



In celebration of  
Black Maternal Health Week - BMHW

Contra Costa’s Perinatal Equity Initiative (PEI) and  
the Comprehensive Perinatal Services Program (CPSP)  
present a Round Table discussion

on

**Exploring the Effects of Chronic Stress on Maternal and Infant Health**

Tuesday, April 11, 2023

12:00 – 2:00 p.m.

Via ZOOM

<https://cchealth.zoom.us/j/9409321336>

PLEASE REGISTER HERE:

<https://www.eventbrite.com/e/exploring-the-effects-of-chronic-stress-on-maternal-and-infant-health-tickets-601696940747>

**2023 BMHW THEME:** *“Our Bodies Belong To Us: Restoring Black Autonomy and Joy”*

**OBJECTIVES:**

1. Raise awareness locally about black infant mortality and explore the reasons for the trends.
2. Convene health care practitioners within the perinatal system of care to discuss systemic problems.
3. Educate perinatal practitioners, and/ or families on what to look for or how to better listen to and support black families.

**AGENDA**

Welcome & Icebreaker Introduction to Black Maternal Health Week 2023	12:00- 12:10p.m.	Pamela Anderson-Moore MPH Sr Health Educator – Perinatal Services
Review recent CDC Data on Black Maternal Health	12:10-12:20 p.m.	
Introduction to the Film	12:20-12:25 p.m.	Adiam Mengis MPH Sr Health Educator - PEI
Screening: TOXIC: A Black Woman’s Story	12:25-1:20 p.m.	Everyone
Post viewing DISCUSSION	1:20-1:40 p.m.	Everyone
RESOURCES: Recommended tools/ guidance on how to better support Black birthing people	1:40-1:50 p.m.	BIH
CLOSING Centering Question: <i>How do you actively center joy in your life?</i>	1:50-2:00 p.m.	BIH