



# A PREGNANCY RESOURCE GUIDE FOR BLACK PARENTS

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 a postpartum visit is 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, breastfeeding Help making your first prenatal appointment and postpartum visit 7-84 days after delivery Transportation and interpreting assistance available	1-213-694-1250 ext. 4408 <a href="http://www.lacare.org/pregnancy">www.lacare.org/pregnancy</a>
At Home Care	eDirectory of LA County Home Visiting Programs Fill out a survey to find programs near you	1-213-378-1967 <a href="mailto:LACPECHVC_Coordinator@labestbabies.org">LACPECHVC_Coordinator@labestbabies.org</a> <a href="http://edirectory.homevisitingla.org/">edirectory.homevisitingla.org/</a>
Black Infant Health Programs (BIH)	Pregnancy, labor, and delivery support Newborn care	Marquita Jones: 1-323-238-3205 <a href="mailto:mjones@childrenscollective.org">mjones@childrenscollective.org</a> <a href="http://blackinfanthealth.org/">blackinfanthealth.org/</a>



**Health in Motion™**

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Cinnamoms	Breastfeeding support Mental health support group Fatherhood support	CinnaMoms@phfewic.org <a href="http://cinnamoms.org">cinnamoms.org</a>
Diversity Uplifts Inc. Frontline Doulas	Prenatal and postpartum visits Emotional and advocacy support	1-310-817-0551 <a href="http://frontlinedoulas.com">frontlinedoulas.com</a>
Kick It California	A no-cost phone based stop smoking program	1-800-300-8086 (L.A. Care code: 59) <a href="http://kickitca.org">kickitca.org</a>
Los Angeles County African American Infant and Maternal Mortality Initiative	No-cost doula services Three prenatal and postpartum visits Labor and breastfeeding support	1-213-639-6448 AAIMMDoulas@ph.lacounty.gov <a href="http://blackinfantsandfamilies.org/doulas">blackinfantsandfamilies.org/doulas</a>
Maternal Mental Health Hotline	A 24/7 no-cost hotline for pregnant persons and new parents	1-833-943-5746 TTY users can use a preferred relay service or dial 711 and then 1-833-943-5746
Meet Mae	Digital pregnancy/postpartum support for Black parents	<a href="http://meetmae.com">meetmae.com</a>
Text4Baby	Get no-cost text messages to keep you and your baby healthy	Send the word "BABY" to 511411 <a href="http://text4baby.org">text4baby.org</a>
Women, Infants, and Children (WIC)	Healthy foods Breastfeeding support Health care referrals	1-888-942-9675 <a href="http://myfamily.wic.ca.gov">myfamily.wic.ca.gov</a>

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