





The Consortium presents

# LA County Mental Health Resource Panel

May 7, 2026

For More Information/Resources Visit:

  @homevisitingLA

[www.homevisitingLA.org](http://www.homevisitingLA.org)

# ABOUT THE CONSORTIUM

The Los Angeles County Perinatal and Early Childhood Home Visitation Consortium brings together more than 60 home visiting programs, family and child health organizations, and community partners. Together, we strengthen LA County's home visiting system through shared training and resources, research and data collection, improved referral pathways, and advocacy for policies that recognize the vital role of home visiting services.

## Mission

The Los Angeles County Perinatal and Childhood Home Visitation Consortium convenes and coordinates organizations to strengthen collective capacity around advancing racial equity, centering family voice, sustaining quality practices, influencing policy, and growing funding, so that all expectant and parenting individuals have access to support, and LA's children are healthy, safe, and ready to learn.

## Scan to Join!

<https://www.homevisitingla.org/member>



# IMPORTANT INFO

## DON'T FORGET!

- This webinar is being recorded.
- The recording and materials will be sent out in a follow-up email.
- All trainings are posted on our website.

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## TO-DOS

- Submit questions via the Q&A box.
- Please complete the survey at the end, your feedback is important to us.

# TODAY'S PRESENTERS



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**Dr. Verónica Chávez, PhD,**  
IFECMHS, RPF II  
**Dr. Evelyn E. Espinoza,**  
PsyD, IFECMHS  
**Alisha Manning, LCSW,**  
PMH-C  
Los Angeles County  
Department of Mental  
Health Family &  
Community Partnerships



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**Adriana de Franco**  
Brightlife Kids

**JEWISH FAMILY SERVICE LA**

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**Melanie Weiner, LMFT,**  
PMH-C  
New Parents Connect  
Jewish Family Service LA



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**Alex Villalba**  
Maternal Mental Health  
Now



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**Lizeth Martinez, LCSW,**  
**Diana Casillas**  
Help Me Grow LA

## TODAY'S LEARNING OBJECTIVES:

- Learn about available perinatal and family mental health services
- Understand referral pathways and eligibility criteria
- Identify strategies to support families experiencing barriers to accessing care
- Gain practical tips to navigate mental health systems and managed care plans

# Infant Mental Health & Parental Perinatal Mental Health: Referral Network

Dr. Verónica Chávez, PhD, IFECMHS, RPF II

Dr. Evelyn E. Espinoza, PsyD, IFECMHS

Alisha Manning, LCSW, PMH-C

Los Angeles County Department of Mental Health  
Family & Community Partnerships

# Los Angeles County Department of Mental Health

The County of Los Angeles Department of Mental Health serves Children, TAY, Families, Adults and Older Adults. However, **there are limited resources for individuals during the perinatal period.**



LOS ANGELES COUNTY  
DEPARTMENT OF  
MENTAL HEALTH  
hope. recovery. wellbeing.



## Current Landscape

- 38 Directly Operated Adult clinics
- 8 Directly Operated Childrens Clinics
- 13 Maternal Mental Health (MMH) Champions across the SA's and 3 Countywide Champions
- Fatherhood Initiative Champions
- Current MMH Programs:
  - SA 1 Maternal Mental Health Program
  - SA 7 FSP Mothers and Babies



# Programs

## Birth to 5 Services

- Supports children between the ages of newborn through five years old
- Supports the Caregiver-Child Relationship
- Supports Co-Regulation
  - Promotes regulated behavior and emotions in young children

## Parental Perinatal Mental Health

- Supports Birthing and Non-Birthing caregivers
- Supports Perinatal Mood and Anxiety Disorders (PMADs)
- Supports Caregivers adjusting to Baby and their role as their caretakers

# DMH DO Perinatal Mental Health Clinic Directory

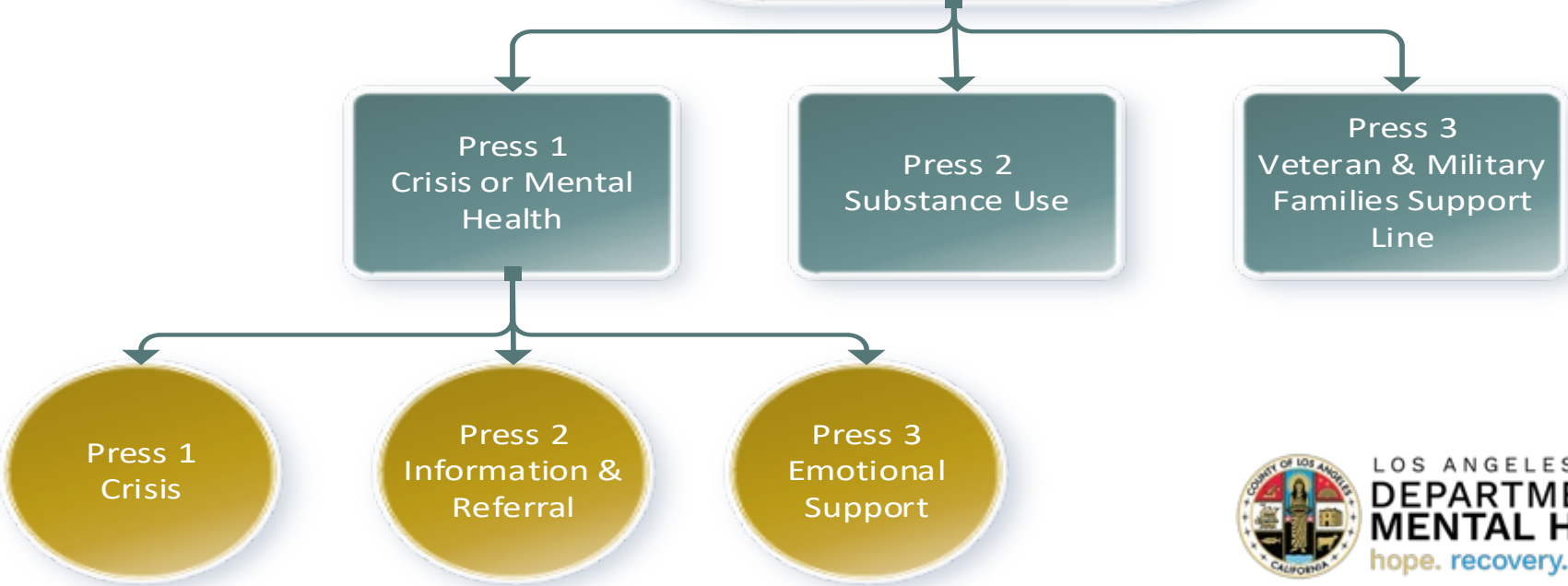
## DMH Parental Perinatal Mental Health Directory

