDER PREGNANT OR UP TO SIX MONTHS POSTPARTUM

Did You Know

- Black babies are twice as likely to be born with a low birth weight (less than 5lbs., 8oz.) than infants of other racial or ethnic groups
- Black mothers are nearly four times more likely to die from pregnancy-related causes than white mothers
- Poor birth outcomes persist even when Black women have a pregnancy at an optimal age, have high income or are well educated

Contact Us

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