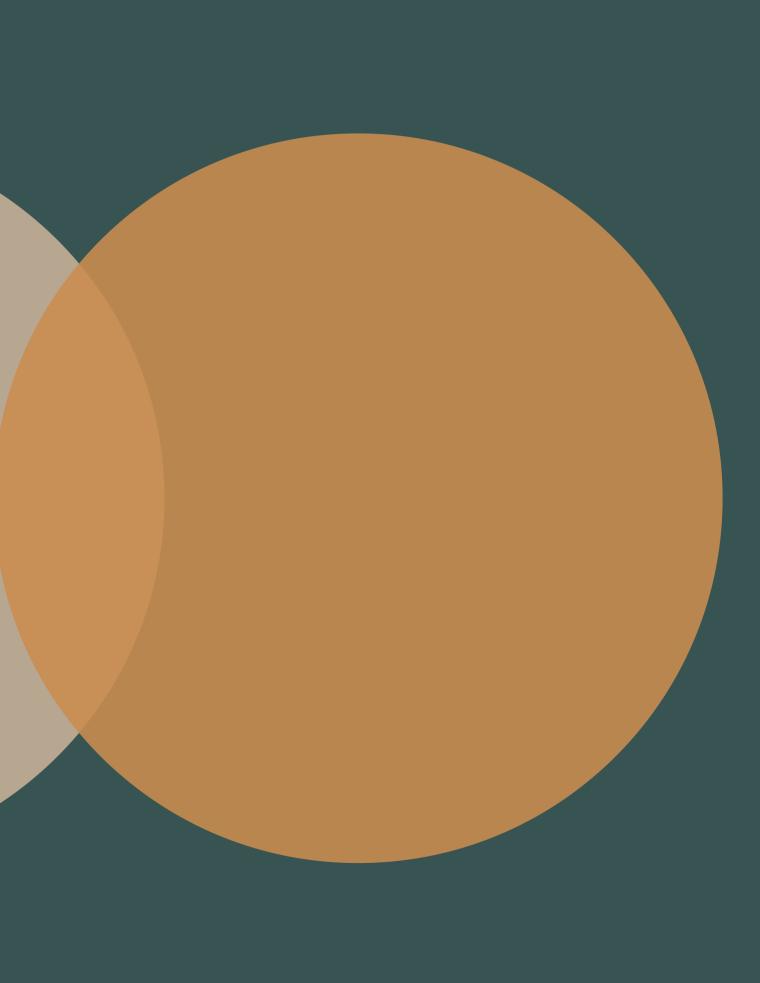


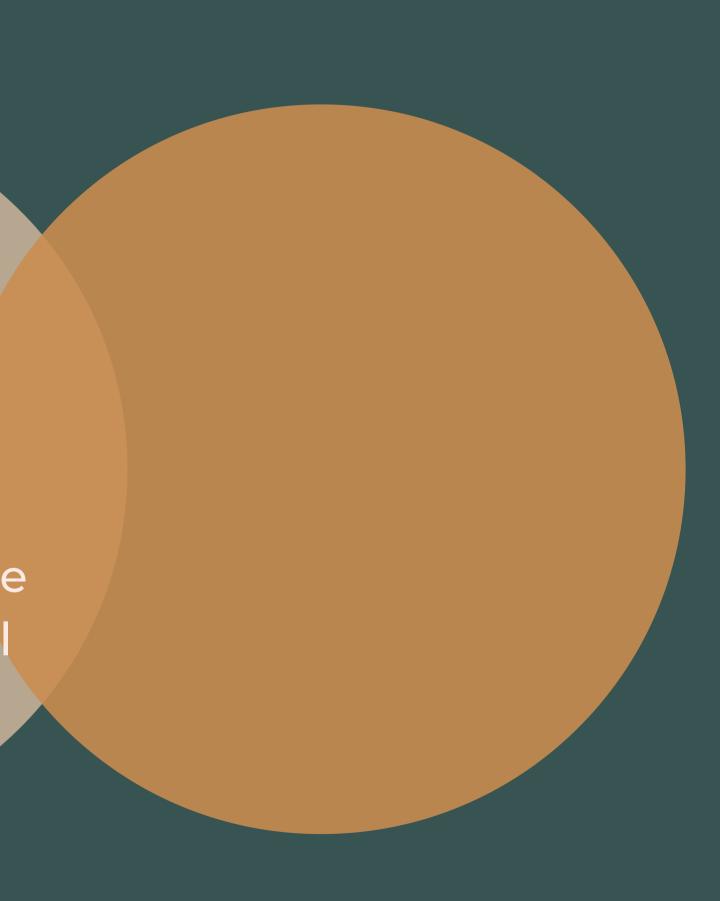
A SAR SPACE to struggle, find help, É main perspective

