



BETTER TOGETHER

SUPPORT RESOURCES FOR
AFRICAN-AMERICAN MOMS AND FAMILIES
DURING AND AFTER PREGNANCY

Adding a new member to the family ...

It can be an exciting time, but it also comes with new questions and concerns — and sometimes some heavy challenges. Having the right kind of support can make a big difference for you and your family.

And support is out there! That's why we created this guide — to make it easy for you to find it.

Whether you're pregnant (or hoping to be soon) or just had a baby, this guide has lots of free or low-cost resources for you. The guide is designed for African-American women and families in Los Angeles County, but many of the services here are for all kinds of people in all kinds of places.

If we're missing a valuable resource, or you find a wrong number, please let us know at **contact@LABestBabies.org**.

We hope you find at least a couple things here that bring health and happiness to you and your baby!

— *LA Best Babies Network*



LA Best Babies Network is a community benefit of Dignity Health – California Hospital Medical Center in Los Angeles.

Important Phone Numbers

America's Pregnancy Helpline:
866-942-6466

Breastfeeding Helpline:
800-994-9662

CalWORKs (*cash assistance for families*): 916-651-8848

Child Care Assistance
800-543-7793

L.A. County Health and Social Services Helpline (*24-hour community resource directory*): 2-1-1

L.A. County Domestic Violence Hotline (*24-hour help creating a safety plan*):
800-978-3600

LA Healthline (*free health assessment and referrals*): 800-793-8090

Mental Health Access Line:
800-854-7771

Medi-Cal Health and Nutrition Hotline (*information on applying for Medi-Cal or CalFresh / food stamps*): 877-597-4777

MotherToBaby:
(*answers about safety of medications during pregnancy or breastfeeding*):
866-626-6847, or text 855-999-3525

National Alliance on Mental Illness Helpline:
(*speak with counselors or on a "warmline" with others in recovery*):
800-950-6264 Mon. - Fri., 7am to 3pm

National Parent HelpLine (*emotional support for parents and caregivers*):
855-4A-PARENT (427-2736)

National Suicide Prevention Lifeline:
800-273-TALK (8255)

Poison Control: 800-222-1222

Postpartum Support International Helpline (*24-hour support for new mothers with depression*):
800-944-4PPD (4773)

Safely Surrender Baby Helpline:
877-222-9723

Substance Abuse Service Helpline:
844-804-7500

**For all medical and personal safety emergencies,
call 9-1-1.**

Community Resources and Support Services

Here are all the resources in this guide, grouped by support type.
To learn more about a resource, go to the page listed next to it.

Apps and Digital



- BreastfeedLA (pg. 8)
- Bright by Text (pg. 21)
- Directories for various services:
 - 1Degree.org (pg. 16)
 - 211LA.org (pg. 18)
 - AuntBertha.org (pg. 6)
 - Black Doula Directory (pg. 6)
 - Home Visiting eDirectory (pg. 12)
 - Maternal Mental Health Resource Directory (pg. 14)
- My Baby Bonding Band, Respect Black Beginnings (pg. 15)
- Social media and podcasts (pgs. 22-23)
- Text4Baby (pg. 18)
- Texting / mobile apps (pgs. 20-21):
 - Bringing Light to Motherhood
 - CDC Milestone Tracker
 - Glow Baby
 - Irth
 - MotherToBaby
 - my baby. by Dignity Health
 - Peanut
 - Pulse
 - Show Your Love
 - Sprout Baby
 - Sprout Pregnancy
 - Spot On Period Tracker
 - The Bump
 - Vroom
 - What to Expect
 - WebMD Pregnancy

After Pregnancy



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- Black Doula Directory (pg. 6)
- BreastfeedLA (pg. 8)
- Bringing Light to Motherhood (pg. 20)
- Frontline Doulas (pg. 11)
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- Home Visiting eDirectory (pg. 12)
- Kindred Space (pg. 12)
- La Leche League (pg. 13)
- my baby. by Dignity Health (pg. 21)
- Maternal Mental Health Resource Directory (pg. 14)
- MoodTools (pg. 20)
- Text4Baby (pg. 18)
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Breastfeeding