Sup. District	Agency Name	Address	Target Population	Services	Phone #
<b>Service Area 1</b>					
5	Antelope Valley Child and Adolescent Program	2323 Suite A - East Palmdale Blvd, Palmdale, CA 93550	Child and TAY	Therapy	(661) 223-3800
5	Antelope Valley Mental Health Center	349 East Avenue K-6., Ste. A., Lancaster, 93535	Adult	Therapy, Psychiatry, Nurse	(661) 723-4260
5	Palmdale Mental Health Center	2260 E. Palmdale Blvd. Suite J., Palmdale, CA 93550	Adult	Psychiatry	(661) 575-1800
<b>Service Area 2</b>					
5	Olive View Mental Health Clinic	14238 Saranac Lane, Sylmar, CA 91342	Adult	Therapy	(818) 485-0888
3	San Fernando Child and Family Center	919 1st St., San Fernando, CA 91340	Child and TAY	Therapy, Psychiatry	(818) 256-1124
3	Valley Coordinated Children's Services (VCCS)	19231 Victory Blvd, Ste. 110., Reseda, CA 91335	Child and TAY	Therapy	(818) 708-4500
<b>Service Area 3</b>					
5	Arcadia Mental Health Center	330 E. Live Oak Ave., Arcadia, CA 91006	Adult	Therapy	(626) 254-1400
5	East San Gabriel Valley Mental Health Center	1359 N. Grand Ave., Covina, CA 91724	Adult	Therapy	(626) 430-2900
<b>Service Area 4</b>					
3	Hollywood Mental Health Center	5419 Sunset Blvd., Los Angeles, CA 90027	Adult	Therapy, Psychiatry	(323) 769-6100
1	Northeast Mental Health Center	3303 N. Broadway St., Los Angeles, CA 90031	Adult	Therapy	(323) 478-8200
<b>Service Area 5</b>					
3	Edelman Westside Mental Health Center	11303 W. Washington Blvd., Ste 200., Los Angeles, CA 90066	Child and TAY	Therapy	(310) 482-3200
<b>Service Area 6</b>					
2	Augustus F. Hawkins Child and Adolescent	1720 E. 120th St., Los Angeles, CA 90059	Child and TAY	Therapy	(424) 454-5000
2	Augustus F. Hawkins Comprehensive Mental Health	12021 S. Wilmington Ave, Bldg 18, 2nd FL, Los Angeles, CA 90059	Adult	Therapy	(310) 668-4271
2	Compton Family Mental Health Clinic	921 E. Compton Blvd., Compton, CA 90221	Adult	Therapy, Psychiatry	(310) 668-6800
2	West Central Family MHC	3609 10th Ave. 1st FL, Los Angeles, CA 90018	Adult	Therapy	(323) 298-3680
<b>Service Area 7</b>					
4	American Indian Counseling Center (AICC)	17707 Studebaker Rd. Ste 208, Cerritos, CA 90703	Both	Therapy	(562) 402-0677
4	Rio Hondo Mental Health Center	17707 Studebaker Rd., Cerritos CA 90703	Adult	Therapy	(562) 402-0688
1	Roybal Family Mental Health Center	4701 Cesar E. Chavez Avenue, 2nd Floor, Los Angeles, CA 90022	Both	Therapy	(323) 267-3400
1	San Antonio Family Center	2629 Clarendon Ave. 2nd FL, Huntington Park, CA 90255	Child	Therapy	(323) 584-3700
<b>Service Area 8</b>					
4	Long Beach Child and Adolescent Program	2600 Redondo Ave 6th Flr., Long Beach, CA 90806	Child and TAY	Therapy	(562) 256-2906
4	Long Beach Mental Health Center	2600 Redondo Ave 3rd Flr., Long Beach, CA 90806	Adult	Therapy	(562) 256-2900
4	Harbor-UCLA Medical Center Child & Adolescent Program	21810 Normandie Ave 1st FL, Torrance, CA 90502	Child and TAY	Therapy	(424) 492-3200
4	Harbor-UCLA Medical Center Adult Outpatient	1000 W. Carson St N26-A, Torrance, CA 90509	Adult	Therapy, Psychiatry	(424) 492-3100
4	San Pedro Mental Health Center	1360 W 6th St. Suite 200, San Pedro, CA 90732	Adult	Therapy	(310) 519-6100
2	South Bay Mental Health Center	1045 W Redondo Beach Blvd. 3rd Floor, Gardena, CA 90247	Adult	Therapy	(323) 241-6730
4	TIES for Families - South Bay	21810 Normandie Avenue, Second Floor, Torrance, CA 90502	Child and TAY	Therapy	(310) 533-6600

