

Island Hope: Women's and Maternal Health Virtual Expo '21 Resources

APRIL 11

A Women's & Maternal Health *Virtual* EXPO '21

Panel Discussion Topics
Advancing Maternal Health &
Achieving Equity Across Healthcare

island hope
INTERNATIONAL
presents

I'M EVERY WOMAN

I am Bold

I am a Survivor

I am Enough

islandhope.org

Maternal & Women's Health Resources

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National Resources

Medical Resources

- *March of Dimes*
 - [Website](#)
 - [Instagram](#)
 - [Facebook](#)
- *Irth App*
 - [Website](#)
 - [Instagram](#)
 - [Facebook](#)
- *Health in Her Hue*
 - [Website](#)
 - [Instagram](#)
 - [Facebook](#)
- *BlackMD Cares*
 - [Website](#)
 - [Instagram](#)
 - [Facebook](#)
- *Sisters in loss*
 - [Website](#)
 - [Instagram](#)
 - [Facebook](#)
- *Black Mamas Matter Alliance*
 - [Website](#)
 - [Instagram](#)
 - [Facebook](#)
- *Perinatal Mental Health Alliance for People of Color*
 - [Website](#)
 - [Instagram](#)
 - [Facebook](#)
- *Your Family Doctor*
 - [Website](#)
 - [Facebook](#)
 - [Twitter](#)

Maternal & Women's Health Resources

- *La leche League International*
 - [Website](#)
 - [Instagram](#)
 - [Facebook](#)
- *Centers for Disease Control and Prevention*
 - [Her Her Concern Website](#)
 - [YouTube](#)
- *Endometriosis Found of America*
 - [Website](#)
 - [Instagram](#)
 - [Facebook](#)
- *The Fibroid Pandemic*
 - Resources for womxn overcoming #fibroids. Advocate of reproductive health. Featured online @healthline.
 - [Website](#)
 - [Instagram](#)

Mental Health Resources

- *Platinum Life Counseling*
 - Providing Christian online therapy for Jamaica, Trinidad & Tobago, Bahamas, British Virgin Islands.
 - [Website](#)
 - [Instagram](#)
 - [Facebook](#)
- *Postpartum Support International*
 - [Website](#)
- *Maternal Mental Health Now*
 - [Website](#)
 - [Facebook](#)
 - [Instagram](#)
 - [YouTube](#)
- *National Alliance on Mental Health*
 - [Website](#)

Maternal & Women's Health Resources

- *Her Hope Behavioral Health*
 - Locations: Colorado, Florida, Illinois
 - [Website](#)
 - [Facebook](#)
- *Relationship Boosters (Marriage & Couples Coaching)*
 - Helping couples and singles who want healthy relationships & marriages, communication, intimacy & sex.
 - [Website](#)
 - [Instagram](#)
- *Coach Shanita*
 - 1:1 + Group + Community Coach, TEDx Speaker + Workshop Facilitator and more.
 - [Website](#)
 - [Instagram](#)
- *Goal Accelerator (Coach)*
 - [Website](#)
 - [Instagram](#)
- *Dr. Shainna*
 - Counselor | Educator | Advocate, helping you foster mental wellness & self-love. The self-love workbook & the self-love workbook for teens
 - [Website](#)
 - [Instagram](#)
- *Angela Choi*
 - International Life Purpose and Career Coach
 - [Website](#)
 - [Facebook](#)
 - [Instagram](#)

Maternal & Women's Health Resources

Florida Resources

Medical Resources

North Florida Resources

- *North Florida Women's Care*
 - [Website](#)
 - [Facebook](#)
 - [Instagram](#)
- *Capital Medical Society*
 - [Website](#)
 - [Facebook](#)
- *Capital Area Healthy Start*
 - [Website](#)
 - [Facebook](#)
- *Center for Young Women's Health*
 - [Website](#)
 - [Facebook](#)
 - [Twitter](#)
- *Child Birth Educators of Tallahassee*
 - [Website](#)
- *Women's Care Florida*
 - [Website](#)
 - Locations: over 40 locations.
- *Meridian Podiatry Clinic*
 - [Website](#)
 - [Instagram](#)
 - [Facebook](#)

Central Florida Resources

- *Community Health Centers*
 - [Website](#)
 - Locations: Pine Hills, Apopka, Bithlo, Clermont, Forest City, Four Corners, Groveland, Lake Elleanor, Leesburg, Meadow Woods, Tavares and Winter Garden.

