



Black/African American Healthy Pregnancy Resource Guide

Pregnancy is a special time in life. Getting the right care at the right time helps ensure the health of both parent and baby. Timely prenatal care and postpartum visits are important, but more so for those who are Black/African American.

L.A. Care supports the health of Black/African American parents and their babies. Use this guide to find resources that meet your needs. Most are no-cost, but please check fees and eligibility before use.



Program Name	Services	Contact
L.A. Care Healthy Pregnancy & Healthy Mom Programs	Written materials on care during and after pregnancy, healthy eating, and breastfeeding Help making your first prenatal appointment and postpartum visit 7-84 days after delivery. Interpreting services available Transportation services available for Medi-Cal and Medicare Plus members	1.213.694.1250 ext. 4408 lacare.org/pregnancy
Home Care	eDirectory of LA County Home Visiting Programs Fill out a survey to find programs near you	1.213.378.1967 edirectory.homevisitingla.org
Black Infant Health Programs (BIH)	Pregnancy, labor, and delivery support Newborn care	yrogers-jones@ph.lacounty.gov blackinfanthealth.org
Cinnamoms (WIC)	Healthy food access Breastfeeding support Mental health support group	CinnaMoms@phfewic.org Call 1.626.856.6650 or send a text to 91997 cinnamoms.org

Program Name	Services	Contact
Diversity Uplifts Inc. Frontline Doulas	Doula hotline Warm line for pregnant and postpartum individuals and their partners Black Doula Directory Support on creating a birth plan, caring for your newborn, breastfeeding, and more	Text DOULAHELP to 1.833.987.2908 or visit frontlinedoulahotline.com to schedule a video call
Kick It California	A no-cost phone based stop smoking program	1.800.300.8086 (L.A. Care code: 59) kickitca.org
Los Angeles County African American Infant and Maternal Mortality Initiative (AAIMM)	No-cost doula services Three prenatal and postpartum visits Labor and breastfeeding support Fatherhood Support groups	1.213.639.6448 AAIMMDoulas@ph.lacounty.gov blackinfantsandfamilies.org/doulas
National Maternal Mental Health Hotline	A 24/7 no-cost hotline for pregnant persons, new parents, and their families before, during, and after pregnancy	Call or text 1.833.852.6262 TTY users can use a preferred relay service or dial 711 and then 1.833.852.6262
Meet Mae	Digital pregnancy/postpartum support for Black parents	To create an account visit meetmae.com
Irth	An app where you can find prenatal, birthing, postpartum and pediatric reviews of care from other Black and brown women.	irthapp.com
Black Mamas Glowing	A virtual peer support group experience formed to reduce isolation and build community.	For session dates visit idreamnow.org To register email ebranch@idreamnow.org
Women, Infants, and Children (WIC)	Healthy food access Breastfeeding support Health care referrals	1.800.852.5770 myfamily.wic.ca.gov

If you need this information in your language or in a different format, call L.A. Care Health Plan. The number is on the back of your card.