



# What is Healthy Birth Initiatives?

HBI is a Black maternal & family health program in Multnomah County. HBI serves families from pregnancy until their baby turns 18 months old. HBI offers free, in-person and online groups and classes that center the needs and experiences of Black parents and caregivers.

Access the meeting links at [multco.us/hbi](https://multco.us/hbi)

## Prenatal Class

Nutrition, promoting a healthy pregnancy, preparing for breastfeeding, pregnancy complications.

Every 2nd-4th Monday @ 6-7pm &  
Every Thursday @ 12-1pm

## Childbirth Education Class

What to expect in labor, create birth plan, labor stages, birth complications, current hospital practices & options.

Every 1st & 3rd Thursday @  
6-8pm

## Postpartum & Newborn Care Class

All things postpartum and newborn care, including parents' emotional wellness, postpartum health for moms and dads, and newborn development.

Every 2nd & 4th Wednesday @  
11am-1pm

## Parent Group

Meet parents with babies close in age, get your questions answered about what's "normal" for parents and kids, support parent/caregivers' emotional wellness and babies' development.

Every Monday @ 10-11am