Los Angeles County Help Line for  
Mental Health and Substance Use Services  
(800) 854-7771

- Press 1 – English
- Press 2 – Spanish
- Press 3 – Mandarin
- Press 4 – Cantonese
- Press 5 – Korean
- Press 6 – Armenian
- Press 7 – Russian
- Press 8 – Arabic
- Press 9 – Farsi
- Press 10 – Vietnamese
- Press 11 – Cambodian
- Press 12 – Tagalog
- Press 13 – All Other Languages

# DMH ACCESS HELP LINE



# Los Angeles County Help Line for Mental Health and Substance Use Services

## Mission

- To provide consumers compassionate, timely and reliable mental health services and information in collaboration with the Department of Mental Health and other providers in Los Angeles County.
- A team of multidisciplinary staff provides various kinds of mental health direct and referral services 24 hour, 7 days a week, including all holidays.
- ACCESS has various shifts: AM, MID, PM and NOC.

## Services Offered

- Information and Referral
- Emotional Support
- DMH Dispatching of Psychiatric Mobile Response Teams (PMRT) on Crisis Calls
- After-hours support, telephone interpretation, centralized authorization of patient transportation, and general information services



# Contact Information

## DMH Birth to Five Network

[iCARE@dmh.lacounty.gov](mailto:iCARE@dmh.lacounty.gov)



## Parental Perinatal Mental Health Network

[iParent@dmh.lacounty.gov](mailto:iParent@dmh.lacounty.gov)



LOS ANGELES COUNTY  
DEPARTMENT OF  
MENTAL HEALTH  
hope. recovery. wellbeing.

# Building a brighter future for California families



**Adriana de Franco**  
Community Engagement Manager  
[adefranco@hellobrightline.com](mailto:adefranco@hellobrightline.com)



# BrightLife Kids

A CalHOPE program by Brightline

BrightLife Kids provides **free** behavioral health **coaching** to all California families with kids ages 0–12



# 100% funded by the state of California



Funded by California Department of Health Care Services (DHCS)



CA Children and Youth Behavioral Health Initiative (CYBHI)  
Behavioral Health Services Virtual Platform:

- Brightline/BrightLife Kids (0 to 12 years of age)
- Kooth/Soluna (13 to 25 years of age)

# Accessibility of our program



No insurance, income, referral, or immigration status is required. Only qualifying factor is a zip code in the state of California.

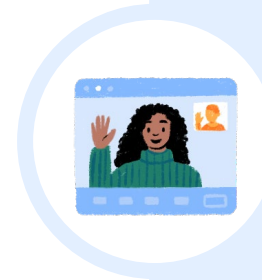


Available on web, Android & Apple (App: Brightline) with Member Support Services available via phone



## Product available in English/Spanish

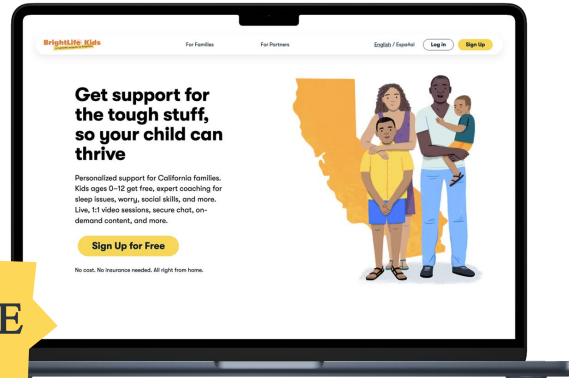
Bilingual (English/Spanish) coaches with live translation in Chinese, Vietnamese, Tagalog, Korean, Armenian, Russian, Farsi, Japanese, Arabic, Cambodian, Hindi, Hmong, Thai, Punjabi, Mien, Ukrainian, Laotian