- BreastfeedLA (pg. 8)
- Baby Breastfeeding Tracker (pg. 20)
- CinnaMoms (pg. 8)
- Cubs Cafe: Breastfeeding Support Group for Families of Color (pg. 9)
- Kindred Space (pg. 12)
- La Leche League (pg. 13)
- Martin Luther King, Jr. Center (pg. 14)

During Pregnancy



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- Black Doula Directory (pg. 6)
- Black Infant Health Program (pg. 7)
- BreastfeedLA (pg. 8)
- Bringing Light to Motherhood App (pg. 20)
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During Pregnancy (cont'd)



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- Maternal Mental Health Resource Directory (pg. 14)
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- Sprout Pregnancy (pg. 21)
- The Bump (pg. 21)
- Tribe Midwifery (pg. 17)
- Text4Baby (pg. 18)
- What to Expect (pg. 21)
- WebMD Pregnancy (pg. 21)

Family Planning



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- Get Smart B4 You Get Sexy (pg. 20)
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- Show Your Love (pg. 20)
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Fatherhood



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Parenting



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Support Group



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Community Resources and Support Services

in alphabetical order

Aunt Bertha

AuntBertha.com

Apps and Digital, Breastfeeding, Family Planning, Fatherhood, Parenting, During Pregnancy, After Pregnancy, Support Group;

Free (directory may include fee-based services)



An **online directory** that helps families find and apply for free or reduced-cost social service programs in their community that support:

- Food security
- Housing
- Goods (e.g., baby supplies, medical supplies, home goods)
- Transportation
- Health
- Finances
- Education
- Work
- and more...

Also, search by ZIP code at **FindHelp.org**.

Black Daddy Dialogues

323-568-8733

Fatherhood, Support Group;
Free



A **casual meet-up group** for Black fathers, future fathers, and fathers of Black children, with the goal of helping them in their roles as support persons for their partners and young children.

Email fathersforabrighterfuture@gmail.com or scan the QR code on the next page for the meeting schedule and to learn more.

Black Doula Directory

BlackWomenBirthingJustice.com

Apps and Digital, During Pregnancy, Postpartum;

Free (directory may include fee-based services)



An **online prenatal and postpartum doula directory** maintained by Black Women Birthing Justice, a group working to improve birthing experiences for Black/African-American women.

KEY



Apps and Digital



Breastfeeding



Family Planning



Parenting



After Pregnancy



During Pregnancy



Fatherhood



Support Groups

Black Infant Health (BIH) Program

bit.ly/LACBIH

During Pregnancy, After Pregnancy (*but must enroll prenatally*), Support Group; Free



A program that provides **group support sessions and case management** to African-American women 18 years or older and up to 30 weeks pregnant at the time of enrollment.

Each session explores pregnancy and parenting from a women's health perspective, and the topics covered include:

- Cultural heritage
- Healthy pregnancies, labor and delivery
- Prenatal, postnatal, newborn care
- Stress management
- Healthy relationships

Participants also receive **guidance and referrals** on a range of topics, including health insurance application assistance and family planning counseling.

Programs available in Lancaster, Long Beach, Pasadena and South Los Angeles. Scan the QR Code below for details.



Learn more about these programs and services!

Scan this QR Code to learn more about any of the programs/services listed in this guide.



How do I scan a QR code?

Simply open the camera on your mobile phone and point it at this image.

BreastfeedLA Resource Directory and Factsheets

BreastfeedLA.org

Apps and Digital, Breastfeeding,
During Pregnancy, After
Pregnancy;

Free (directory may include fee-
based services)



BreastfeedLA provides families with resources to get informed, empowered, and educated about breastfeeding, including:

- A **resource directory** with information on breastfeeding education services, perinatal support groups, pump rentals, one-on-one lactation counseling, and breastfeeding-friendly medical providers
- Information on **local milk depots** – milk collection sites for donated breast milk
- Breastfeeding **brochures and factsheets**, including information on breastfeeding and lactation rights



CinnaMoms

CinnaMoms.org

Breastfeeding, Support Group;
Free



Breastfeeding support groups at PHFE WIC Centers in L.A. County that provide a safe space for Black/African- American women to discuss life, health, and the unique breastfeeding challenges Black mothers face, all while breaking down barriers and fighting breastfeeding stigma.

Support groups are facilitated by Certified Lactation Educators at PHFE WIC Centers in Bellflower, Gardena, Hawthorne, Inglewood, Norwalk, Pomona, and South Los Angeles.

