

EMPOWERMENT NEWSLETTER

JULY 2026

BLACK INFANT HEALTH UPDATES



Employee Spotlight:

Farhana Siraj, Health Services Assistant

We are excited to spotlight Ms. Farhana Siraj as she celebrates one year with the Black Infant Health program! Over the past year, Farhana has made a tremendous impact through her dedication and support in photography, outreach, child watch, and recruitment efforts. Her willingness to learn, and lend a helping hand reflects the heart of our BIH family. We are grateful for all she does and the meaningful contributions she continues to make to. ***We thank you Ms. Farhana!***



Nurse Information Session

Introducing nurse information sessions hosted by Nurse Jovon. Sessions will help prepare African American/Black mom's and birthing people for an empowering prenatal and postpartum experience.



Black Infant Health Staff



-Hired Amy Velasquez, Office Assistant III-

Our Black Infant Health Program

Vision Statement: "Empowering African American women, children and families for a healthier tomorrow."

Services:

- Supportive prenatal and postpartum group sessions that provide support, empowerment and reduce stress.
- Public Health Nurse and Mental Health Professional support.
- Individual Client Plans / Life Plans to help mothers plan their future.
- Transportation assistance
- Referrals to services and resources within the community.

Qualifications:

- Self-identify as a Black woman.
- Must be 16 years of age or older.
- Be pregnant or up to 6 months postpartum.
- Live in Riverside County.

BIH Prenatal Baby Shower



BIH continues to celebrate our moms and their empowering pregnancy journeys through our in-person prenatal baby shower, held at the completion of a 10-week group series. This special event brings moms together to connect, share joy, and build community through engaging activities, love, and support. Participants also receive valuable resources and incentives as we honor and embrace each unique journey. Fathers and other family members are warmly invited to join in the celebration and share in this meaningful milestone.

THIS PROGRAM IS SUPPORTED BY THE CALIFORNIA BLACK INFANT HEALTH (BIH) PROGRAM.

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Congratulations to all our Prenatal and Postpartum Moms



Postpartum Group

The journey does not stop at pregnancy. Join Black Infant Health (BIH) as we host 10 weeks of **Postpartum Group sessions** to support moms after pregnancy.

Brilliant Babies and Family Bookclub

Join Us **Virtually** weekly for our Brilliant Babies and Families Bookclub! Scan the QR code to join. Check our Instagram, Facebook, and Twitter for posts with monthly themes and weekly times



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Black Infant Health and Perinatal Equity Initiative Events

The Movement



During Black Maternal Health Week, Black Infant Health hosted “The Movement,” a wellness event promoting the importance of exercise for maternal health. The event encouraged movement, stress relief, and community connection—supporting healthier pregnancies and overall well-being.



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4th Annual Inland Empire Perinatal Equity Provider Summit



The Inland Empire Perinatal Equity Provider Summit brought together professionals to collaborate, share knowledge, and strengthen partnerships, reinforcing a shared commitment to advancing equitable care for families.



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4th Annual Melanin Moms' Minds Matter



In recognition of Mental Health Month, Black Infant Health and the Perinatal Equity Initiative hosted Melanin Moms' Minds Matter, creating a space for connection, wellness, and conversations focused on maternal mental health and support throughout the perinatal journey.



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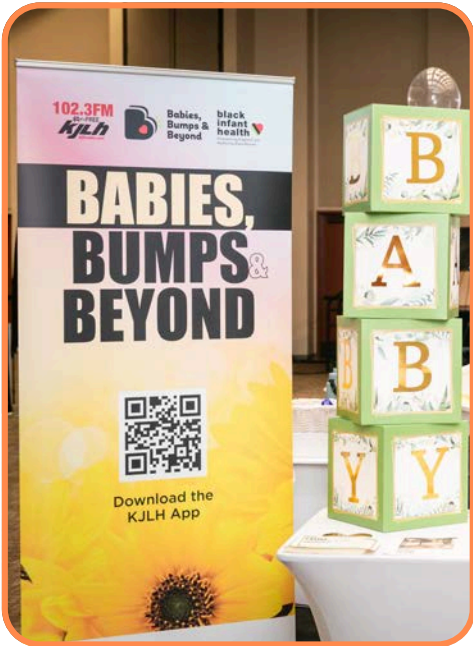
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Babies, Bumps, and Beyond



Hosted by KJLH, Babies, Bumps, and Beyond brought families together for a day of connection, wellness, and community. As a sponsor, Black Infant Health provided resources and support focused on prenatal, postpartum, and early childhood health while celebrating families and the journey into parenthood.