Maternal & Women's Health Resources

- *Central Florida Health Care*
 - [Website](#)
 - Locations: Avon Park, Crystal Lake Elementary, Dundee, Dundee Annex, Frostproof, Haines City, Hardee, Lake Wales, Lakeland, Lakeland Hills Dental, Lakeland Pediatrics, Mulberry, Winter Haven, Winter Haven Women & Children.
- *Florida Health Orange County*
 - [Website](#)
 - Locations: South Side, Apopka, Eastside, Hoffner, Lake Underhill, Ocoee, Winter Garden, Westside, Lila Mitchell.
- *Women's Care Florida*
 - [Website](#)
 - Locations: over 40 locations.
- *Women's Health Centers*
 - [Website](#)
 - Locations: Hunter's Creek, Kissimmee, Poinciana, Celebration, Avalon Park, Oviedo
- *The Women's Center*
 - [Website](#)
 - Locations: Celebration, Orlando, Ocoee, Oviedo, Altamonte and more.
- *Healthy Mothers, Healthy Babies Coalition of Broward County*
 - [Website](#)
 - [Instagram](#)
 - [Facebook](#)

South Florida Resources

- *Community Health of South Florida*
 - [Website](#)
 - Locations: Doris Ison Health Center, Martin Luther King Jr. Clinical Campesina, Coconut Grove, South Dade, South Miami, Everglades, Marathon, Tavernier, West Perrine, Naranja, West Kendall.
 - Mobile Medical Van Service will be at the following locations from 10am - 5pm.
 - Monday - Perrine Gardens, 10161 Circle Plaza Miami Fl.
 - Tuesday - Author Mays Villas, 11341 SW 216 St. Miami, Fl.
 - Wednesday - Pine Island I & II, 26862 SW 127th Ave. Homestead, Fl.

Maternal & Women's Health Resources

- Thursday - Homestead Gardens, 1542 SW 4th St. Homestead Fl.
- *The Medical Group of South Florida, Inc*
 - [Website](#)
- *South Florida Women's Care*
 - [Website](#)
- *South Miami Women's Health*
 - [Website](#)
 - [Facebook](#)
- *Women's Care Florida*
 - [Website](#)
 - Locations: over 40 locations.
- *Healthy Mothers, Healthy Babies Coalition of Palm Beach County*
 - [Website](#)
 - [Facebook](#)
 - [Instagram](#)
 - [YouTube](#)
- *The Health Connection (Telemedicine)*
 - [Website](#)
 - [Facebook](#)
 - [Instagram](#)
 - Locations: Florida, New York, Maryland.

Mental Health Resources

North Florida Resources

- *Apalachee Center Mental Health Council- Tallahassee*
 - [Website](#)
- *BayCare Behavioral Health- Brooksville*
 - [Website](#)
 - Instagram: <http://www.facebook.com/BayCare>
- *Northside Mental Health- Tampa*
 - [Website](#)
- *Behavioral Health at NFRMC- Gainesville*

Maternal & Women's Health Resources

- [Website](#)
- *The Women's Center of Jacksonville*
 - [Website](#)
 - [Facebook](#)
 - [Instagram](#)
- *Behavioral Health of North Florida- Jacksonville*
 - [Website](#)
 - [Facebook](#)
 - [Instagram](#)
- *The Refuge - Ocklawaha*
 - [Website](#)
 - [Facebook](#)
 - [Twitter](#)

Central Florida Resources

- *Inspired Counseling Center (Telemedicine & In-person Visits available)*
 - [Website](#)
 - [Facebook](#)
 - [Instagram](#)
- *Central Florida Behavioral Hospital*
 - [Website](#)
- *Mental Health Association of Central Florida*
 - [Website](#)
- *Total Life Counseling*
 - Orlando Women's Issues Counseling, Anxiety Therapy Services, Divorce Support Counselors, Depression Therapists with offices in Orlando, East Orlando, Lake Mary, Winter Park & Clermont Florida.
 - [Website](#)
- *FHE Health*
 - ADD & ADHD, Anxiety Disorders, Bipolar, Depression, Eating Disorders, Personality Disorders, PTSD, Schizophrenia, Substance Use Disorder, Trauma.
 - [Website](#)