Scan the QR code on the next page to learn more and find a group near you.

Cubs Cafe: Breastfeeding Support Group for Families of Color

BreastfeedLA.org

Breastfeeding, Support Group;
Free



A **breastfeeding support group** open to nursing mothers and those who support them in South and Central Los Angeles and inland parts of the South Bay.

Facilitated by a board certified lactation consultant (IBCLC) and moderated by fellow nursing parents.

Daddy Boot Camp

EisnerHealth.org

Fatherhood;
Free



A **workshop** hosted by Eisner Health for fathers whose partners are expecting. Gives dads helpful information on how to **care for a baby**, including how to **change a diaper**, how to **soothe a crying baby**, and how to **support their partner** after the baby arrives.

Open to dads whose partner is pregnant and an Eisner patient.

Doula Care Program, L.A. County Dept. of Public Health

BlackInfantsAndFamilies.org

During Pregnancy, After Pregnancy (*can only enroll prenatally*);
Free



A **doula care program** that provides free **prenatal and postpartum visits, continual labor, birth, and immediate postpartum lactation support**.

Open to all Black/African American women/birthing persons living or delivering in most parts of Los Angeles County.

Scan me
to learn more
about any of
these programs



KEY



Apps and
Digital



Breastfeeding



Family
Planning



Parenting



After
Pregnancy



During
Pregnancy



Fatherhood



Support
Groups



Scan me
for links and
more info about
these programs



Frontline Doulas

FrontlineDoulas.com
310-817-0551

During Pregnancy, After
Pregnancy (can only enroll
prenatally);
Free



Self-described as “an uplifting generation of community doulas on the frontline of birth in the black community co-creating and reclaiming family-centered narratives for generations to come.” Provides free **prenatal and postpartum visits, continual labor, birth, and immediate postpartum lactation support.**

Open to all Black/African-American birthing persons living or delivering in Los Angeles.

Frontline Doulas Hotline COVID-19 Initiative

FrontlineDoulaHotline.com
During Pregnancy, After
Pregnancy
Free



A warm line providing support to black families throughout the entire state of California.

If you are a Black pregnant or postpartum person who has a question or needs non-emergency support, **text 'DOULAHELP' to 833-987-2908** to schedule a free 50-minute call or text session.

The hotline operates Monday – Sunday, 7:00am – 10:00pm PST. You can call as many times as you would like.

Kindred Space

KindredSpaceLA.com

Breastfeeding, Fatherhood,
Parenting, During Pregnancy,
After Pregnancy, Support
Group;
Services available for a fee



Provides **midwifery care, doula support, lactation consulting, support groups** for mothers and fathers and **educational workshops**, including prenatal classes on breastfeeding, childbirth, and feeding.

KEY



Apps and
Digital



Breastfeeding



Family
Planning



Parenting



After
Pregnancy



During
Pregnancy



Fatherhood



Support
Groups

Home Visiting eDirectory

Apps and Digital, Fatherhood, Parenting, During Pregnancy, After Pregnancy; Free



This **online directory** helps families find free **in-home support during and after pregnancy**. Some programs continue to provide service up to the child's 5th birthday.

Paired with a trained professional, in the comfort of their home or in another preferred meeting spot, moms and dads get tips on having a **healthy pregnancy** and **caring for a newborn**, plus support with **breastfeeding**, **developmental screenings for the child**, and connections to **helpful resources** in the community.

eDirectory.HomeVisitingLA.org

La Leche League LLLUSA.org

Breastfeeding, After Pregnancy, Support Group; free



Helps parents, families, and communities to **breastfeed**, chestfeed, and human milk feed their babies through parent-to-parent support:

- Free meetings led by trained parent volunteers
- Support between meetings for breastfeeding challenges
- Learn about the ages and stages of breastfeeding

Scan me
to learn more
about any of
these programs



KEY



Apps and Digital



Breastfeeding



Family Planning



Parenting



After Pregnancy



During Pregnancy



Fatherhood



Support Groups



Love, Dad
Love-Dad.org

Fatherhood, Support Group;
free



Offers monthly [virtual support groups](#) (English and Spanish) for fathers in Los Angeles County with young children whose family is participating in home visiting programs.

