

black infant health

Empowering Pregnant and Mothering
African-American Women



WELCOME TO THE BLACK INFANT HEALTH PROGRAM

The San Francisco Black Infant Health Program honors the unique needs, history and traditions of women of African descent. The values and priorities of Black women are at the core of every interaction. Participants build on their own strengths to cope with life's challenges and enrich themselves, their families and their communities.

The activities in the SFBIH program help a woman bolster her confidence and strengthen her resilience. We help her incorporate the tools of mindfulness, gratitude practice and good nutrition in her everyday life in order to increase her protective factors so that she and her baby can thrive.



SERVICES WE PROVIDE:

- 10 Prenatal Sessions
- 10 Postpartum Sessions
- SisterCircle Group
- Breastfeeding Classes
- Fatherhood Circle
- Individual Life Planning
- Referrals for Public Health Nurse
- Supportive services referrals
- Client incentives
- Healthy meals during Groups
- EATSF Vouchers
- Community Prenatal Baby Showers



call us : 628.217.5399

email us: bih@sfdph.org

1290 Fillmore St., Ste. 103
San Francisco, CA 94115

Open: Monday - Friday
9:00AM - 5:00PM