

EMPOWERMENT NEWSLETTER

OCTOBER 2024

BLACK INFANT HEALTH UPDATES



Employee Spotlight:

Ingris Clark, Black Infant Health (BIH) Health Services Assistant

Ingris joined the BIH team because "it involves making a difference in black women and mothers." The honor that she feels to be apart of someone's village helping empower them when they feel detached or alone no words can describe. She believes "we need one another, and we are not meant to do this alone. When we build a village, we become the village." Ingris is the definition of family and empowerment.

We thank you Ingris!



Nurse Information Session

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



Black Infant Health Staff



-New FHA'S Amber Randolph and Judith Cammpbell-

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 Medical Social Worker support.
- Individual Client Plans / Life Plans to help mothers plan their future.
- Transportation assistance (gas cards, bus passes).
- 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 mom's empowering pregnancy journeys at our in-person prenatal baby shower. This event is held at the completion of a 10-week group series. All moms who attend get to connect with others through games, love and support. They are also provided with resources and other incentives as we embrace each other's journey. Fathers and other families members are invited to participate in the baby shower celebration.

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

FOR MORE INFORMATION, VISIT: WWW.RUHEALTH.ORG/PUBLIC-HEALTH/BLACK-INFANT-HEALTH

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Postpartum Group

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



Spill the Tea, Not the Milk

On August 26th, we hosted the **2nd Annual Spill the Tea, Not the Milk, Black Breastfeeding Week** event.



Community Partnerships, Tabled Events and Support



Black Worker Wellness Fair: Hosted by Inland Empire Black Worker Center



Building Resilient Communities: 2nd Fall Health and Safety Fair

SBX Youth and Family Services Spooky Nights event



State of the Black I.E.: Hosted by Assemblymember Dr. Corey Jackson

BIH and PEI of Riverside and San Bernardino County presented at this event.

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