

Be Empowered. Dream Big.

The California Black Infant Health (BIH) Program aims to improve health among African-American mothers and babies by empowering pregnant and mothering African-American women to make healthy choices for a brighter future.

Take Care of Your Health:

Reduce Stress, Eat Well, Connect with Others

www.cdph.ca.gov/bih

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

Eligibility

To join, you have to be:

- African-American woman (18 years or older)
- Currently 26 weeks or less pregnant

We'd love to hear from you!

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**black
infant
health** 

Empowering Pregnant and Mothering
African-American Women

