

**What are some steps you can take to get ready for and stay healthy during pregnancy?**



## National Birth Defects Awareness Month

National Birth Defects Awareness Month highlights the importance of healthy choices, early care, and community awareness to give every baby the best possible start in life.

Across the country, healthcare organizations, public health agencies, and community groups collaborate to share information about steps that can reduce the risk of birth defects, such as maintaining a healthy lifestyle, taking folic acid before and during pregnancy, and seeking regular prenatal care. These efforts also celebrate the strength and resilience of families living with birth defects, emphasizing that awareness and compassion can make a lasting difference.

[Read More On Birth Defects](#)

## Maternal Health Awareness Day

**January 23**

This day is dedicated to raising awareness about the importance of maternal health and the urgent need to address the ongoing maternal mortality and morbidity crisis in the United States. It serves as a call to action for healthcare providers, policymakers, and communities to work together to ensure that every woman receives safe, respectful, and equitable care throughout her pregnancy journey.

This observance raises awareness of maternal health risks, promotes early and ongoing care, and supports efforts to reduce disparities and improve outcomes. It is also a time to recognize healthcare professionals and community partners working to ensure that every mother has the opportunity for a healthy pregnancy and a healthy future.

[Learn More About Maternal Awareness Health Day](#)





## American Heart Month

In February, we recognize the importance of preventing heart disease through healthy lifestyle choices and regular medical care. In the United States, heart disease accounts for approximately one out of every five deaths.

This observance also highlights persistent health disparities that place some communities at higher risk and reinforces the need for equitable access to prevention, treatment, and education. By raising awareness and supporting heart-health initiatives, we can work together to reduce cardiovascular disease and promote healthier, stronger communities.

[Click Here To Learn More About American Heart Month](#)

## Heart Health and Pregnancy

Pregnancy places extra demands on the heart, and certain factors can increase the risk of heart-related complications. These include high blood pressure, diabetes, obesity, smoking, drinking alcohol, or having an existing heart disease. Social factors such as limited access to prenatal care can also add to the risk.

Understanding these factors and sharing your health history with your provider early in pregnancy are important steps towards prevention. Regular checkups, maintaining a healthy lifestyle, and managing existing health conditions can help keep you and your baby healthy.

[Learn More About Heart Health And Pregnancy](#)



## Black History Month

Black History Month is a time to recognize the achievements, resilience, and cultural contributions of Black individuals who have shaped society. It encourages reflection on the historical and ongoing pursuit of justice and equity, while highlighting the creativity, leadership, and perspectives that enrich our communities.

By honoring history and acknowledging present-day challenges, this month supports a deeper understanding of our shared past and a commitment to a more inclusive future. It also invites continued learning about the diverse experiences within the Black community. Through this recognition, we strengthen our collective responsibility to promote fairness, understanding, and lasting progress.



## National Nutrition Month

Proper nutrition plays a crucial role in preventing chronic diseases such as heart disease, diabetes, and hypertension. Proper nutrition supports immune function, mental well-being, and healthy growth across all ages. National Nutrition Month encourages people to explore nutrient-dense foods, enjoy a variety of fruits and vegetables, choose whole grains, include lean proteins, and stay hydrated. National Nutrition Month reminds us that good nutrition requires ongoing commitment and practical knowledge, empowering individuals to make small, sustainable changes for long-term health.

