

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 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 postpartum with 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
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