



Are you pregnant – or would you like to become pregnant?

Do you identify as **African American?**

Do you live in **Multnomah County?**

If you answered YES to all three,
CareOregon and Multnomah County
invite you to **Healthy Birth Initiatives!**

About Healthy Birth Initiatives (HBI)

HBI is a county program that's ready to support you through pregnancy and beyond. There's no cost to you.

We're part of an effort to change racial inequities that pregnant Black women face.

We are Afrocentric. Our staff members have similar lived experience. We understand how important it is for someone who looks like you to be caring for you.

We support, encourage, and suggest resources that match your needs.

- ▶ Connect you to Black medical and mental health professionals.
- ▶ Offer your partner a fathers' group, as well as case management.
- ▶ Create a plan for safe and secure housing.
- ▶ Coach you on how to advocate for yourself in the health care system.
- ▶ Enroll you in breastfeeding classes.

No income limits: You're welcome in Healthy Birth Initiatives, whatever your income.

When to call us: When you find out you're pregnant – and the earlier, the better!

Reach us: 503-988-3387 or TTY 711. If you get voicemail, please leave a message so we can call you back! We have no waitlist.

Please call us so we can answer any questions: 503-988-3387

Email us at: healthy.birth@multco.us

You can get this letter in other languages, large print, Braille or a format you prefer. You can also ask for an interpreter. This help is free. Call 800-224-4840 or TTY 711.

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HSO-21175975-0730