Coaches available M-F, 9am - 8pm PST via live sessions or secure chat

# Getting started is simple

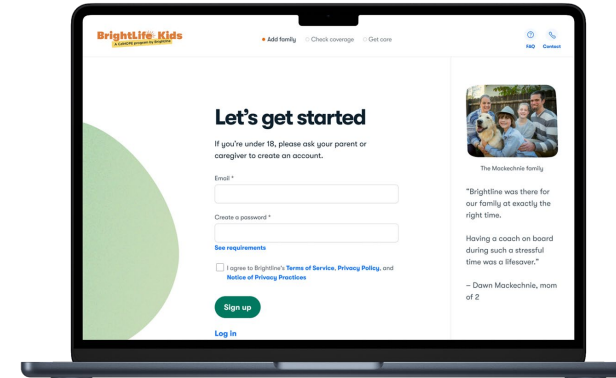
1



FREE

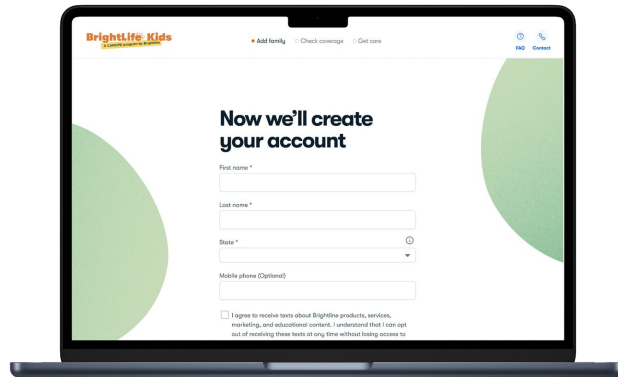
Sign up on the BrightLife Kids website

2



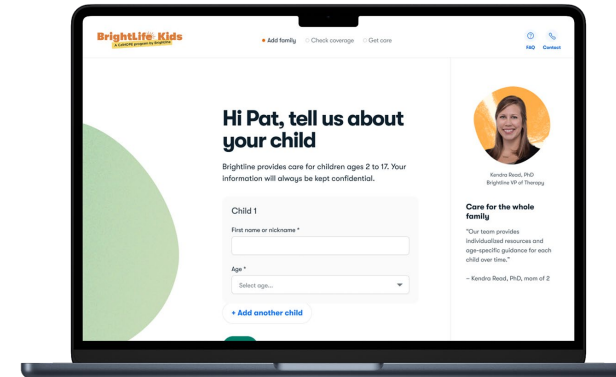
Add an email and password

3



Create your account

4



Add your child/kids

# What do families get with BrightLife Kids?



Coaching and chat



Digital tools



Care coordination



BrightLife Kids communities

# How BrightLife Kids fits in the care delivery model

**Therapists, physicians**  
Diagnosis & Clinical Intervention

Includes managing higher acuity presenting concerns, symptoms, and risk (e.g. suicidal ideation)

**BrightLife Kids**  
A CalHOPE program by Brightline

**Prevention & early intervention**  
Includes building skills to manage:

Separation anxiety

Worry

Sadness

Tantrums

Self-confidence

Developmental milestones

Social and emotional well-being

Emotional regulation

Disruptive behaviors

Relationship stress and conflict

Managing big emotions

Sleep concerns

Communication skills

# How is coaching different from therapy?

BrightLife Kids is an early intervention and prevention program that focuses on coaching

## Coaching

Focuses on **prevention** and **early intervention**

Helps with **sleep issues, worry, tantrums, and more**

Held in **30-minute sessions**

Teaches **everyday skills and how to express feelings** in healthy ways

## Therapy

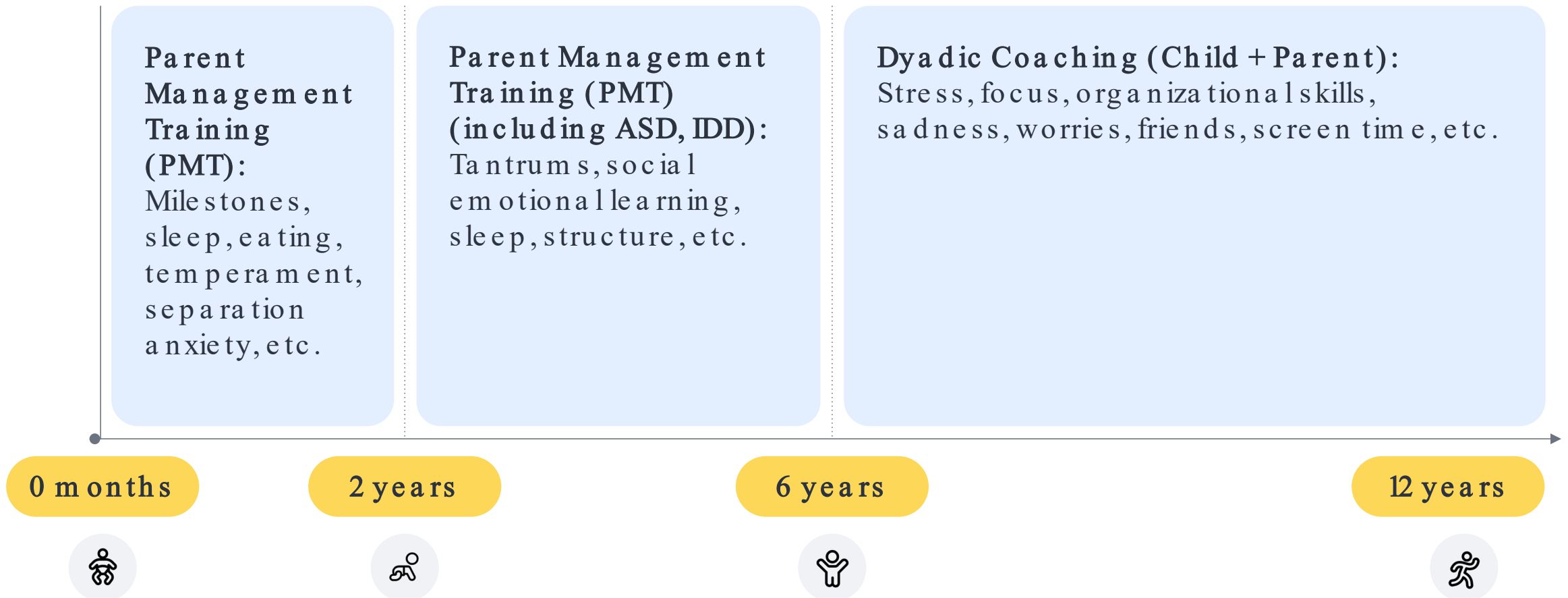
Focuses on addressing **complex or chronic concerns** affecting daily life

Helps with **depression, anxiety, ADHD, and more**

Held in **60-minute sessions**

Provides **referrals to other supportive services** as needed

# How BrightLife Kids helps across ages & stages



# Our qualified coaches have

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- Master's degree in a health-related field or Bachelor's degree+
- **Coaching Certification(s)** from NBHWC (National Board for Health and Wellness Coaching) or ICF (International Coaching Federation)
- 5+ years of **direct experience** working with children, youth, families
- **Extensive background check** (inclusive of National Criminal Search and Sex Offender Search)
- **80 hours of skills and tools development** upon hiring
- **Diverse backgrounds** as well as training and experience with LGBTQ+, BIPOC, and other important identities