KEY



Apps and
Digital



Breastfeeding



Family
Planning



Parenting



After
Pregnancy



During
Pregnancy



Fatherhood



Support
Groups

Martin Luther King, Jr. Center for Public Health: Community Healing and Trauma Prevention Center

323-568-8732

Breastfeeding, Fatherhood, Parenting, During Pregnancy, Support Group;
Free



The center provides **free workshops** and healing and preventive health care services, including:

- Fatherhood/parenting workshops
- Prenatal classes
- Breastfeeding classes

The classes and workshops can vary. Scan the QR Code to see the classes offered for the month.

Maternal Mental Health Resource Directory

Apps and Digital, During Pregnancy, After Pregnancy;
Free (directory may include fee-based services)



An **online resource directory** to help moms find help in L.A. County for **depression and other mental health concerns during pregnancy and after giving birth:**

Directory.MaternalMentalHealthNow.org

Mocha Moms, Inc.

MochaMoms.org

Parenting, Support Group;
Annual fee



A national **support and advocacy group** working to help women of color as they journey through all phases of motherhood. Chapter activities include mothers' support meetings, community service projects, moms' night-outs, and kids' socials.

Two chapters in LA County are in the Metro LA area and San Fernando Valley.

Scan me
to learn more
about any of
these programs



KEY



Apps and Digital



Breastfeeding



Family Planning



Parenting



After Pregnancy



During Pregnancy



Fatherhood



Support Groups



My Baby Bonding Band, Respect Black Beginnings

MyBabyBondingBand.com

Apps and Digital, During Pregnancy;

Available for a fee

A **wearable device** that communicates soothing, daily messages for each day of an expecting mother's pregnancy progression, with a goal of serving as pregnancy support and a companion. Along with general **audio content** available for all English speakers, Respect Black Beginnings is culturally specific audio content tailored for African-American families.



KEY



Apps and Digital



Breastfeeding



Family Planning



Parenting



After Pregnancy



During Pregnancy



Fatherhood



Support Groups

One Degree

1degree.org

Apps and Digital, Breastfeeding, Family Planning, Fatherhood, Parenting, During Pregnancy, After Pregnancy, Support Group;
Free (directory includes fee-based services)



An online **resource directory** that helps families find and apply for free or reduced-cost social service programs in their community.

Available on the web and through a free mobile app (App Store and Google Play) or via text: just text any keyword (e.g., “food stamps”) to **844-833-1334**.

Project Fatherhood

ChildrensInstitute.org

Fatherhood, Support Group;
Free



Provides **support, parenting education and other services for fathers**, with a goal to help them be loving, responsible parents and active participants in their children's lives.

Project Fatherhood provides:

- Individual and family counseling
- Group support
- Partners' groups
- Therapeutic activities for children
- Information on maintaining healthy relationships

KEY



Apps and Digital



Breastfeeding



Family Planning



Parenting



After Pregnancy



During Pregnancy



Fatherhood



Support Groups

Tribe Midwifery

TribeMidwifery.com

Family Planning, During
Pregnancy, After Pregnancy;
Fee-based services



Scan me
to learn more
about any of
these programs



Tribe Midwifery provides a variety of services using the **midwifery** model of care, including:

- Women's health care:
Pap smears, pelvic and
breast exams, STD
screenings, and blood
work
- Family planning services
- Prenatal care
- Midwifery childbirth
support
- Childbirth education
classes
- Postpartum care visits

Services are available to women in the Los Angeles area for a fee, but complimentary consultations are available.



Text4Baby

text4baby.org

Apps and Digital, Parenting,
During Pregnancy, After
Pregnancy;
Free



An **app and text messaging service** that helps expecting and new parents get essential **health, nutrition, safety, and baby development information**. Text BABY (or BEBE for Spanish) to 511411 to receive three texts each week on topics such as:

- Nutrition for mom and baby
- Safe sleep tips
- Baby's milestones
- Signs and symptoms of labor
- Doctor visit and appointment reminders for mom and baby
- Breastfeeding advice
- Car seat safety
- Information on health insurance
- Urgent health alerts
- Resource hotlines and websites

Texts are timed to mom's expected due date or baby's birth date, and continue through **pregnancy up until baby's first birthday**.

Available for download on the App Store and Google Play.

2-1-1 LA County

211LA.org

Apps and Digital; Free (*data charges from phone carriers may apply*)



2-1-1 LA is a community resource that provides **information and referrals for health care and social services** in L.A. County. Simply dial 2-1-1 or call 800-339-6993, or go to 211LA.org and use the chat service.

KEY



Apps and Digital



Breastfeeding



Family Planning



Parenting



After Pregnancy



During Pregnancy



Fatherhood



Support Groups



Additional Resources

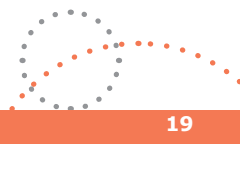


Scan the QR code or visit bit.ly/LACountySupport to **learn about other support services**, including temporary programs, not included in this guide.

In addition to the organizations in this guide that provide direct services to families, there are several others that are working to advocate for the health and well-being of African-American women and families. These include: BlackDoctor.org, Black Infants and Families Los Angeles, Black Mamas Matter Alliance, Black Mother's Breastfeeding Association, Black Women Birthing Justice, Black Women for Wellness, California Black Women's Health Project, Cherished Futures for Black Moms & Babies, First 5 LA, Healthy African American Families II (HAAFII), iDream of Racial Equality, L.A. County Dept. of Public Health, and March of Dimes.

If you find inaccurate information or feel a valuable resource is missing, please contact LA Best Babies Network at contact@LABestBabies.org. Listing a program or agency in this publication does not necessarily imply endorsement or approval.

Last update: October 2023





TEXTING AND MOBILE APPS

Unless otherwise noted, these apps are available free in the Apple App Store and Google Play.



Breastfeeding

Baby Breastfeeding Tracker

Track when and how long your baby feeds, and get feeding reminders. Helps you calculate how much your baby is eating.

MotherToBaby

Text 855-999-3525 or call 866-626-6847 to get answers about safety of medications and more during pregnancy or breastfeeding. Free chat counseling service also available at MotherToBaby.org.

LatchME

Connects breastfeeding moms and includes videos and tips on latching and feeding positions.



Emotional Support

MoodTools

Helps you combat depression and anxiety with guided meditations, helpful videos, and a tool for creating a safety plan.

Bringing Light to Motherhood App

Provides basic education about the transition to motherhood and the emotional changes that often occur during pregnancy and the period following delivery. Go to app.MaternalMentalHealthNow.org for more.



Family Planning (before next pregnancy)

FAMILIA

Text LAFAMILIA to 55000 for tips on staying healthy so you can have a healthy pregnancy. (From L.A. County Public Health Dept.)

Get Smart B4 U Get Sexy

A Black Women for Wellness Project that offers helpful advice and stories from other women about safe sex, birth control, and healthy relationships. Go to "Sex + U" at GetSmartB4UGetSexy.com.

Pulse

Supports sexual and reproductive health of Black and Latinx women ages 18 to 20. Go to AppPulse.org

Show Your Love

Helps you plan your pregnancy and prepare your body.

Spot On Period Tracker

Track your menstrual cycle and manage your birth control, and get personalized support from Planned Parenthood.



Your Baby's Development

Bright by Text

Tips and information from early childhood experts, tailored to your local area and baby's age (up to 8 years old). Sign up to receive 2-5 messages per week by texting SOCAL to 274448.

CDC Milestone Tracker

Make sure your baby's development is on track, from 2 months to 5 years of age. Easy-to-use checklists, tips on healthy development, and advice on what to do if you have concerns.

Glow Baby and Sprout Baby

Track baby's feeding sessions, diaper changes, sleep schedule, milestones, and medications.

Text4Baby

See page 20 for details about this texting service and mobile app

Vroom

Science-based tips and tools to help you turn everyday tasks into brain-building activities for your baby.



Pregnancy

All of these guide you through pregnancy milestones, provide health information, and help you track your baby's growth and your body's changes. Additional features are listed next to each one.

BabyCenter

Turns into a daily parenting guide once baby arrives, with tips on caring for your newborn – and yourself. See babycenter.com for information designed just for Black and biracial parents.

The Bump

Articles on pregnancy and parenting, plus a planner to help prepare for each doctor visit.

