

WHAT'S GOING ON

NOVEMBER

SPA 5/6



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SLASB AAIMM CAT

Every African American/Black mother/birthing person and child deserves a joyous pregnancy and healthy birth.

How Can You Get Involved?

SLASB AAIMM CAT host regional meetings every other month. We encourage you to join us as we work together to end the injustice of Black/African American infant and maternal deaths in South LA and the South Bay.



Who We Are

A collaborative partnership between LA County Departments of Public Health, Health Services, Mental Health, First SLA, birth workers, community members, community-based organizations, health care providers, faith-based organizations, and businesses united in reducing the rates of African American infant and maternal mortality/morbidity in the South LA and South Bay community.

What We Do

- SLASB AAIMM CAT works to **elevate the needs of the community** and implement strategies by **addressing the impact of racism**, catalyzing **community action**, and promoting wellness and equitable healthcare strategies for Black families through our four workgroups:
- Family Centered Models of Care
- Community Outreach and Engagement
- Funders Circle
- Integrative Community Solutions

2024 Bi-Monthly Meeting Dates

January 25, 2024
March 28, 2024
May 23, 2024
July 25, 2024
September 26, 2024
November 21, 2024

Community Baby Showers
Saturday, April 13, 2024
Black Maternal Health Week
Saturday, June 15, 2024
Juneteenth/Father's Day



Note: meeting dates are subject to change

African American Infant and Maternal Mortality Prevention Initiative

The countywide coalition of the African American Infant and Maternal Mortality (AAIMM) Initiative addresses the disproportionately high rates of Black infant and maternal deaths. They are dedicated to ensuring healthy and joyous births for Black families in LA County.

To learn more click here: [AAIMM](#)

Maternal Mental Health NOW

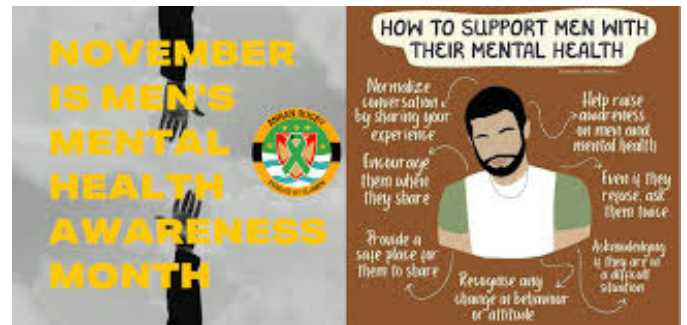
Maternal Mental Health NOW is a project of community partners in Los Angeles County. Their mission is to remove barriers to the prevention, screening, and treatment of prenatal and postpartum depression in LA County.

To learn more click here: [MMHN](#)

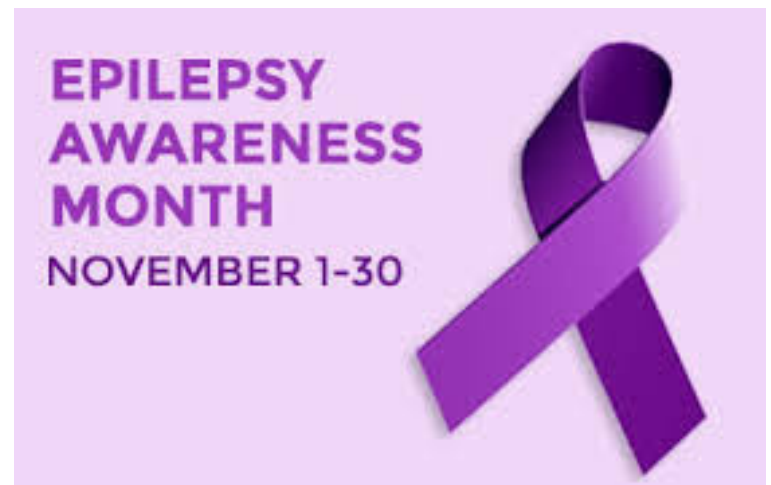
WHAT'S GOING ON



WHAT'S GOING ON



November is Alzheimer's Awareness Month!



WHAT'S GOING ON

JOIN US FOR THE 3RD ANNUAL

BLACK MEN'S WELLNESS DAY



SATURDAY, NOVEMBER 2, 2024 | 7 AM
MICHELLE AND BARACK OBAMA SPORTS COMPLEX
5001 OBAMA BLVD LOS ANGELES, CA 90016




HONORARY CHAIR
State Sen. Steven Bradford

FREE

- Free Health Screenings
- Live Entertainment
- Radio Free KJLH 102.3
- Kid's Zone
- Free Community Resources

#SAVINGBLACKMENSLIVES | @AAWELLNESSLA | LA.AAWELLNESS.ORG



Hosted by SPA 8 Health Neighborhood

Building Your Village: The California Abundant Birth Project Application Workshop

NO STRINGS ATTACHED.

