

# Everyone Deserves to Feel Empowered By Their Birth



Global Communities' Healthy Start Enhanced San Bernardino provides free Midwifery-led prenatal & childbirth education, International Board-Certified Lactation Consultant (IBCLC) led new parent groups, doula services and mental health support throughout the San Bernardino County. Enrolled Participants may access these services as well as support with resource navigation to ensure a positive birth experience.

Services are available in English and Spanish.

## Healthy Start San Bernardino Enhanced Provides:

- Family specific childbirth education
- Chest/Breastfeeding support
- Newborn care and child development education
- Exploration of birth & health care options
- Wellness checks for the whole family
- Mental Health Services
- Midwifery-led Prenatal Groups
- Concierge birth services from the Healthy Start Care Coordinators
- Lactation Professional-led New parent Groups
- Doula services
- Access to special events, groups, and services



If you or someone you know is pregnant or less than one-year postpartum and interested in these services, please use the QR code or the referral link here: [Healthy Start SB](#)  
You can also call: 858-227-7317.



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HEALTHY START