# What do families get with BrightLife Kids?

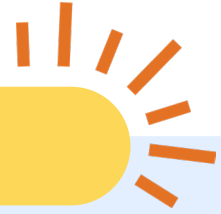


## Coaching and chat

- Live 1:1 coaching sessions from coaches with deep training and experience in behavior change
- Send/receive chats with dedicated coach for everyday challenges between sessions

# What do families get with BrightLife Kids?

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## Digital tools

- Library of on-demand digital content
- Read about managing tantrums, making friends, building self-esteem, and how to get your kids to talk about their feelings



# What do families get with BrightLife Kids?



## Care coordination

- Coach specialists help identify complex needs
- Coordination to the right level of care, guidance navigating community resources, and referrals to those resources if needed

# What do families get with BrightLife Kids?



## BrightLife Kids Communities

- Digital peer community for caregivers to connect, ask questions, and get coaching tips
- Moderators online 24/7 to ensure a secure, safe space
- Four age-group based communities and one for Spanish speakers

brightlife.kids/referrals



# Opening doors to support

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For many families, getting support is the hardest part:

“

It’s hard as a parent to know what to say sometimes or to know what to do. What I was really looking for is someone that would help me navigate my daughter through tense emotions.”

- Lillian, BrightLife Kids mom



# Real change at home

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With the right support, the whole family can notice the difference:

“

I’ve seen a lot of differences since we’ve started our sessions. I feel like my son is more understood. He’s heard more. What I like the most about BrightLife Kids is that it’s an opportunity for our whole family, not just for my son.”

- Monica, BrightLife Kids mom



# BrightLife Kids

A CalHOPE program by Brightline



Register for  
May's webinar:  
Thursday, 5/21  
12:00 - 12:45 pm PST

Summer Digital Wellness: Healthy Habits for Screens and Social Media

BrightLife Kids  
A CalHOPE program by Brightline

## Summer Digital Wellness: Healthy Habits for Screens and Social Media



Register here

- Monthly live webinars
- 45 minutes
- Join from anywhere (it's virtual)
- Space is limited — sign up now!


### About the webinar

**Date:** Thursday, May 21  
**Time:** 12:00pm-12:45pm



**Jessica Elliot**  
Behavioral Health Coach  
BrightLife Kids

Social media can affect mental health, the brain, and your family's privacy. We'll share strategies to help keep your child safe, build healthy habits, and set boundaries that work through summer and beyond. You'll come away confident and ready to guide your family's digital well-being.

 [brightlife.kids/ca](https://brightlife.kids/ca)  888-275-5357  [ce@helloworldbrightline.com](mailto:ce@helloworldbrightline.com)



[brightlife.kids/ca](https://brightlife.kids/ca)



[@brightlifekids](https://www.instagram.com/brightlifekids)



[ce@helloworldbrightline.com](mailto:ce@helloworldbrightline.com)

# BrightLife Kids

A CalHOPE program by Brightline

We reached  
**350,000+ children enrolled**  
since launch two years ago

- 77% are engaging in behavioral health care for the first time with BrightLife Kids
- 63% from under-resourced communities
- 73% identify as BIPOC
- 89% of coaching goals met
- 99% of families satisfied with their experience



# Behavioral health virtual services programs



## Ages 0–12 years

BrightLife Kids, a CalHOPE program by Brightline, provides free behavioral health coaching to all California kids ages 0–12. No costs attached. No insurance required. No referrals needed.

- Private 1:1 coaching via video and secure chat
- Diverse coaches offering bilingual support
- On-demand digital resources
- Coach Specialists for complex needs and referrals
- Peer communities



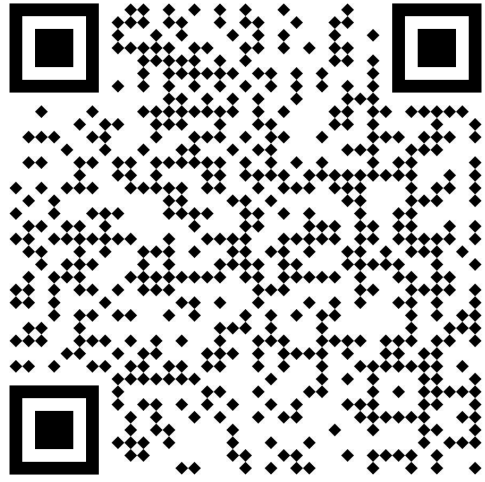
## Ages 13-25 years

Soluna, a CalHOPE program by Kooth, is a confidential mental health platform for California teens and young adults —built to offer flexible, stigma-free support that's easy to access and always free.

- 1:1 coaching via video, phone, or secure chat
- Diverse, bilingual coaches for inclusive support
- Interactive tools for self-guided growth
- Moderated forum for safe peer connection

# BrightLife Kids

A CalHOPE program by Brightline



Get a sneak peek today!



[brightlife.kids/ca](https://brightlife.kids/ca)



[@brightlifekids](https://www.instagram.com/brightlifekids)



[ce@hellobrightline.com](mailto:ce@hellobrightline.com)

# NEW PARENTS CONNECT

**SUPPORT FOR NEW & EXPECTING PARENTS  
NAVIGATING MOOD AND ANXIETY DISORDERS**

**A program of JFSLA's Early Childhood Division**

# JEWISH FAMILY SERVICE LA

## NEW PARENTS CONNECT IS A FREE GROUP BASED SUPPORT PROGRAM

For new and expectant  
parents at risk of or  
experiencing symptoms and  
stressors associated with  
PMADs



1 IN 6 MOTHERS

1 IN 10 FATHERS

Experience perinatal mood and anxiety disorders including postpartum depression

If left untreated, perinatal mood and anxiety disorders (PMADs) can increase a number of risks and lower protective factors for families.