Apply for the chance to receive a monthly cash gift during pregnancy and postpartum.

RSVP for a Free meal: →



<https://www.surveymonkey.com/r/7JDKFGL>

**Curtis Tucker Center for
Community Wellness**
123 W Manchester Blvd
Inglewood, CA 90602

November 9, 2024
Saturday, 11am-1pm

Eligibility

- Live in Alameda, Contra Costa, Los Angeles, or Riverside counties
- Be 8-27 weeks pregnant at the time of the Abundance Drawing
- Meet income requirements*
- Meet ONE of the top five risk factors for preterm birth, including:
 - Identifying as Black
 - Have had a previous preterm birth
 - Have preexisting hypertension
 - Have preexisting diabetes
 - Have sickle cell anemia (SCA)



WHAT'S GOING ON



CONGRATULATIONS!

WIC and CinnaMoms are here to support you on this journey.

To register for our in-person and virtual breastfeeding and parenthood support groups, visit www.CinnaMoms.org.

To apply for WIC, text **CMAPPLY** to **91997** or scan below.



This institution is an equal opportunity provider.



Join us for our in-person and virtual monthly events. Visit cinnamoms.org/events for our schedule.

A Space for You

Get **FREE** resources, including **diapers, books, wipes, breastfeeding assistance, and more!**



3667 Crenshaw Blvd,
Los Angeles, CA 90016

Follow Us:
[@cinnamoms](https://www.facebook.com/cinnamoms)



This institution is an equal opportunity provider.



Toddler Meet Up

Wednesday, November 20th
11:30 am - 1:00 pm

- Thanksgiving arts and crafts
- Community resources
- Light snacks

LOCATION:
3667 Crenshaw Blvd,
Los Angeles, CA 90016



This institution is an equal opportunity provider.

WHAT'S GOING ON

TUESDAY
NOVEMBER 12, 4-8PM

FREE
WORKSHOP

Beads & Bonding

Exploring mental health first aid awareness through Kandi bead bracelet/ Perler bead making. Offering a therapeutic outlet for expression and relaxation.

Martin Luther King Jr. Center for Public Health
11833 S. Wilmington Avenue Los Angeles, CA 90059






Contact: Shamika Ossey
Sossey@ph.lacounty.gov
323-568-8762



JORDAN DOWNS COMMUNITY

Join us for our annual Health & Wellness Fair.
Enjoy an afternoon of family fun, health screenings, workshops and so much more!

Saturday, November 16th
11:00am - 3:00pm

-  Health screenings
-  Glucose checks
-  Blood Pressure checks
-  Health Education Workshops
-  Food Bag Giveaways



Turtle Park
2179 E Century Blvd
Los Angeles, CA 90002



WHAT'S GOING ON

HAPPY
THANKSGIVING

November is the month
to remind us to be
thankful for the many
positive things
happening in our life.



WHAT'S GOING ON



FAMILY CENTERED MODELS OF CARE WORKGROUP

Strengthening the Village

WORKGROUP GOAL

To reduce the incidence of Black maternal and infant deaths in South LA/South Bay (SPA 6/8) by strengthening the village of support to and around mother and baby.

FOCUS AREAS:

- Collaborate with LA County Perinatal and Early Childhood Home Visitation Consortium
- Support Fatherhood Engagement (Expectant Fathers and Black Daddy Dialogue)
- Collaborate with BreastfeedLA to support, promote, educate, and empower Black Breast/Chestfeeding
- Support Breastfeeding throughout SPA 6/8 and LA County

JOIN US

Every 1st Wednesday of the month from 12PM-1:30PM

Scan the QR Code to Join Virtually

Contact Us! | Debrina Campbell,
dcampbell2@ph.lacounty.gov



AFRICAN AMERICAN INFANT AND MATERNAL MORTALITY PREVENTION INITIATIVE
SOUTH LA / SOUTH BAY COMMUNITY ACTION TEAM

WHAT'S GOING ON



Black Infants & Families

A Los Angeles County AAIMM Prevention Initiative

BlackInfantsAndFamilies.org/Fatherhood

EXPECTING FATHERS GROUP

DADS, GET READY FOR FATHERHOOD!

Sign up for the **Expecting Fathers Group for Black Dads**, and set your fatherhood goals with a group of soon-to-be Black fathers. Become empowered to advocate for yourself and your partner. Learn what to expect in each stage of pregnancy, how to activate a village of support for you and your partner, and how your involvement can lead to a more healthy and joyous birth for both your baby and your pregnant partner.