Why help is not sought.. Shame/ Stigma Cost/ Access Lack of Knowledge Fear of Repercussions



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Humans biologically hardwired to expect the support of a village through the perinatal experience

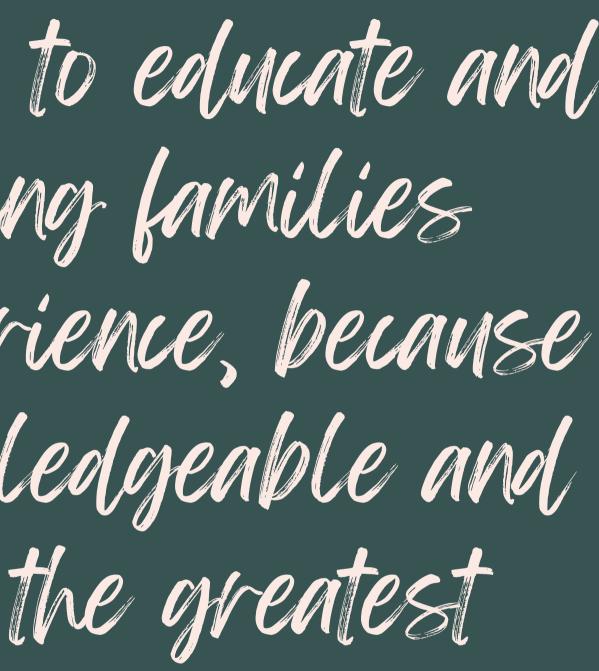


Why help is not sought.. Shame/ Stigma Cost/ Access Lack of Knowledge Fear of Repercussions

Humans biologically expect the support of a village through the perinatal experience



Maternal mental health and Infant mental health are one. Mental health in pregnancy thru year 3 has life long impacts on brain development. Mind Body Baby works to educate and support new and expecting families through the perinatal experience, because when caregivers are knowledgeable and nurtured; children have the greatest potential to thrive.



How we believe we can make an impact.



Shame/ Stigma Cost/ Access Lack of Knowledge Fear of Reprocussions



Humans biologically expect the support of a village through the perinatal experience

Normalization

 Education
 No cost & options to
 improve access
 A judgement free/
 equitable space



Maternal mental health and Infant mental health are one.

How we believe we can make an impact.



Shame/ Stigma Cost/ Access Lack of Knowledge Fear of Reprocussions



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 Build peer community
 Social- emotional support
 Improve Access to Needed Resources



Maternal mental health and Infant mental health are one.

How we believe we can make an impact.



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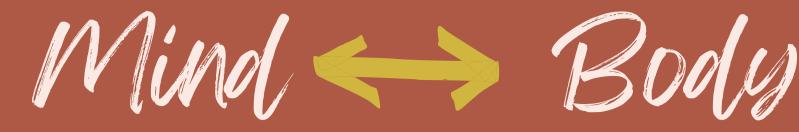
 Increase Parenting Confidence
 Reduce Emotional Distress
 Everyone deserves support philosophy



TO MATER. - Beth Barry







The gap we see Shame/ Stigma Cost/ Access Lack of Knowledge Fear of Reprocussions Humans biologically expect the support of a village through the perinatal experience

What we believe we can do to impact Normalization Education No cost & options to improve access A judgement free space Build peer community Social- emotional support Everyone deserves support

What we have done to date.

<u>Peer Support</u> Groups Events Social Media

What we want to add/ improve Mom Mentor Program low cost, volunteer driven, need capacity, possible app **Resources & Education**

Website resources Video Library Social Media NPE

<u>Diaper Drives for outreach</u> <u>& Preventive Resources*</u> Grant driven partnering w/ NC diaper bank, Storks Nest Partnership



<u>cation</u> ces y a Maternal mental health and Infant mental health are one.

Increase Parenting Confidence Reduce Emotional Distress Improve Access to Needed Resources

<u>Community Care Fund</u> Bridge financial gap to needed mental health services, including access & Doula services

<u>Add doula support for</u> <u>Mothers of color</u> Needs more funding, improved metric collection