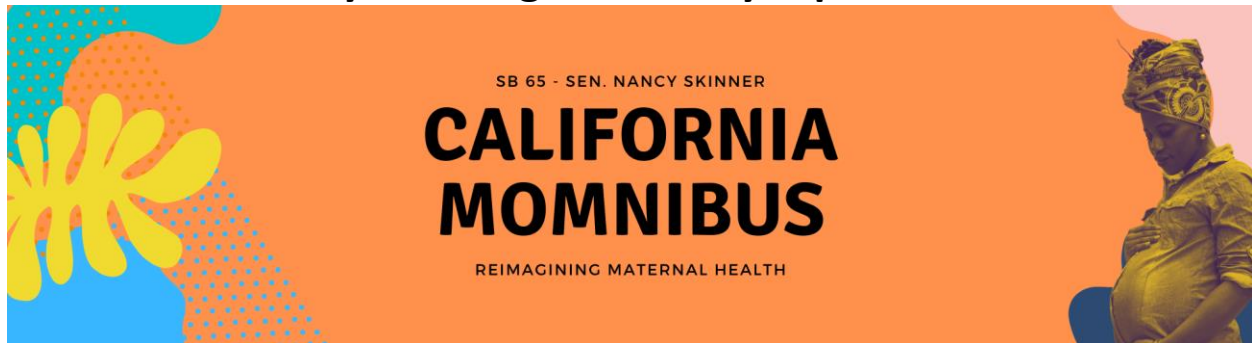


MCHA Monthly Meeting - Thursday, April 15, 2021



Black Maternal Health Week! April 11-17

1. **Greetings** - Mailing sent; materials distributed – Lynn Kersey, MCHA

2. Updates:

- **A. State** – CA Momnibus and its parts, separate budget action – Senate Democrats, “Build Back Boldly”
- **B. Rent** – three resources -
 - Declaration letters to landlord for back rent owed (and future if can't pay April, May or June 2021). www.norent.org

California Rent Relief - for cities/communities not included in City of LA:

https://housing.ca.gov/covid_rr/ tenant/landlord help for state: housing.ca.gov

- LA CITY COVID RENTAL ASSISTANCE - ERAP
LINK <https://hcidla.lacity.org/> ERAP hotline (833) 373-0587
- **C. Undocumented Indigenous Fund** – CIELO
<https://mycielo.org/undocu-indigenous-fund/>
 - \$500 gift card, possibly more if have an ITIN number (for filing taxes). Must be undocumented, list name, indigenous language and area (pueblo, region) they are from

List of resources for COVID in multiple indigenous languages:

https://docs.google.com/document/u/2/d/1HMRXQ0pAY9-o62C3uPPDckHmVpunz31zsPhWE_hSMno/mobilebasic

3. Guest Speaker:

Dr. M. Lynn Yonekura, MD

Executive Director, LA Best Babies Network

Director of Community Benefits, Calif Hospital Medical Center

“COVID-19 Vaccination – Pregnancy and Lactation

4. Announcements

5. **Next Meeting: Thursday, May 20, 2021!**



Black Maternal Health Week



Maternal and Family Health

Black Maternal Health Week takes place every year April 11 – 17.

Additionally, the month of April is recognized in the United States as National Minority Health Month – a month-long initiative to advance health equity across the country on behalf of all racial and ethnic minorities. Along with March Of Dimes, Los Angeles Public Library is providing programming, books, and community resources to uplift black mothers and their families.



Join the conversation!
#BMHW20
#BlackMaternalHealthWeek

Black Infants & Families
LOS ANGELES
[BlackInfantsAndFamilies.org](https://www.blackinfantsandfamilies.org)

Reclaiming Our Power, Resilience and Liberation

Monday, April 12

12-1 p.m.

Join Kimberly Durdin (Kindred Space LA), Michelle Sanders (AAIMM Doula Program), LeHenry Solomon (Father Involvement For A Brighter Future) and Jessica Wade (Mighty Little Giants) in conversation with Mashariki Kudumu (March of Dimes) on Black-led and community driven solutions to create positive spaces for Black mothers and families.

Empowering Self-Care Strategies for Wellness

Friday, April 16

12-1 p.m.

Creating a self-care routine during a pandemic can feel like an obstacle course – especially for mothers navigating a new normal. Join us for this interactive workshop where we explore why positive self-talk and self-nurturing matters and how to put them into action, learning new coping strategies, and experiencing hope and validation in identifying with others. We will discuss pathways to decreasing feelings of isolation, stigma, and shame around accessing resources and interventions that improve symptoms of mental distress.