Join a community of support and get access to the tools you need.

To learn about upcoming dates and sign up for our **FREE Zoom workshops**, please email: DPH-AAIMMFatherhood@ph.lacounty.gov.

TOPICS IN THE 5 EDUCATIONAL SESSIONS:

- WEEK 1** Prenatal Support during pregnancy. Create a Birth Plan.
- WEEK 2** What to expect during labor and delivery.
- WEEK 3** Postpartum support. Postpartum depression.
- WEEK 4** Embrace responsibilities associated with infant care.
- WEEK 5** Encouragement: Resources / Bring it all together.

TUESDAYS AT 6:30 PM
OR
THURSDAYS at 9:30 AM



**FATHERS,
SCAN TO ENROLL**

Or text **DAD** to 323-745-2771
to learn more about our
Fatherhood Program.



**BLACK DADS MATTER.
LET'S HELP EACH OTHER IN OUR FATHERHOOD JOURNEY.**

Funded by the California Department of Public Health Perinatal Equity Initiative via the Los Angeles County Department of Public Health Division of Maternal, Child and Adolescent Health.

WHAT'S GOING ON

THE CALIFORNIA Abundant BIRTHPROJECT

CELEBRATE YOUR BIRTH JOURNEY

Apply for the chance to receive a monthly cash gift during pregnancy and postpartum.

NO STRINGS ATTACHED.

ELIGIBILITY

- Live in Alameda, Contra Costa, Los Angeles, or Riverside counties
- Be 8-27 weeks pregnant at the time of the Abundance Drawing
- Meet income requirements*
- Meet one of the top five risk factors for preterm birth, including:
 - Identifying as Black
 - Have had a previous preterm birth
 - Have preexisting hypertension
 - Have preexisting diabetes
 - Have sickle cell anemia (SCA)



For more information, required documents, and to apply, visit

[ABUNDANTBIRTHPROJECT.ORG](https://abundantbirthproject.org)



County of Los Angeles
Public Health

The California Abundant Birth Project is designed to provide monthly cash gifts to eligible participants in order to support women birthing people that are at highest risk of disparate pregnancy/birthing outcomes.

WHAT'S GOING ON



BLACK DADDY DIALOGUE

Black Infants & Families
LOS ANGELES

OUR GOAL

Changing the Narrative of African American/Black Fathers and Families

WHAT WE DO

- Assistance for Black father/figures who support pregnant women or children 0-5 years old
- Loss/grief support services
- Feeding the mind, body and spirit of fathers to support the African American/Black mother

OUR AUDIENCE

Fathers/father figures of all ages raising African American/Black children are welcome!

VIRTUAL MEETINGS EVERY 2ND WEDNESDAY AT 6:30PM

January 10, 2024	April 10, 2024
February 14, 2024	May 15, 2024
March 13, 2024	June 12, 2024

JOIN US

Zoom Link: <https://tinyurl.com/SLASBBDD>

Call or text DAD to (323) 745 - 2771 to learn about our Fatherhood Program

CONTACT US



LeHenry Solomon
Fathersforabrighterfuture@gmail.com





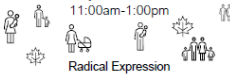
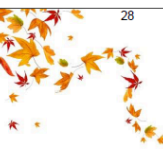
Phone: (424) 223 - 2133



AFRICAN AMERICAN INFANT
AND MATERNAL MORTALITY
PREVENTION INITIATIVE
BlackInfantsAndFamilies.org

Supported by the South LA/South Bay African American Infant and Maternal Mortality Community Action Team

WHAT'S GOING ON

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HEY NOVEMBER				1 PAW-sitive Steps to Wellbeing 9:00am-10:30am  Dia De Los Muertos 11:00am-3:00pm
4 Positive Thoughts 10:00am-10:45am Healthy Habits 11:00am-12:00pm	5 Parent Support Group (Spanish Speaking) 9:30am-10:30am Happy Dancing 11:15am-12:00pm Wrap Support (Spanish) 2:00pm-3:00pm Grief Support Group 3:00pm-4:00pm	6 Women's Discussion Group 10:30am-11:30am Farmer's Market Walk n Talk 12:00pm-1:00pm Radical Expression 2:00pm-3:00pm Healthy Relationships 3:00pm-4:00pm	7 CBT Group for Perinatal Depression 10:00am-11:00am Mental Health Workshop (Promotoras) 1:00pm-2:00pm Veteran's Social Hour 2:00pm-3:00pm M.A.N U.P 3:00pm-4:00pm	8 PAW-sitive Steps to Wellbeing 9:00am-10:30am WRAP Support Group (Hybrid) 10:00am-12:00pm Movies & Chill 2:00pm-4:00pm
11 PRC CLOSED Veteran's Day 	12 Parent Support Group (Spanish Speaking) 9:30am-10:30am Happy Dancing 11:15am-12:00pm Wrap Support (Spanish) 2:00pm-3:00pm Grief Support Group 3:00pm-4:00pm	13 Women's Discussion Group 10:30am-11:30am Farmer's Market Walk n Talk 12:00pm-1:00pm Radical Expression 2:00pm-3:00pm Healthy Relationships 3:00pm-4:00pm	14 CBT Group for Perinatal Depression 10:00am-11:00am Mental Health Workshop (Promotoras) 1:00pm-2:00pm Veteran's Social Hour 2:00pm-3:00pm M.A.N U.P 3:00pm-4:00pm	15 PAW-sitive Steps to Wellbeing 9:00am-10:30am WRAP Support Group (Hybrid) 10:00am-12:00pm Movies & Chill 2:00pm-4:00pm
18 Positive Thoughts 10:00am-10:45am Healthy Habits 11:00am-12:00pm	19 Parent Support Group (Spanish Speaking) 9:30am-10:30am Happy Dancing 11:15am-12:00pm Wrap Support (Spanish) 2:00pm-3:00pm Grief Support Group 3:00pm-4:00pm	20 Parent Workshop: Gratitude and Mental Health  11:00am-1:00pm Radical Expression 2:00pm-3:00pm Healthy Relationships 3:00pm-4:00pm	21 CBT Group for Perinatal Depression 10:00am-11:00am Mental Health Workshop (Promotoras) 1:00pm-2:00pm Veteran's Social Hour 2:00pm-3:00pm M.A.N U.P 3:00pm-4:00pm	22 PAW-sitive Steps to Wellbeing 9:00am-10:30am WRAP Support Group (Hybrid) 10:00am-12:00pm Movies & Chill 2:00pm-4:00pm
25 Positive Thoughts 10:00am-10:45am Healthy Habits 11:00am-12:00pm	26 Parent Support Group (Spanish Speaking) 9:30am-10:30am Happy Dancing 11:15am-12:00pm Wrap Support (Spanish) 2:00pm-3:00pm Grief Support Group 3:00pm-4:00pm	27 Women's Discussion Group 10:30am-11:30am Farmer's Market Walk n Talk 12:00pm-1:00pm Radical Expression 2:00pm-3:00pm Healthy Relationships 3:00pm-4:00pm	28  PRC CLOSED	29 PRC CLOSED

GROUP	DAY OF THE WEEK	DESCRIPTION
Positive Thoughts	Monday	Affirmations shared that you could use a more positive frame of mind.
Health Habits	Monday	Support group for dual diagnosis participants with maladaptive thought patterns.
Parent Support Group (Spanish)	Tuesday	Support group for parents provided in Spanish.
Happy Dance	Tuesday	Informal body movement to music that releases tension and increase positive energy.
WRAP Support (Spanish)	Tuesday	Wellness Recovery Action Plan (WRAP) group for individuals exploring self-help methods and resource doe keeping themselves well in addition to helping themselves feel better in difficult times (provided in Spanish).
Grief Support	Tuesday	This group provides a Brave space for people to gain knowledge and tools to assis in the grieving process.
Women's Discussion Group	Wednesday	A safe and supportive space for women to explore and discuss different topics regarding womanhood.
Farmer's Market Walk n Talk	Wednesday	Walk and talk with us on the way to Watts Willowbrook Farmers' Market. Learn about EBT perils and get your steps in. Get to know the Peers and what our center is all about.
Radical Expression	Wednesday	Join us for an hour of self-expression. Explore creativity in a safe and supportive space and learn to express yourself in ways that empower your mental health.
Healthy Relationships	Wednesday	Provides support and tools.
CBT Perinatal Depression	Thursday	Support for expectant mothers during a time of stress and will teach mood management.
Veteran's Social Hour	Thursday	Leisure activities light snacks and comradery.
M.A.N U.P	Thursday	Men Advancing New Understandings and Practices (MAN UP) provides practical sensible and estimable skills for optimum health.
PAW-sitive Steps To Wellbeing	Friday	Learn how pets can Paw-sitively improve your mental health.
WRAP Support (Hybrid)	Friday	Hybrid Wellness Recovery Action Plan group for individuals exploring self-help methods and resource doe keeping themselves well in addition to helping themselves feel better in difficult times.
Paternal Mental Health	Friday	Support group for fathers.
Movies & Chill	Friday	Join us for movies and chill, popcorn and hot chocolate.

HEY NOVEMBER