

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

**APRIL**  
**11**

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

**island hope**  
INTERNATIONAL  
presents

**I'M  
EVERY  
WOMAN**

I am Bold  
I am a Survivor  
I am Enough

**Panel Discussion Topics**  
Advancing Maternal Health &  
Achieving Equity Across Healthcare

[islandhope.org](http://islandhope.org)

The banner features a background of four diverse women's faces. The text is arranged in a layered, overlapping fashion, with the date on the left, the event title in the center, and the slogan 'I'm Every Woman' in large, bold letters on the right. The Island Hope International logo is positioned above the slogan, and the website URL is at the bottom right.

# 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](mailto: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: [bbcmedicalservices@gmail.com](mailto:bbcmedicalservices@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

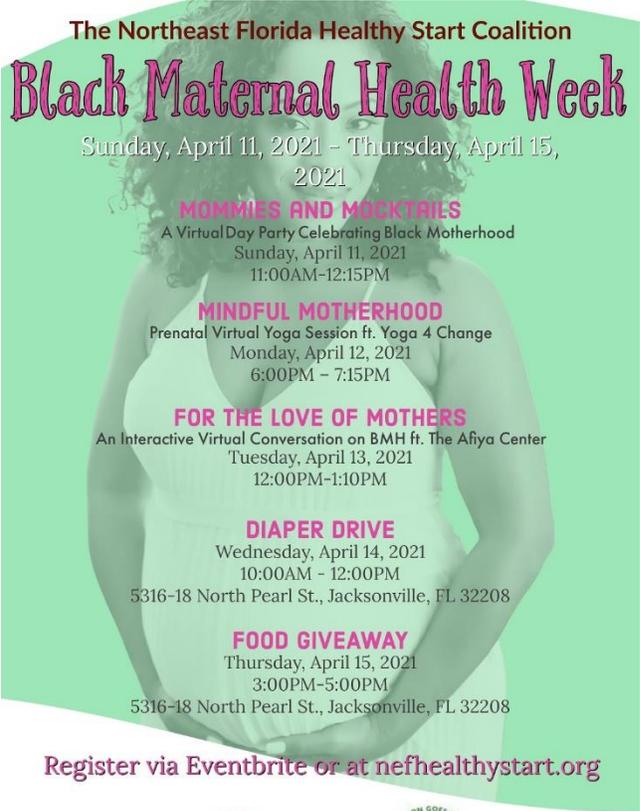
Wednesday, April 14 | Birth and Reproductive  
Justice Virtual Walk

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

[www.blackmamasmatter.org/bmhw](http://www.blackmamasmatter.org/bmhw)

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

- *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.](#)



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](http://nefhealthystart.org)



For more information please contact Mr. Dante' D. Buckson  
[dbuckson@nefhsc.org](mailto:dbuckson@nefhsc.org)

## Maternal & Women's Health Resources



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

A poster for Black Maternal Health Week 2021. The title is "BLACK MATERNAL HEALTH WEEK 2021 APRIL 11 - APRIL 18TH". It is presented by "BROWN MAMAS &amp; THE BIRTHING HUT". The poster lists three events: "Movement" on Sunday, April 11th (8AM - 12PM), "Doula Speed-Dating" on Wednesday, April 14th (6PM - 8PM), and "Film Screening" on Friday, April 16th (7PM - 9PM). The film screening is for "Belly of the Beast". The poster also includes a registration link: "REGISTER: BIT.LY/MATERNALHEALTHWEEK" and logos for UJAMAA, Magee-Womens Hospital, and the University of Pittsburgh.

- 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](http://www.maternalmentalhealthnow.org)

**2021 PERINATAL MENTAL HEALTH CONFERENCE FOR BLACK BIRTH WORKERS, CLINICIANS & PROVIDERS**

This project is funded in part by L.A. Care Health Plan and will benefit low-income and uninsured residents of Los Angeles County.

RESERVE YOUR SPOT FOR

## Brunch with Vagina Rehab Doctor

BRING YOUR PLATE AND LETS CHAT & CHEW ON V-SECRETS

*How to kegel, vaginal fitness, period peace, and pelvic pain hacks*

Sunday, April 18th 11:30am-12:30pm CENTRAL  
Brunch investment: \$20

TO REGISTER, SEND \$20 TO EITHER  
ZELLE: VAGINAREHABDOCTOR@GMAIL.COM  
CASH APP: \$VAGINAREHABDOCTOR  
VENMO: VAGINAREHABDOCTOR, THEN EMAIL ME AT:  
VAGINAREHABDOCTOR@GMAIL.COM FOR ZOOM ID AND PASSWORD

## 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](http://www.gnycbna.org)

**DONATE  
NOW**

## Maternal & Women's Health Resources

### 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.