## WHO IS ELIGIBLE FOR NEW PARENTS CONNECT?

- Pregnant or new parents in the postpartum period (up to one year) experiencing PMADs, isolation or postpartum challenges
- Los Angeles County residents



## WHAT DOES NEW PARENTS CONNECT PROVIDE?

**NEW MOMS CONNECT Postpartum Support Group:** A 22-week online support group to help mothers navigate the stressors and symptoms of PMADs and other postpartum challenges.

**NEW DADS CONNECT Postpartum Support Group:** A 10-week online support group to help new fathers access the best ways to support their families and share their experiences as fathers.

**PREGNANCY SUPPORT Group:** An 8-week online support group to help expectant parents prepare for the adjustment of having a new baby.

**COUNSELING:** New Parents Connect can also provide no-cost, short-term counseling to participants who would benefit from specialized support or face barriers to accessing counseling. If needed, New Parents Connect links families with complex or heightened needs to other essential support, forming a care network.

## CONTACT NEW PARENTS CONNECT:

Information about New Parents Connect can be found at [jfsla.org/newparentsconnect](http://jfsla.org/newparentsconnect) or by emailing [newparentsconnect@jfsla.org](mailto:newparentsconnect@jfsla.org).

You can enter our program name into a search engine and find our webpage

## COLLABORATION WITH RAISING BABY

Collaborating with our JFSLA Early Childhood “sister program” provides us a real-world template for how home visiting can be perinatal mental health informed.

## WHAT IS RAISING BABY?



Raising Baby is a free, three-year long virtual home visiting program for new and expecting parents.

It is open to all LA County residents beginning in their third trimester of pregnancy.

## WHAT DOES RAISING BABY PROVIDE?

- **A PARENT COACH-CLINICIAN TEAM APPROACH:**
- **VIRTUAL “IN HOME” VISITS:** Individualized sessions with a Parent Coach and Licensed Early Childhood Clinician include interactive activities that promote language, motor, social-emotional, and cognitive development. Visits also cover milestones, pediatric checkups, and offer parents guidance on brain development, attachment, and daily routines to support their child’s early growth.
- **CASE MANAGEMENT:** Parent Coaches assess the family’s needs and connect parents to community resources such as food banks, mental health services, childcare, and government assistance.
- **MONTHLY PARENT EDUCATION AND COMMUNITY BUILDING VIRTUAL GROUPS**
- **IN PERSON PARK MEET-UPS**

## COLLABORATION STORY

An example of collaboration between perinatal mental health and home visiting on a complex case.





5/7/2026

# Help Me Grow LA

## Mental Health Panel

Website: [HelpMeGrowLA.org](https://www.HelpMeGrowLA.org)  
Call Center: (833) 903-3972

Presenter:

Lizeth Martinez, LCSW, Mental Health Consultant  
Diana Casillas, Program Manger

Help Me Grow LA  
LA County Department of Public Health



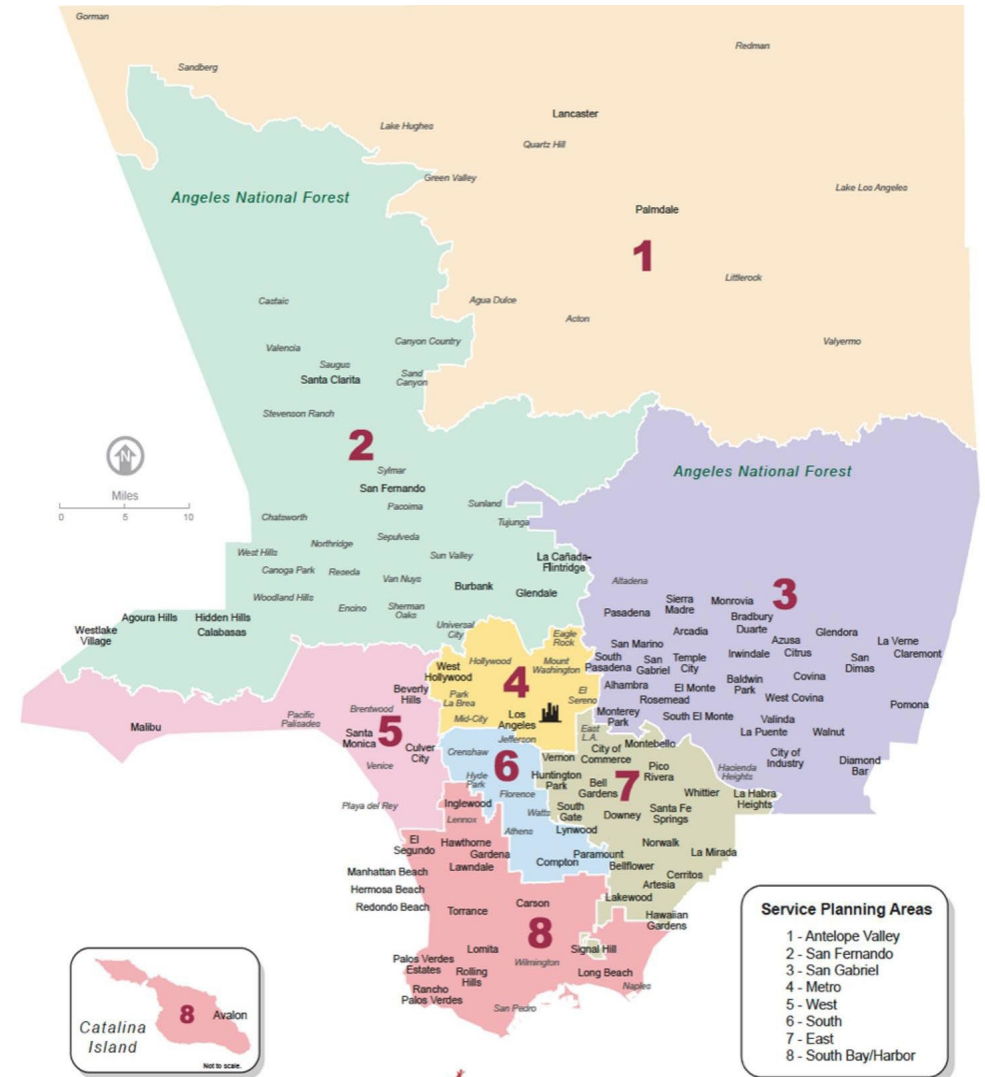
# About Help Me Grow LA

- Help Me Grow LA connects families to services that can support their child's healthy development.
  - This can look like helping families with :
    - Early intervention information
    - Guidance for what to do when there is a developmental concern
    - Care coordination and referrals to services
    - Parent education and support
    - Making sure children are screened for developmental delays



# More about HMG LA :

- Focus on ages 0-5 ( but support families with children of any age)
- Serve all LA County
- No income or medical insurance eligibility
- Available in all languages
- No immigration status information
- Call center
- Family-needs based



**Navigate**



**Connect to resources**



**Coach**



**Follow-up**



**Barriers**



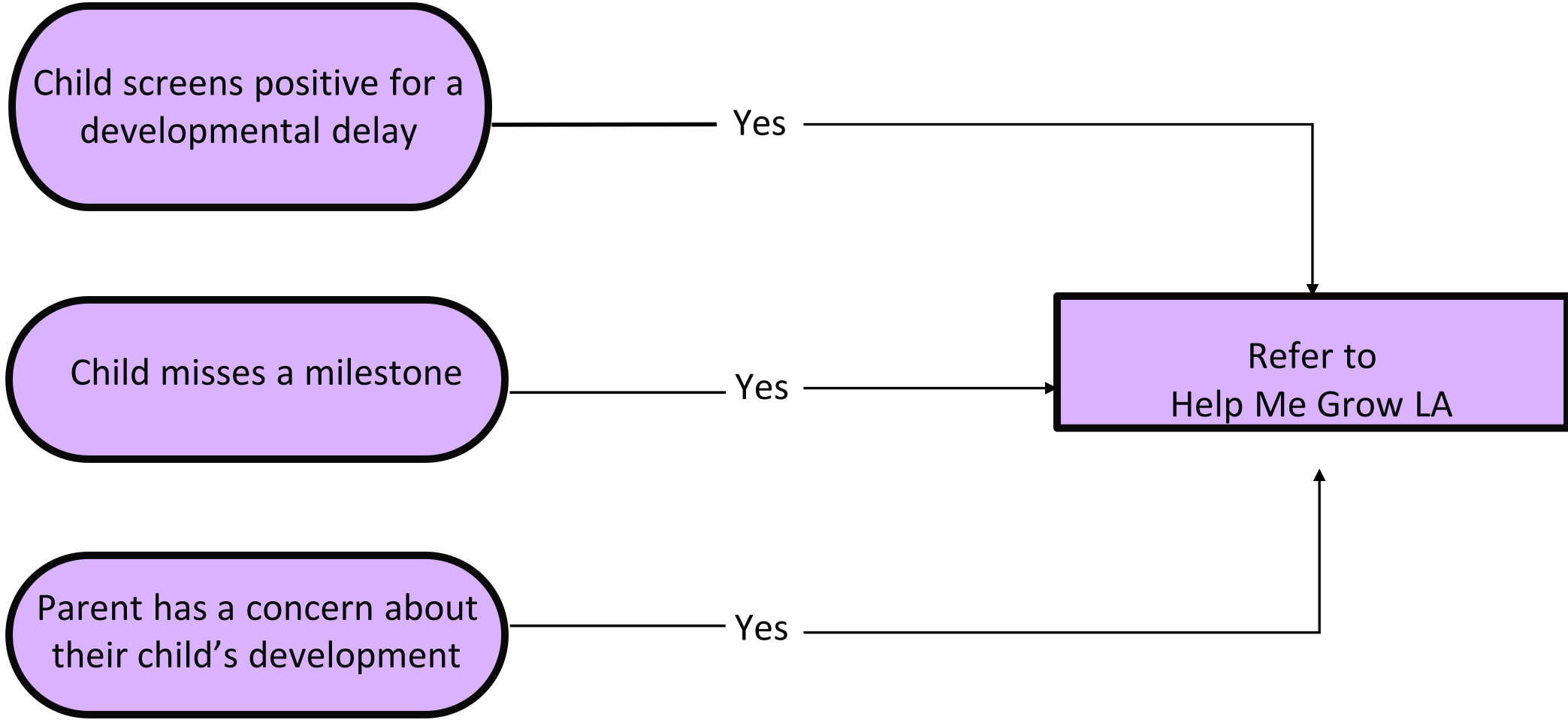
**Call Center: (833) 903-3972**

# Crisis vs non-crisis situations

- **Refer to Mental Health Consultant**
- **Mental Health Consultation**
- **Referrals** to community agencies
- **Stress reduction skills**
- **System Collaboration**



# Reach out to us if:



## For Referrals to HMG LA



1. Call us at (833) 903-3972
2. HelpMeGrowLA.org

  - Connect page




**CALL US AT (833) 903-3972. WE ARE HERE FOR YOU.**

To speak to one of our family support professionals, please call (833) 903-3972. Or, please complete the form below and one of our team members will call you back at a time that works for you.

