

Are you pregnant? Do you know someone who is pregnant?

Prenatal Advantage Black Infant Health Project
provides services to help African American women improve birth outcomes.

FREE New classes starting now!

✘ **Prenatal Group (Sessions 1-10)**

Health education and group discussion regarding pregnancy, labor and delivery, women's health, community resources, and infant care. Activities include personal goal setting, stress management and hospital tour (tentative).

✘ **Postpartum Group (Sessions 11-20)**

Information and group discussion on postpartum care. Parenting information on infant health, stages of development, SIDS prevention, discipline, and healthy family relationships. Activities include personal goal setting and development of a life plan.



Our Prenatal and Postpartum Classes provide lots of information, fun and energizing activities, incentives, nutritional refreshments, and peer support.

✘ **Social Service Referrals**

✘ **Public Health Nursing Support**

✘ **Incentives**

Stork Boutique Shopping points, gifts cards at graduation, First Five Kits, Touchpoint & Raising a Reader Bags.

Who is eligible? African American women ages 18 and older who are pregnant or parenting a child age 0-3 months.

Where: Prenatal Advantage Offices — East Palo Alto and Daly City

When: For exact class schedule and location, call the Prenatal Advantage Office at (650) 363-7850

Prenatal Advantage Black Infant Health Project
2415 University Avenue, 2nd Floor, East Palo Alto, CA
Email: prenataladvantage@co.sanmateo.ca.us
Website: www.smhealth.org/bih



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