Amplify Black Birthing Experiences: A Conversation with Kimberly Seals Allers and Mashariki Kudumu

Monday, April 19

2-3 p.m.

Join award-winning journalist, author, podcast host and tech entrepreneur, Kimberly Seals Allers and host Mashariki Kudumu from the March of Dimes in a discussion about Allers's strategies to uplift and amplify the stories and experiences of Black mothers as well as her new app, Irth--a tool for Black and brown parents to use in creating accountability around bias and racism in maternity and infant care.

All programs will be streamed live on the library's Facebook and YouTube pages.

Black Maternal Health Week

Resources

The Black Maternal Health Week campaign, founded and led by the Black Mamas Matter Alliance, is a week of awareness, activism, and community building intended to amplify community-driven policy, research, and care solutions with a focus on maternal health, birth, and reproductive justice in the United States.

African American Infant and Maternal Mortality Prevention Initiative (AAIMM) blackinfantsandfamilies.org
AAIMM, a coalition of the L.A. County Health Agency and community organizations, has Community Action Teams throughout Los Angeles County as well as a community doula program for Black birthing families.

Black Mamas Matter Alliance blackmamasmatter.org
Provides technical assistance, training, and capacity building for grassroots organizations, maternity care service providers, academia, and the public health industry.

Black Women for Wellness bwwla.org
A multi-generational, community-based organization committed to the well-being of Black women and girls by building healthy communities through health education, empowerment, and advocacy.

BreastfeedLA breastfeedla.org
Extensive resources for parents, health professionals, hospitals, and employers and a number of programs and resources to improve the landscape of breast/chestfeeding support for communities of color.

California Black Women's Health Project cabwhp.org
Supports Black Birth Workers on the frontlines serving our community. Committed to advocating for policies that address implicit racial bias and expand opportunities for Black Birth workers to meet the needs of Black women, babies, and families.

CinnaMoms cinnamoms.org
Hosts support circles in Los Angeles, Crenshaw, Inglewood, South Bay, Bellflower, and Pomona areas. Their mission is to create a cultural space for African American women to come together to share and advocate for breastfeeding, parenting, and health for the entire life course.

The Frontline Doulas Hotline frontlinedoulas.com/hotlineintake
A respectful "warm line" that allows Black pregnant and postpartum individuals throughout California to connect to a community doula for a free 50-minute emotional support phone call or text.

iDREAM for Racial Health Equity idreamnow.org
iDream is a leadership, training, and advocacy development network dedicated to equipping a pipeline of stakeholders to address the complex health issues facing African American families and examines solutions to the infant mortality crisis in LA County.

Irth App irthapp.com
Irth app helps Black and brown women and birthing people have a more safe and empowered pregnancy and parenting experience by allowing users to see how other parents of color experienced care at a doctor or hospital.

Kindred Space L.A. kindredspacela.com
A hub for midwifery care, doula support, lactation consulting, education, support groups, enrichment, meditation, and movement.

L.A. County Black Infant Health Program publichealth.lacounty.gov/mch/BIH/bih.htm
Within a culturally affirming environment and honoring the unique history of African American women, the Black Infant Health (BIH) Program uses a group-based approach with complementary client-centered case management to help women develop life skills, learn strategies for reducing stress, and build social support. BIH serves African-American women who are 18 years or older and up to 30 weeks pregnant at the time of enrollment.

L.A. County MAMA's Neighborhood dhs.lacounty.gov/womens-health/our-services/womens-health/prenatal/mamas-neighborhood
A mother-centered prenatal care and health coordination program for women receiving prenatal care with the L.A. County Department of Health Services (DHS). Offers a variety of services including affordable health care, individualized care coordination, prenatal classes, breastfeeding consultations, hospital tours, and more.

March of Dimes marchofdimes.org
A national organization fighting for the health of all moms and babies. The organization supports moms throughout their pregnancy, educates medical professionals and the public on best practices, conducts lifesaving research, advocates for policies that prioritize the health of moms and babies, and provides comfort and support to families in the NICU.

Safe & Sacred Pregnancy: Black Mamas Glowing Through COVID-19 maternalmentalhealthnow.org/circles
A virtual support network to reduce isolation and build community for Black birthing families. This series is for pregnant and birthing people residing or working in Los Angeles County.

Soul Food for Your Baby soulfood4yourbaby.org
This community program aims to increase breastfeeding rates in the African American community by providing classes, support groups, and community resources.