

EMPOWERMENT NEWSLETTER

APRIL 2025

BLACK INFANT HEALTH UPDATES



Employee Spotlight:

Chelsey Washington, Black Infant Health (BIH) Education Assistant II

Chelsey joined the BIH team in 2023 and shares, "I love supporting Black women and babies because it allows me to share valuable information that helps them make informed decisions about their health. As a Black woman, I understand the importance of having a trusted advocate in their corner. It's an honor to be part of their village, walking alongside them as they navigate motherhood.

We thank you Chelsey!



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 prenatal and postpartum experience.



Black Infant Health Staff



-Recently hired Deja Hutch Health Education Assistant II-

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 (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 family 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** sessions to support moms after pregnancy.

Community Partnerships, Tabled Events and Support

45th Annual Black History Expo and Parade

Adrian Dell & Carmen Roberts Foundation presents

45TH ANNUAL BLACK HISTORY PARADE & EXPO

"Serving Our Community"

LIVE ENTERTAINMENT
DRILL TEAMS/BANDS
CITY/COUNTY ELECTED OFFICIALS
CAR/ MOTORCYCLE CLUBS
AWARD WINNING FOOD
UNIQUE VENDORS
AND SO MUCH MORE!!!

One of California's longest running Black History Parade celebration returns to Downtown Riverside!!!

Historic Downtown Riverside
SATURDAY | FEBRUARY 6TH 2025 | 10AM



Congratulations to all our Prenatal and Postpartum Moms

Brilliant Babies and Families 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

Black Joy Parade 2025

presenting sponsor

black infant health

FEBRUARY 24, 2025

OAKLAND, CA

BLACK JOY PARADE

Find Joy In The Small Moments



BRILLIANT BABIES AND FAMILIES Bookclub

Monthly Theme: National Poetry Month

Riverside University Health System Public Health

black infant health

APRIL SCHEDULE

WEDNESDAY, APR. 2 | 5 P.M.

WEDNESDAY, APR. 9 | 5 P.M.

WEDNESDAY, APR. 16 | 5 P.M.

WEDNESDAY, APR. 23 | 5 P.M.

WEDNESDAY, APR. 30 | 5 P.M.

FOR MORE INFORMATION, PLEASE CONTACT MS. MAYA AT (951) 539-8477 OR EMAIL: MAYADAVIS@RUHEALTH.ORG

Empowering Families Through Mindfulness

Co-hosted with: HOPE

FREE FOR EVERYONE

Empowering families through mindfulness

Come join us for an exciting event focused on mindfulness, self-care, and coping skills. It's a great opportunity for everyone—bring the whole family along and learn together!

Snacks, Resources, a wellness zone for kids with a story teller!

Register Here

Moreno Valley High School
Wednesday, March 19, 2025
4:30pm-7:30pm



Riverside University HEALTH SYSTEM Public Health

black infant health Empowering Pregnant and Mothering Black Women

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