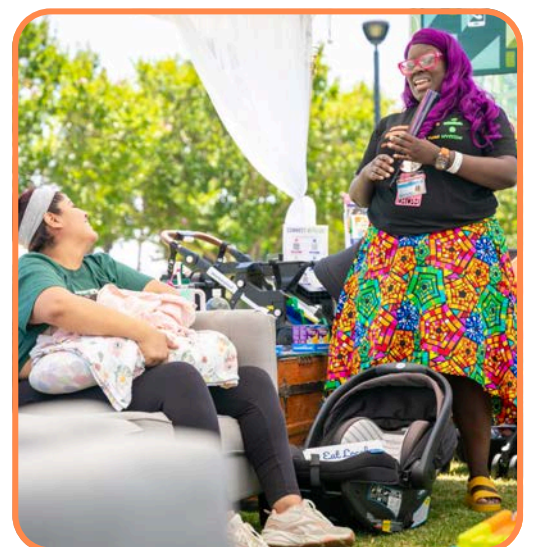
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4th Annual "The Cookout" Juneteenth Celebration



Black Infant Health and the Perinatal Equity Initiative celebrated Juneteenth with a day of connection, culture, and community, bringing families together to enjoy resources, activities, and meaningful connections.



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Community Partnerships, Tabled Events and Support

Seaborne Ranch Presents 3rd Annual Mental Health Day & Easter Egg Hunt



RUHS Week



RUUSD You Are Enough



Moreno Valley College: The Cookout & Community Resource Fair



RCC Student Health & Wellness Fair



RivCoDCSS Mom's Day Event



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Thank You!

We extend our sincere gratitude to our partners for their generous donations and continued support. Your commitment plays a vital role in helping us serve families, strengthen our programs, and expand our impact in the community. We truly appreciate your partnership and dedication to this work.

Inland Empire Minister Wives and Minister Widows

The Carolyn E.
Wylie Center



*Zeta Phi Beta Sorority Inc., Pi Zeta Zeta Chapter
Zeta Amicae of Inland Empire*



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Upcoming Community Events

Inland Empire Black Infant Health & Perinatal Equity Initiative Community Advisory Board Meeting



*Beyond the Baby Bump:
Caring for your Emotional Wellbeing*



*Spill the Tea, Not the Milk:
Black Breastfeeding Week Event*



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Client Testimonials

“I like that it offers so many important resources and provides a community support group so that you don’t feel alone during pregnancy.” -S. W.

“This my second time in BIH and both times I have met wonderful people I want to thank you guys for everything.” -Q.G.

“This program has allowed me to see that other mothers have similar experiences/struggles and that is comforting but also insightful to hear how they coped in each situation..” -Y.P.

“Has made me open to connecting with my community about my personal life, and made me more comfortable with opening up to other women. Help me realize the importance of creating specific and measurable goals every week..” T.S.

“BIH has brought much love and positivity to my life. They have opened a door for a new family that I am grateful for..” -G.P.

“It gave me a better perspective on pregnancy and how birth would work. Also gave me ways to help navigate postpartum and newborn baby.” D.M.

“Giving me a place to share concerns, and a lot of communication about the things that were unknown & uncomfortable. I also made the best of the time with women going through pregnancy vs being the one person in my friend group without the support.” -K.A.

“Offered me support and understanding of what I am going through. Made me feel welcome and seen/heard.” -M.B.

“BIH helped me become more confident as a mother and taught me healthy ways to manage stress. It also gave me a supportive community where I felt heard and encouraged..” D.B.