**[Read More On National Nutrition Month](#)**

## National Nutrition Month

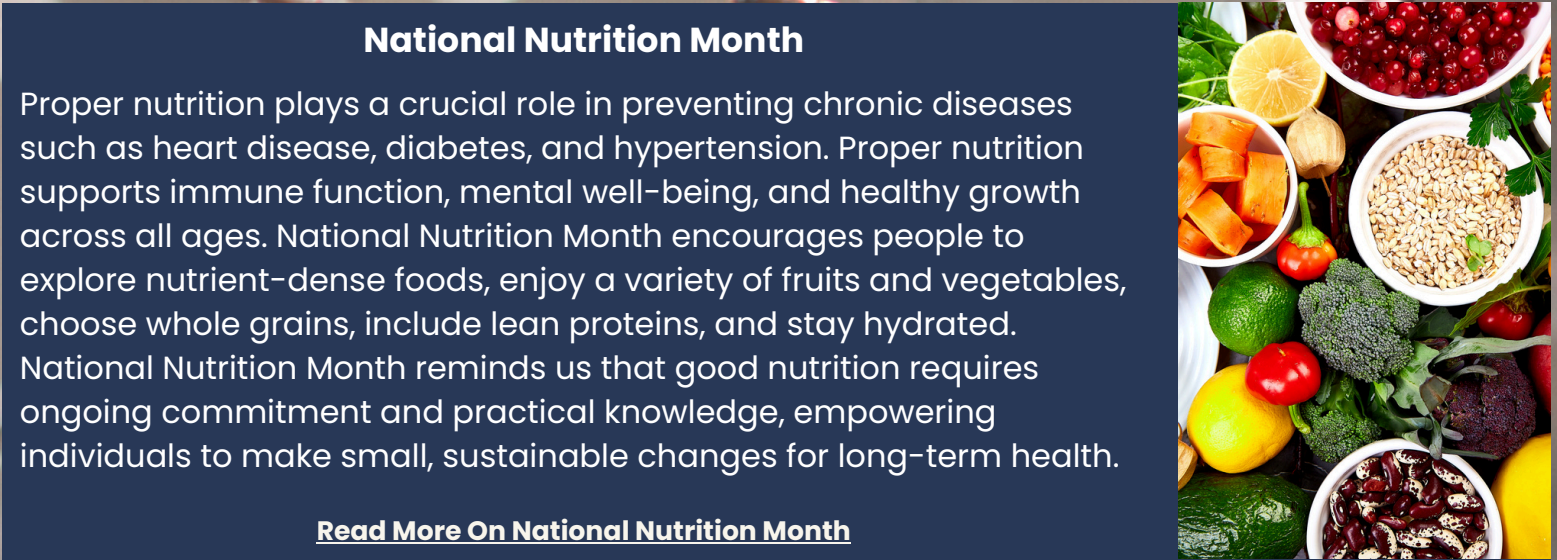
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**[Read More On National Nutrition Month](#)**




## A close-up photograph of a person's hands holding a white ceramic bowl filled with a fresh salad. The salad consists of sliced hard-boiled eggs, cherry tomatoes, cucumber slices, and mixed greens. The person is wearing a yellow shirt, and the background is a plain, light-colored wall.



## Healthy Nutrition During Pregnancy

Maintaining a healthy diet during pregnancy is one of the most important steps expectant parents can take to support their own well-being and the healthy development of their baby. A balanced, nutrient-rich diet helps reduce the risk of complications, supports proper growth, and promotes positive long-term outcomes for both parent and child. Essential nutrients such as folic acid, iron, calcium, iodine, and omega-3 fatty acids play key roles in fetal development and maternal health. While prenatal vitamins can help ensure these needs are met, they are most effective when paired with healthy eating habits. Prioritizing good nutrition not only contributes to a healthier pregnancy but also lays the foundation for a strong start in life. For personalized recommendations, individuals are encouraged to consult their healthcare provider or a registered dietitian.

**[Read More On Nutrition During Pregnancy](#)**



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**[Read More On Nutrition During Pregnancy](#)**

## Developmental Disabilities Awareness Month

Each March, we observe Developmental Disabilities Awareness Month, a time dedicated to recognizing the talents, contributions, and diverse experiences of individuals with developmental disabilities.

We honor individuals with developmental disabilities who enrich our workplaces, schools, neighborhoods, and families with their unique perspectives and strengths. We also acknowledge the ongoing work of advocates, caregivers, service providers, and organizations whose efforts help remove barriers, expand access, and foster environments where everyone can thrive.