Maternal & Women's Health Resources

South Florida Resources

- *Life Skills of South Florida*
 - [Website](#)
 - [Facebook](#)
 - [Instagram](#)
- *Thriving Mind South Florida*
 - [Website](#)
- *Community Health of South Florida*
 - [Website](#)
- *Mental Health Center at Destination Hope- Ft. Lauderdale*
 - [Website](#)
 - [Facebook](#)
 - [Twitter](#)
- *Women in Distress*
 - [Website](#)
 - [Facebook](#)
 - [Instagram](#)
- *Inspiring Hope Counseling Services, LLC*
 - Couples, family, group, individual and virtual counseling.
 - [Website](#)
- *Therapy for Black Girls*
 - [Website](#)
 - [Podcast](#)
 - [Find a Therapist](#)
- *Sonia Wynter Association - Tea House Therapy Psychologist*
 - [Website](#)
 - [Instagram](#)
 - [Facebook](#)

Doulas

- *Grow in Life Doula*
 - [Instagram](#)
 - [YouTube](#)

Maternal & Women's Health Resources

- *Nurturing Mothers.Doula*
 - Service Area - Miami-Dade or Broward County
 - [Instagram](#)
 - Phone: (786) 448-6880

- *Magnolia Birth House*
 - [Website](#)
 - [Instagram](#)

- *Prenatal Pampering LLC*
 - [Website](#)
 - Email: info@prenatalpampering.com

Caribbean Resources

- *Platinum Life Counseling*
 - Providing Christian online therapy for Jamaica, Trinidad & Tobago, Bahamas, British Virgin Islands.
 - [Website](#)
 - [Instagram](#)
 - [Facebook](#)
- *Barbados Association of Endometriosis & PCOS (Charity Organization)*
 - Barbadian charity (No.1285) increasing awareness about Endo & PCOS.
 - [Website](#)
 - [Instagram](#)
 - To contact us please email: endoassociationofbdos@gmail.com
- *Trinidad & Tobago Endometriosis Association*
 - [Website](#)
 - [Instagram](#)
 - [Facebook](#)
 - [YouTube](#)
- *Trinidad & Tobago The Promise Box*
 - At The Promise Box you can shop for Christian gift items plus lots more!
 - [Facebook](#)
 - Email: thepromisebox@hotmail.com
- *Fibroid Awareness Trinidad & Tobago*
 - [Website](#)
 - [Facebook](#)
 - [Instagram](#)
- *Your Caribbean Nutritionist*
 - Nutrition & Wellness Advocate. Evidence-based & life approved. Achieve your goals without giving up culture, flavor & spice!
 - [Website](#)
 - [Instagram](#)
- *Kimberly Hoffman (Jamaica)- Physical Therapist & Diastasis Recti Specialist*
 - Creator of The Mummy Tummy Guide
 - [Website](#)
 - Email: info@mummytummyguide.com
 - Phone: (876) 358 - 8701

Maternal & Women's Health Resources

- *BBC Medical Services Skyline Medical (Jamaica - Family Doctor)*
 - [Website](#)
 - [Facebook](#)
 - Call: (876) 630-4760
 - Email: bbcmedicalsolutions@gmail.com

Financial Resources

General Resources

- *Colette Louise Tisdahl foundation*
 - Resources include help with expenses post loss, pregnancy & NICU, current hospital stay and medical bills.
 - [Website](#)
- *Health Well Foundation*
 - Helping the underinsured afford critical medical treatments - because no one should go without essential care
 - [Website](#)
 - [Facebook](#)
 - [YouTube](#)
 - [Instagram](#)
 - [Contact](#)
- *Birth Mother Assistance*
 - [Website](#)
- *Thriving dollars (Financial Coaching + Strategy)*
 - [Website](#)
 - [Instagram](#)
 - [Facebook](#)
- *Florida Financial Assistance*
 - [Website](#)
- *Financial Help Resources- Search by County*
 - [Website](#)
- *Florida Financial Assistance for Families*
 - [Website](#)
- *The Female Economist*
 - A platform that addresses topics including personal finance, budgeting, reducing debt through courses, blogs, and videos.
 - [Website](#)
 - [Instagram](#)
 - [Facebook](#)
- *Sofi- Social Finance*

