

# BLACK INFANT HEALTH (BIH) PROGRAM

The Power of choice: Empowering Black Women for a Healthy Pregnancy and Beyond

## ABOUT THE PROGRAM

- Learn about health and wellness
- Increase self-empowerment
- Develop a sisterhood with other Black women
- Learn stress management tools
- Support cultural beliefs and values

## ELIGIBILITY

- Self-identify as Black
- Pregnant or up to 6 months postpartum
- 16 years or older
- Resident of San Bernardino County

## BENEFITS


- Access to resources such as health education, community support, doula services, etc.
- Earn support items for you and your baby
- Childcare services
- Create and manage personal goal settings
- Earn a gift card for every referral enrollment

*"I learned how important it is to have community. You have to have people that get you. I thank God and BIH that I don't have to be isolated."*

*- San Bernardino BIH participant*



## CONTACT US

 (909) 387-6470

 [blackinfanthealth.org/](https://blackinfanthealth.org/)

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## JOINING IS EASY ENROLL TODAY!

Call, visit our website, or stop by our local office today!

**\*Self referrals also accepted\***

