

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

Your Community Health Worker will connect with you twice a month (or more if you prefer). You choose when and where you meet. We provide:

- Mentorship and spiritual support.
- Health education.
- Linkage to resources.
- Healthcare navigation.
- Social connections.
- Extra support from a nurse after you deliver your baby.

Your Community Health Worker is there to support you achieve your health goals. Some clients 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.
- 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.

Want to help improve birth equity in Pierce County?

BIH organizes a Community Action Coalition to uplift and promote health equity and racial justice.

Contact Amanda Jones at ajones@tpchd.org.



Pierce County

Washington State
Health Care Authority



Washington State Department of
HEALTH



Tacoma-Pierce County

Health Department

Healthy People in Healthy Communities