

SAN DIEGO COUNTY BLACK INFANT HEALTH (BIH) YOUR JOURNEY



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BIH Enrollment Criteria:

- African American women
- 26 or fewer weeks pregnant
- 18 years or older



Participate in 10-Week Prenatal Group

Group sessions empower and support you. Topics include:

- Cultural heritage
- Healthy pregnancy and preparing for your baby
- Social support and stress management
- Health relationships and celebrating families.



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Congratulations on your delivery!



Congratulations! You've completed the BIH program!

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Exit the BIH program

Not participating in group sessions will result in exiting the BIH program. Case management services are still available up until 60 days after enrollment.



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Ongoing One-on-One Support and Life Planning



Throughout the program, participants receive guidance and referrals on a range of topics, including:

- Identifying your needs and providing referrals to access medical, dental, and other social services
- Identifying and building on your strengths and resources to problem-solve and obtain services and support you need
- Participate in Life Planning to create a written plan for your future

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Participate in 10-Week Postpartum Group

Topics include:

- Basic needs and self-care
- Developmental milestones
- Nurturing your baby
- Your future



Receive up to an additional 60 days of support after postpartum group before program completion.