Help Me Grow LA helps families find services that can support their child's development.

**FAMILY & CAREGIVER HELP FORM**

Family/Caregiver Name

Family/Caregiver Phone Number

Best Day  Best Time

How old is this child?

Who is filling out this form?

Family/Caregiver Email (Used to confirm appointment)

Family/Caregiver Zipcode

Language Option  
 English  Spanish  Other

If you need help with basic needs for your family (food, transportation, etc.), please call 2-1-1 or visit [www.211la.org](http://www.211la.org).

I'm not a robot 

**SUBMIT**

Your email will only be used to confirm or follow-up with information related to this appointment.

Check all that apply.  
 I have a question/concern about a child's development.

Speech, nonverbal  
 Movement, not moving  
 Learning delay or disability  
 Behavioral or emotional  
 Autism, "Spectrum"  
 Sight/Blindness  
 Hearing/Deafness  
 Orthopedic, leg brace, wheelchair  
 Other, not listed above

I am interested in child development resources in my community

I have a question/concern that is not mentioned above





**Thank you!**





**MATERNAL MENTAL HEALTH NOW**  
supporting the well-being of growing families

A project of Community Partners,  
a 501(c)3 organization.

## Supporting the Wellbeing of Families

Alex Villalba (they/them)

Maternal Mental Health NOW as  
**AGENTS OF CHANGE**

The mission of Maternal Mental Health NOW is to remove barriers to the prevention, screening and treatment of prenatal and postpartum depression in Los Angeles County.

For parents in Los Angeles County.

Sharing community wisdom for  
your journey through parenthood.

**1-888-823-SANA**

1-888-823-7262 | [sana@maternalmentalhealthnow.org](mailto:sana@maternalmentalhealthnow.org)



**CALL, TEXT OR EMAIL**

MONDAY - FRIDAY | 9 AM - 5 PM PST

**AVAILABLE IN SPANISH & ENGLISH**



**INFO AT:**

[www.sanasana.support](http://www.sanasana.support)

## Access, Referrals & Engagement

- No waitlist for initial connection; short wait for ongoing 1:1 support
- Interim support includes groups, text check-ins, and resource referrals
- Services available regardless of immigration status; confidential and not shared
- Best referrals include basic context, needs, and preferred language
- Common barriers: stigma, past negative experiences, system mistrust, logistics

## How Sana Sana is Different

- Peer support model, not clinical therapy
- Flexible, participant-led engagement
- Focus on connection, stabilization, and navigation
- Integrated support across mental health, social needs, and community care
- Designed for accessibility and low-barrier entry



# STRENGTH IN *Tiny Steps*

BLACK NICU FAMILY CIRCLE

NEW DAY  
& TIME!

THURSDAYS | 12-1:30 PM

A FREE nurturing support group led by two Black mamas who journeyed through the NICU with their newborns - one tiny step at a time.

This support group was created for Black mothers who currently have a baby in the NICU or have had a baby in the NICU within the last three years.



Dominique Djedje  
Co-Facilitator



Summer McBride  
Co-Facilitator

CLICK TO REGISTER

OR SCAN  
ME



If you're already registered or joining the morning of a session,

CLICK HERE to join the session.

## BENEFITS OF JOINING

- Build community
- Expand your village
- Celebrate milestones
- Receive support & resources ...and so much more.



LEARN MORE AT

[WWW.MATERNALMENTALHEALTHNOW.ORG/STRENGTH-IN-TINY-STEPS/](http://WWW.MATERNALMENTALHEALTHNOW.ORG/STRENGTH-IN-TINY-STEPS/)

# YOUR QUEER PARENTING JOURNEY

*Weekly Peer-Run Support Program*

SCHEDULE YOUR 15-MIN  
INTRO CALL HERE:



**WEEKLY DROP-IN  
TUESDAYS 9-10:15 AM**

*(Starting November 28th, 2023.)*

**VIRTUALLY VIA ZOOM**

*(Must complete intro call to attend  
[www.mmhnow.org/queerfam](http://www.mmhnow.org/queerfam).)*

This group is a free weekly peer-run support space hosted by SANA SANA's peer support program. **Open to the queer community in Los Angeles County who are: pregnant, navigating fertility, parents (both birthing and non-gestational), caregivers, adoptive parents.** This is a trans-affirming space. Anyone who identifies as queer and is in the process of creating or raising their families is welcome.

**QUESTIONS?** Contact Alex (they/them) and Durga (she/they) at [queerfam@mmhnow.org](mailto:queerfam@mmhnow.org).





MATERNAL MENTAL HEALTH NOW  
supporting the well-being of growing families

# QUEER & TRANS

## Perinatal Mental Health

### Toolkit

v1

STORIES, INFORMATION,  
RESOURCES & INCLUSIVE PRACTICES

# What We Learned

*When people feel seen and understood, the nervous system begins to settle.*

- Connection itself is regulating.
- Peer spaces allow participants to witness each other's resilience and creativity.
- Short grounding practices are often more effective than longer meditations for parents and caregivers.
- Sensory tools can be powerful when language feels difficult or overwhelming.

# Resources



Scan Here





# SURVEY TIME!



<https://www.surveymonkey.com/r/Y9XKNK8>



For More Information/Resources Visit:

  @homevisitingLA

[www.homevisitingLA.org](http://www.homevisitingLA.org)