**[Click Here To Learn More About Developmental Disabilities](#)**

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# IMPORTANT



## BLACK INFANT HEALTH (BIH) PROGRAM

The Power of choice: Empowering Black Women for a Healthy Pregnancy and Beyond

### ABOUT THE PROGRAM

- Learn about health and wellness
- Increase self-empowerment
- Develop a sisterhood with other Black women
- Learn stress management tools
- Support cultural beliefs and values

### ELIGIBILITY

- Self-identify as Black
- Pregnant or up to 6 months postpartum
- 16 years or older
- Resident of San Bernardino County

### BENEFITS

- Access to resources such as health education, community support, doula services, etc.
- Earn support items for you and your baby
- Childcare services
- Create and manage personal goal settings
- Earn a gift card for every referral enrollment

"I learned how important it is to have community. You have to have people that get you. I thank God and BIH that I don't have to be isolated."

- San Bernardino BIH participant



### CONTACT US

(909) 387-6470

blackinfanthealth.org/

658 E. Brier Dr., Ste 110  
San Bernardino, CA, 92408

### JOINING IS EASY ENROLL TODAY!

Call, visit our website, or stop by our local office today!

\*Self referrals also accepted\*



CARAMEL CONNECTIONS FOUNDATION IN PARTNERSHIP WITH THE CITY OF ONTARIO'S COMMUNITY LIFE AND CULTURE DEPARTMENT



4TH ANNUAL

## MLK JR. UNITY CELEBRATION

"Rooted in Service, Growing in Unity."



Join us in honoring the life and legacy of Dr. Martin Luther King Jr. by celebrating the power of service.

### Keynote Speaker



Monique Amis

San Bernardino County Public Health  
Chief of Community and Family Health

**SATURDAY  
JANUARY 17, 2026  
12:00 PM-4:00 PM**

**SEEDS OF JOY  
COMMUNITY GARDEN  
1240 W 4TH ST.  
ONTARIO, CA**



**FREE WELLNESS CHECKS  
KIDS ACTIVITIES  
WORKSHOPS AND MORE!**



FOR MORE INFORMATION VISIT:  
[CARAMELCONNECTIONS.ORG/MLKUNITY26](https://caramelconnections.org/mlkunity26)

## Baby Steps

### PARENT SCD EDUCATION AND SUPPORT PROGRAM

The Sickle Cell Disease Foundation's Baby Steps Program is dedicated to supporting parents of children with sickle cell disease by providing:

- **Healthcare Navigation** – Assistance in connecting with specialized sickle cell disease clinics and healthcare providers.
- **Mental Health & Counseling** – Emotional and psychological support for parents.
- **Baby's 1st Ride Transportation Assistance** – Support for confirmatory testing through the California Newborn Screening Program for SCD.
- **Community Health Worker Support** – Access to specialized SCD Community Health Workers who help families navigate the healthcare system and connect with essential community resources.
- **Education & Awareness** – Comprehensive resources to help parents understand sickle cell disease, its management, and available treatments.

*This program empowers parents with knowledge, resources, and support to ensure the best possible care for their child.*



Call (909) 743-5226  
email - [deborahg@scdfc.org](mailto:deborahg@scdfc.org)  
[www.scdfc.org](http://www.scdfc.org)

CONTACT US FOR INFO

San Bernardino Fatherhood



### Virtual Sessions

Registration is open, scan the QR code below.

- Learn Parenting skills.
- Build relationships with other dads.
- Attend father-friendly and family oriented events.

