

WELLNESS PROGRAM FOR MOMS WITH CHILDREN 0-5!

MATERNAL MENTAL HEALTH

Educational Success | Emotional Wellbeing | Lifelong Health | Economic Mobility

NEW PERINATAL PROGRAM AT CII!

Happy Mommies, Healthy Babies is a **FREE** community-based maternal mental health initiative serving mothers of color living in South Los Angeles (SPA 6).

Our program aims to reduce stigma around mental health, increase access to culturally responsive services, and strengthen early childhood development. Through education, peer support, and integrated care, we will empower mothers and ensure that their babies thrive.

*ACTIVITIES INCLUDE:

- Stress Reduction for Moms
- Healing Arts & Crafts
- Music & Movement
- Developmental Play
- Cultural Storytelling
- Baby Sign Language Basics
- Peer Sharing Circles
- Nutrition & Self-Care Workshops
- Doula & lactation support, and so much more!

***FREE lunch and giveaways at every gathering!**



**FOR REFERRAL & ENROLLMENT,
PLEASE CONTACT:
MMHinfo@childrensinstitute.org**

**ALSO VISIT:
childrensinstitute.org
TO EXPLORE THE VARIOUS
SERVICES OFFERED AT CII**

**OR CALL US AT:
323-753-2401**