

“Because of the Black Infant Health Program, I’m a better me, which makes me a better mother, daughter, and friend.”

— KENTISHA —



Be Empowered.

Dream  
Big.



**We'd love to hear from you!**

**Black Infant Health Program, Sacramento County**

9616 Micron Avenue, Suite 670  
Sacramento, CA 95827

(916) 875-2229

<https://dhs.saccounty.net/PUB/Pages/PUB-Home.aspx>

Program Partners

**South Sacramento**

Child Abuse Prevention Center  
4700 Roseville Road  
Sacramento, CA 95660  
Phone: 916-244-1900  
Fax: 916-244-1905

**North Sacramento**

Mutual Assistance Network  
811 Grand Ste. A-3  
Sacramento, Ca, 95838  
Phone: 916-927-7694  
Fax: 916-564-8443



**black  
infant  
health** 

Empowering Pregnant and Mothering  
African-American Women

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# You can make a difference!

**Together, we can make a difference to help ensure that all babies are born healthy!** African-American babies are more than twice as likely as White babies to die before their first birthdays. Our mission is to help more babies make it to their first birthday by ensuring their mothers have healthy pregnancies. Our program is designed to empower women to make healthy life choices for themselves and their families by building on their strengths. We honor the unique history and traditions of African-American people by presenting information in a culturally affirming manner. From the space the groups are held in to the topics we discuss, everything is centered around the African-American woman and her needs.

## Program Goals

- Empower women, build resilience, and reduce stress
- Promote healthy behaviors to support health, wellness, and relationships
- Promote healthy relationships, and enhance bonding and parenting skills
- Connect women with medical, social, and mental health services
- Engage communities to raise awareness and support BIH efforts to improve outcomes for African-American women and their families

## Our Services

**All of the services we provide are free!**

We offer individualized life planning that helps you to plan for your future. We also provide mother support groups during and after pregnancy. The groups offer fun and interesting activities that will help you:

- Gain support from other women
- Learn what to expect when pregnant
- Nurture and bond with your baby
- Get infant care and feeding tips
- Manage and reduce stress

## A Place That Feels Like Home!

The BIH Program uses a group-based approach with individual case management within a culturally-centered setting that respects participants' beliefs and cultural values.

The Program works with participants to develop life skills, reduce stress, build social support, and improve overall health and wellness.

BIH provides education on the importance of early and continuous prenatal care, well-child check-ups, breastfeeding, and timely and complete immunizations to ensure babies are born healthy and grow into healthy children.

## Eligibility

To join, you have to be:

- African-American woman (16 years or older)
- Pregnant through baby's first year