Offering support and resources to new fathers including:

- ✓ Bootcamp for New Dads
- ✓ Diapers
- ✓ Wipes
- ✓ Essential Baby Items

Register Here



Call (909) 567-9508

[WWW.SBFATHERHOOD.COM](http://WWW.SBFATHERHOOD.COM) | [INFO@SBFATHERHOOD.COM](mailto:INFO@SBFATHERHOOD.COM)

WWW.SBFATHERHOOD.COM



# WELLNESS ON WHEELS



Public Health  
Communicable Disease Section

## FREE SERVICES:

- Rapid HIV, syphilis, and hepatitis C testing
- Gonorrhea and chlamydia testing
- Free condoms and lubricant
- Sexual health education
- Access to treatment

## WALK-INS ONLY

FOR MORE INFORMATION  
**CALL (800) 722-4794**  
OR SCAN QR CODE BELOW



DPH.SBCOUNTY.GOV

The WOW Van offers services at various locations throughout San Bernardino County. Please call us at (800) 722-4794 or scan the QR code for more information on locations.



Smoke-Free Household and Parent  
Research Study



LOMA LINDA UNIVERSITY  
HEALTH

# Smoke-Free HOPE

Are you currently pregnant and looking to stop smoking or quit other tobacco or nicotine products? Or have you recently quit and working to stay tobacco/nicotine-free? If so, we are here to support you!



**NOW  
ENROLLING!**



## Participants must be:

- 18 years or older
- Currently pregnant
- Actively/Currently using tobacco or nicotine products, such as cigarettes, e-cigs, vapes, nicotine pouches, or chewing tobacco
- Willing to quit tobacco or nicotine use
- Receiving prenatal care if pregnant
- Resident of San Bernardino or Riverside County

If you are interested in our program, please contact us by phone at 909-501-4058 or by web at [www.smokefreehope.org/contact/](http://www.smokefreehope.org/contact/) or by using the QR code above.

## WHAT TO EXPECT :

- Individual support with quitting tobacco or nicotine products
- Support with accessing community resources for you and your baby
- Participant incentives up to \$300 total (e-gift cards)

# Food Assistance Resources

Rev. 10/2025



Public Health



## Countywide Resources

### 211 - Phone Helpline

Connects people to resources related to food assistance and other social services.

Phone:  
211

### CalFresh

Provides assistance to people with low income who meet federal income eligibility criteria to help put healthy and nutritious food on the table.

Phone:  
877-410-8829

## Department of Aging and Adult Services - Public Guardian (DAAS-PG)

Offers a wide variety of programs such as congregate meals and home delivered meals to qualifying (60 yrs.+ ) seniors, disabled, and at-risk adults through select senior sites.

Phone:  
909-891-3900

## Women, Infants, and Children (WIC)

A supplemental nutrition program for women, infants, and children up to age 5 years.

Phone:  
800-472-2321

## Central Valley Resources

### Loveland Jubilee

Drive-thru distribution is every Friday at 10 a.m. except the 5th Friday of the month. Photo ID is required.

Phone:  
909-356-5683

Address:  
790 E. Foothill Blvd., Rialto Suite A & B

### First Presbyterian Church of San Bernardino

Distribution on Tuesdays and Thursdays 9 - 11 a.m. Third Saturday of the month USDA food distribution 9 - 11 A.M. Photo ID required.

Phone:  
909-882-3208

Address:  
1900 N. D St., San Bernardino

## Mary's Table

Monday - Thursday  
11:30 a.m. - 1:30 p.m.

Saturday - Sunday  
11:30 a.m. - 1:30 p.m.

Wednesday grocery distribution  
1:30 - 3 p.m.

Phone:  
909-889-2558

Address:  
641 Roberds Ave. N., San Bernardino

## Salvation Army - Redlands

Monday - Friday, 9 a.m. - 3:30 p.m.

Photo ID or utility bill to prove Redlands residency.

Phone:  
909-792-6868

Address:  
838 Alta St., Redlands

This document is updated every 6 months. Information listed is accurate as of October 2025. Hours and availability are subject to change.

## Family Health Services Section

Quarterly Newsletter is an internal publication for local healthcare providers, and others interested in improving maternal, child, and adolescent health.

**For more information about MCAH, please email us at [askMCAH@SBcounty.gov](mailto:askMCAH@SBcounty.gov) or call 800-227-3034.**



Public Health