Irth

To be released in fall 2020, will collect and share hospital/physician reviews to help screen for cultural sensitivity and racial bias. Get a peek on your phone at [Irth-app.github.io](https://irth-app.github.io), and learn more at BirthWithoutBias.com.

my baby. - Dignity Health

Helps you find a doctor, schedule a birth center tour and prenatal classes, and connect you to services like nurse support.

Peanut

Helps you meet, chat and learn from other women who are also on the journey of pregnancy and motherhood.

Sprout Pregnancy

Checklists and tools to help you prepare for the arrival of the baby, plus a weight tracker, kick counter and a contraction timer.

Text4Baby

See page 18 for details about this texting service and mobile app.

WebMD Pregnancy

Lots of health information, plus a section specifically for dads/partners. (iOS devices only)

What to Expect

Popular pregnancy app includes weekly videos and guides to important tests/screenings and useful baby products.



SOCIAL MEDIA AND PODCASTS

Looking for others who can relate? They're out there. Want to just sit and listen? We've got some podcasts for that.



Breastfeeding

Black Breastfeeding Mamas Circle Group

[Facebook.com/groups/1911893642453654](https://www.facebook.com/groups/1911893642453654)

BreastfeedingUSA.org

[Facebook.com/BreastfeedingUSA](https://www.facebook.com/BreastfeedingUSA)

[Twitter.com/BF_USA](https://twitter.com/BF_USA)

[Instagram.com/breastfeedingusa](https://www.instagram.com/breastfeedingusa)

CinnaMoms.org

[Facebook.com/CinnaFamily](https://www.facebook.com/CinnaFamily)

[Instagram.com/cinnamoms_](https://www.instagram.com/cinnamoms_)

[Twitter.com/CinnaMoms_](https://twitter.com/CinnaMoms_)

Mocha Milk Project

[Facebook.com/mochamilkproject](https://www.facebook.com/mochamilkproject)

[Twitter.com/MochaMilk](https://twitter.com/MochaMilk)

Sistahs Who Breastfeed

perinatalequity.org/swb

[Facebook.com/groups/sistahswhobreastfeed](https://www.facebook.com/groups/sistahswhobreastfeed)



Fatherhood

Black Fathers

[Facebook.com/groups/blackfathersgroup](https://www.facebook.com/groups/blackfathersgroup)



Parenting

BlackMomsConnection.com

[Facebook.com/blackmomsconnection](https://www.facebook.com/blackmomsconnection)

[Instagram.com/blackmomsconnection](https://www.instagram.com/blackmomsconnection)

Black Parenting Magazine

SuccessfulBlackParenting.com

[Facebook.com/BlackParenting1](https://www.facebook.com/BlackParenting1)

[Instagram.com/successfulblackparenting](https://www.instagram.com/successfulblackparenting)

[Twitter.com/BlackParenting1](https://twitter.com/BlackParenting1)

HuffPost.com/life/parents

[Facebook.com/HuffPostParents](https://www.facebook.com/HuffPostParents)

[Instagram.com/howtoraiseakid](https://www.instagram.com/howtoraiseakid)

[Twitter.com/HuffPostParents](https://twitter.com/HuffPostParents)

Parenting.nytimes.com

[Facebook.com/nytparenting](https://www.facebook.com/nytparenting)



Pregnancy (during and after)

Health In Her Hue

(Health-in-her-hue.mn.co)

Facebook.com/HealthInHerHue

Instagram.com/HealthInHerHue

Twitter.com/HealthInHerHue

TheVaginaChronicles.org

Instagram.com/thevaginachronicles

Twitter.com/thevagchronicle



Podcasts

BirthStoriesInColor.com

Instagram.com/birthstoriesincolor

Facebook.com/birthstoriesincolor

BirthKweens.com

Facebook.com/birthkweens

Instagram.com/birthkweens

BlackMomsBlog.com

Instagram.com/blackmomsblog

Facebook.com/blackmomsblog

DemBlackMamas.com

Facebook.com/DemBlackMamas

Instagram.com/demblackmamaspodcast

Twitter.com/demblackmamas

Intercultured w/ AnyaDoula

Spreaker.com/user/anyadoula/hey-hey-it-s-anyadoula

NatalStories.com

Facebook.com/groups/natalstories

Instagram.com/natalstories

UnderTheHoodPodcast.com

Instagram.com/underthehood_podcast