Maternal & Women's Health Resources

- Sofi operates as an online bank offering loans as well as investing through their trading platform. Sofi also offers educational webinars on financial literacy and personal growth.
- [Website](#)
- [Instagram](#)
- [Facebook](#)
- *Ellevest*
 - Is a platform made for women. It offers educational material on personal finance, investing retirement, interview coaching and budgeting. They also have an application that you can download and offers investing in ETFs. It also provides access to professional coaches for an added fee.
 - [Website](#)
 - [Instagram](#)
 - [Facebook](#)
- *Useful Websites*
 - [Yahoo Finance](#)
 - [Bankrate](#)
 - [Investopedia](#)
- *Applications for Investing*
 - [Elleverest](#)
 - [Acorns](#)
 - [Sofi](#)
 - [Robinhood](#)

Florida Financial Resources

North Florida Resources

- *Single Mother Guide- Tallahassee, Jacksonville*
 - [Website](#)
 - [Facebook](#)
- *Capital Area Community Action Agency*
 - [Website](#)
- *Tallahassee Urban League Financial Assistance*
 - [Facebook](#)
- *Community Action Program- Pensacola*
 - [Website](#)

Maternal & Women's Health Resources

- *Olive Baptist Church*
 - [Website](#)

Central Florida Resources

- *Orange County Assistance Programs*
 - [Website](#)
- *Central Florida Foundation*
 - [Website](#)
- *Financial Healthcare Resources*
 - [Website](#)
- *Women's Resource Center- Winter Haven*
 - [Website](#)
 - [Facebook](#)
- *Community Resources- Orange, Osceola, Seminole, Brevard Counties*
 - [Website](#)

North Florida Resources

- *Broward County Assistance Programs*
 - [Website](#)
- *Broward Connections*
 - [Website](#)
- *Baptist Health*
 - [Website](#)
- *Broward Health*
 - [Website](#)
- *Helpful Hands*
 - [Website](#)
- *Lauderhill Cares Program*
 - [Website](#)

Maternal & Women's Health Resources

Upcoming Events



EVENTS

Sunday, April 11 | BMH x CLTR Virtual Festival

Monday, April 12 | Advocacy Never Stops: A Call to Action for Black Maternal Health

Monday, April 12 | #BMHW21 Tweet Chat

Tuesday, April 13 | Social Media Activation Campaign: Black Mamas Claiming Their Power, Resilience, and Liberation

Wednesday, April 14 | Birth and Reproductive Justice Virtual Walk

Thursday, April 15 | Virtual Fundraising Campaign: Reclaiming the Black Narrative

www.blackmamasmatter.org/bmhw

- *Northeast Florida Healthy Start Coalition*

- ***Black Maternal Health Week 2021***

- Sunday, April 11: Mommies & Mocktails, 11 a.m. to 12:15 p.m.
 - Monday, April 12: Mindful Motherhood, 6 to 7:15 p.m.
 - Tuesday, April 13: For the Love of Mothers, 12 to 1:10 p.m.
 - Wednesday, April 14: Diaper Drive, 10 a.m. to 12 p.m.
 - Thursday, April 15: Food Giveaway, 3 to 5 p.m.
 - All events are free to the community. [Click here to register.](#)

- *Black Maternal Health Week Events:*
 - April 11 - 17, 2021
 - [Website](#)
- *National Birth Equity Collaborative (NBEC)*
 - April 11 - 17, 2021
 - [Website](#)



The Northeast Florida Healthy Start Coalition

Black Maternal Health Week

Sunday, April 11, 2021 – Thursday, April 15, 2021

MOMMIES AND MOCKTAILS
A Virtual Day Party Celebrating Black Motherhood
Sunday, April 11, 2021
11:00AM-12:15PM

MINDFUL MOTHERHOOD
Prenatal Virtual Yoga Session ft. Yoga 4 Change
Monday, April 12, 2021
6:00PM – 7:15PM

FOR THE LOVE OF MOTHERS
An Interactive Virtual Conversation on BMH ft. The Afiya Center
Tuesday, April 13, 2021
12:00PM-1:10PM

