

Pregnant & Infant Parenting Program

Supports for families affected by COVID-19



Who is Her Health First

- 30+ year-old, Sacramento-based, non-profit agency
- Leaders in providing pregnancy/early parenting support services
- Located within the Fruit Ridge Community Collaborative
- Key Programs:
 - Black Mothers United
 - Black Child Legacy Campaign: Fruit Ridge Stockton CIL partner
 - Sac Collab partner: Contact Tracers, Business Navigators, Wrap-around supports
 - Pregnant & Infant Parenting Program

Black Mothers United

Pregnancy Coaches work with expecting moms to provide:

- 1-1 weekly virtual check-ins (phone/video chat)
- Pregnancy related, childbirth, and postpartum education
- Referrals for basic needs
- Virtual doula services (in-person as hospital guidelines allow)
- Online support groups/baby showers

Resources Available

- Meal/Grocery Delivery
- Pregnancy, Postpartum, Breastfeeding Supplies
- Infant Care Items
- Personal Care Items
- Household Essentials
- PPE/Cleaning Supplies
- Financial Assistance (Rent/Utilities)

- Priority enrollment in Black Mothers United
- Access to Learning Management System (*coming soon)
- Up-to-date COVID-19 information via www.herhealthfirst.org

Additional Supports

Who Qualifies

- Pregnant, any gestational age
- Parenting, child must be <1
- Affected by COVID-19

*We are NOT requiring documentation/proof of income

**Although BMU serves African American moms, pregnant and parenting resources are for ALL pregnant and parenting families affected by COVID-19.*

How to Refer

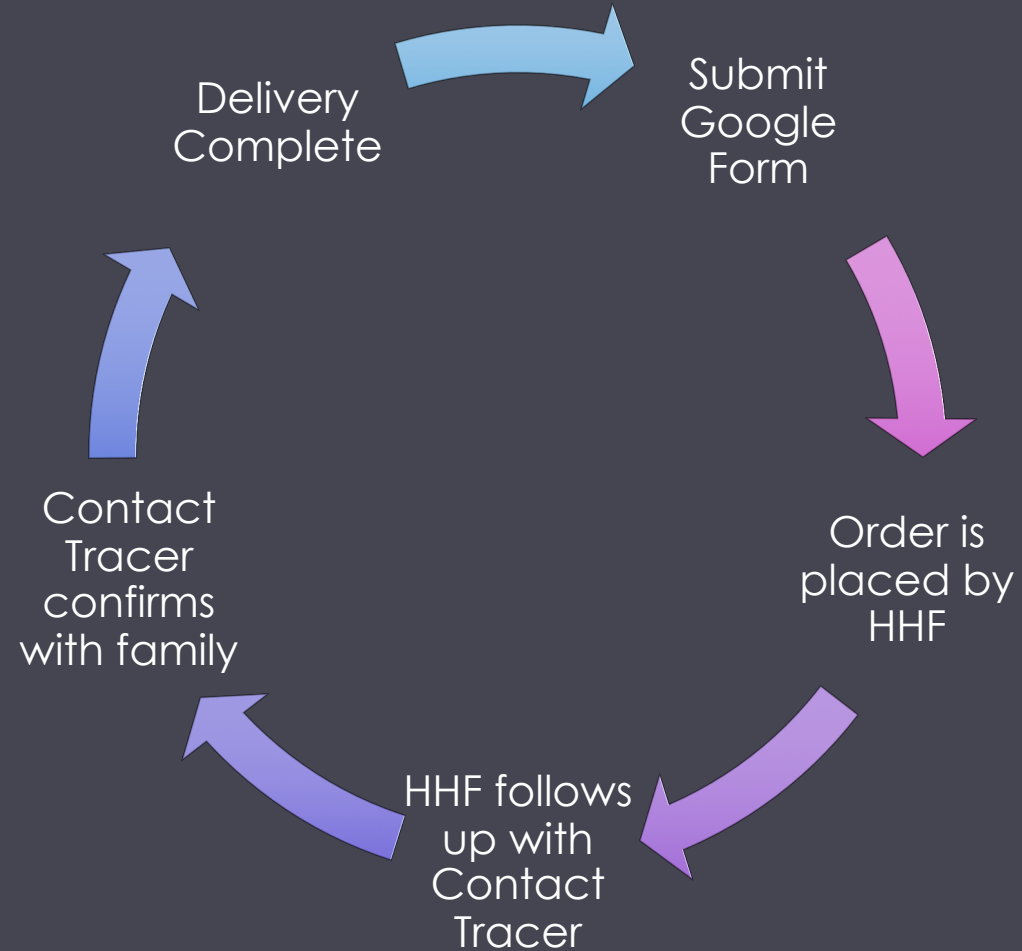
- Fill out and complete [Google referral form](#)

- Contact:

Alexis Johnson, Outreach & Enrollment Specialist

(916) 720-5335 | alexis@herhealthfirst.org

Referral Process



Upcoming Event: Halloween Drive-Boo!

- Drive-thru event where participants will remain in their vehicles.
- Families will receive individually wrapped candy/goody bags, swag and party favors.
- Grocery/PPE Distribution
- We encourage costumes even though you must stay in your vehicle.



Fruit Ridge Community Collaborative
HALLOWEEN
Drive - BOO!
Oct. 30th 4-6 pm
4625 44th Street, Sacramento

Candy Swag
Party Favors
Treat Bags
Volunteers
BBQ

DRIVE-THRU
TRICK
-OR-
TREAT

Costumes Welcome!

Contact Erin Stone: erins@proyouthandfamilies.org

PRO YOUTH
Fruit Ridge Community Collaborative
Stand in need - Keep it green



Questions?

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