



For Every Family, a Healthy Start



ARE YOU EXPECTING?

Our flagship program supports pregnant women and families from pregnancy through 18 months postpartum. Families meet monthly with community health workers and members of our multidisciplinary team for screenings, goal planning, education, and connection to local resources, all delivered within the community. The Fatherhood Program provides dedicated support to fathers and father figures through mentorship, parenting education, and resource navigation to strengthen family relationships and promote healthy child development.



ARE YOU TAKING CARE OF YOURSELF?

Moving Beyond Depression is a research-based, in-home mental health program for women experiencing perinatal depression. This intervention eliminates barriers to access, such as the need for childcare and transportation. Women who have completed the program report improved coping with stress, fewer relationship difficulties, increased social support, and more satisfaction in the maternal role.



NEED BREASTFEEDING SUPPORT?

Founded in 2018, the Center for Urban Breastfeeding helps address disparities in breastfeeding among Black women and babies. We offer flexible, on-demand support, virtual, by phone, or in person, to help mothers reach their goals. Through a partnership with the Allegheny County Health Department's WIC program, Healthy Start also provides the WIC Breastfeeding Peer Support Counselor Program, connecting mothers with experienced peers for encouragement from pregnancy through six months postpartum.



JOIN US IN OUR ONGOING RESEARCH

Healthy Start is committed to leading, supporting, and collaborating on research projects aligned with our mission. Specifically, we are committed to engaging in community-partnered research that is meaningfully informed by and contributes to science benefiting the health and wellness of Black women, families, and communities.

412-247-4009
SCAN QR TO ENROLL

bit.ly/hsienroll



JOIN OUR CONSORTIUM

The Healthy Start Community Consortium is a group comprised of multi-sector partners who volunteer to advise and inform activities for staff and participants in developing and implementing plans that can improve perinatal outcomes within our selected service area. We need YOU to help us ensure our programming addresses the changing needs of the communities we serve.



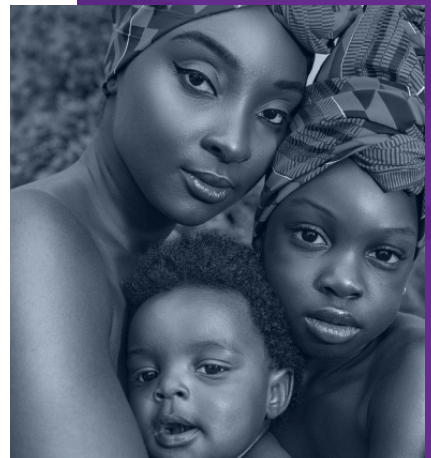
BECOME A COMMUNITY HEALTH ADVOCATE

Our Community Health Advocate Program engages single Black mothers who are passionate about maternal and child health and health equity, building their capacity to meaningfully engage as stakeholders in decision-making efforts to impact their communities, families, and health. The program utilizes a cohort, project-based learning model in collaboration with the Allegheny County Health Department and several other community partners.



ALLEGHENY COUNTY B.I.R.T.H. PLAN

We envision a Pittsburgh where all babies can thrive. Our Allegheny County BIRTH Plan lays out how we can change the trajectory of our region! Racism has led to glaring health inequities for our Black moms and babies. An equity-centered, community driven approach to action is the only way to create meaningful and lasting change. Read our Allegheny County BIRTH Plan for Black Babies and Families: Battling Inequities & Realizing Transformational Health Outcomes to learn more and get involved.



DO YOU NEED A DOULA?

Our doulas provide care through pregnancy, labor, and the postpartum period. Their culturally rooted support eases stress, improves birth outcomes, and ensures families are never alone on their journey. Our doulas offer a suite of culturally responsive services for pregnant people and their families delivering in Allegheny County hospitals, including welcome visits, prenatal support sessions, in-person or virtual birth support, and a postpartum visit.



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bit.ly/hsnewsletter

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healthystartpittsburgh.org