DIAPER DRIVE
Wednesday, April 14, 2021
10:00AM – 12:00PM
5316-18 North Pearl St., Jacksonville, FL 32208

FOOD GIVEAWAY
Thursday, April 15, 2021
3:00PM-5:00PM
5316-18 North Pearl St., Jacksonville, FL 32208

Register via Eventbrite or at nefhealthystart.org

For more information please contact Mr. Dante' D. Buckson
dbuckson@nefhsc.org

Maternal & Women's Health Resources



- Black Maternal Health Conference
 - April 16- 17, 2021
 - [Website](#)
 - [Register Here](#)

BROWN MAMAS & THE BIRTHING HUT PRESENTS

BLACK MATERNAL HEALTH WEEK 2021

APRIL 11 - APRIL 18TH

Movement	Doula Speed-Dating	Film Screening
SUN., APRIL 11TH, 8AM - 12PM Yoga, meditation, breathwork & moving our bodies with hula hoop. Join our wellness practitioners for 4 hours of drop-in sessions to move your body!	WED., APRIL 14TH, 6PM - 8PM It's time to date a doula. Join us for doula speed-dating and an info-session on how doulas can help you birth your way, the right way.	FRI., APRIL 16TH, 7PM - 9PM For our final day, we'll screen the harrowing documentary, <i>Belly of the Beast</i> . A film that chronicles the journeys of Black women trying to get justice after forced sterilizations in California State prisons.

REGISTER: [BIT.LY/MATERNALHEALTHWEEK](https://bit.ly/maternalhealthweek)

Logos: UJAMAA, University of Pittsburgh, UPMC, Magee-Womens Hospital, University of Pittsburgh, PPOE

- Brown Mamas & the Birthing Hut
 - [Website](#)
 - [Register Here](#)

Maternal & Women's Health Resources

- Other events

Black Maternal Health Week NJ

The Perinatal Health Equity Foundation Presents:

"The Architects of Birth Justice: Redesigning Perinatal Health for Black Mamas and Birthing People in New Jersey"

LIVE • ON ZOOM
Wednesday
April 14th, 2021 **12p-4pm**

REGISTER HERE!




Special rate for Doulas,
Community Health
workers & students
info@perinatalequity.org

Featuring:



Dr. Karen Scott
Keynote Speaker
"A Path Towards Black Perinatal Liberation and Sovereignty: Advancing Cultural Rigor in Hospital QI and Births"



MATERNAL MENTAL HEALTH NOW
supporting the well-being of growing families
A Project of Community Partners

Registration is
FREE!*

NEXT WEBINAR:

**Infertility to Pregnancy
and Postpartum:
Mastering Mental Health**

THURSDAY, APRIL 22, 2021
12 PM - 1 PM PT

Webinar Faculty: Marissa Long, PsyD

Maternal & Women's Health Resources



SAVE THE DATES

4-PART VIRTUAL CONFERENCE
APR 30 | MAY 7, 14 and 21

www.maternalmentalhealthnow.org



Maternal & Women's Health Resources



Greater NYC Black Nurses Association's
Black Maternal Health Committee's

DIAPER & SUPPLIES DRIVE

APRIL 1-30, 2021



 **DRIVE WILL BENEFIT:**
LYFE Center
+
**The Northern Manhattan
Perinatal Partnership**
Send diapers & wipes/supplies to:
537 Quincy street
Brooklyn, NY 11221
www.gnycbna.org



Get Involved

If you are looking to take action on this urgent issue, you can get involved by:

- Reaching out to your Members of Congress in the House of Representatives and the Senate to make your voice heard about why this issue matters to you.
- Spreading the word on social media
- Joining the efforts of community-based organizations who are leading critical initiatives where you live.
- Staying informed about Momnibus updates by following the Black Maternal Health Caucus on Twitter @BMHCaucus.
 - [Black Maternal Health Momnibus Act of 2021](#)
 - [Office of Minority Health](#)
 - [Urgent Maternal Warning Signs](#)
 - [Centers for Disease Control and Prevention: Hear Her Concerns- Pregnancy Related Complications](#)
- Join the #BlanketChange movement to demand policymakers and political candidates prioritize our nation's moms and babies and take immediate action to improve their health.