

Support for Black Families



Black Infant Health

Black Infant Health (BIH) envisions a community where Black families thrive and live healthy, joyful, connected lives. We give Black and African American parents pregnancy and parenting support from people who look like them.

Personalized support

Black nurses and community health workers provide ongoing support like:

- Mentorship, emotional support, and health education.
- Postpartum nursing visits.
- Monthly peer support groups.
- Links to services during pregnancy and infancy.
- Help with applications and paperwork.
- Help with school and work goals.
- Advocacy for social and healthcare providers needs.

We will help you achieve your health goals. You may also be eligible to get extra support like access to a licensed mental health worker or a trained birth doula.

Connection to other Black families

We provide lots of opportunities to meet others:

- Monthly support groups.
- Community building events and celebrations.
- Tiny Blessing Celebrations to honor your little one(s) reaching their first birthday.

Learn more at tpchd.org/bih.

Do you identify as Black?

Are you pregnant or parenting an infant younger than 1 in Pierce County?

Join Black Infant Health! You don't need insurance or a certain income level.

Contact us at
mchservices@tpchd.org or
(253) 649-1404.

Click or scan QR code to
get support for your family:

