

# Baywell Health

## Black Infant Health



If you're pregnant or recently had a baby, you don't have to navigate the journey alone! We offer **free** support for pregnant and postpartum families in Alameda County.



### Through BIH, you'll have access to:



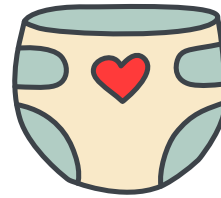
#### 10 WEEK GROUP SESSIONS

with other prenatal/postpartum moms



#### INDIVIDUAL SUPPORT

from a Case Manager, Mental Health Professional & Public Health nurse



#### DIAPERS, WIPES, BABY SUPPLIES, AND OTHER RESOURCES



#### FOOD, CHILDCARE, AND TRANSPORTATION

for every group session

Whether you prefer one-on-one support or group sessions we're here to help you have a health pregnancy, a healthy baby, and a strong support system.

### Interested in learning more?

Scan the QR code or contact our team to get connected:



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