



Before Baby  
Moms Club of Virginia  
Training  
Implementation to facilitation  
[www.bbmomsclub.com](http://www.bbmomsclub.com)

Thursday March 14, 2019 Chesterfield Health Dept.

*(No charge to attend, but space is limited)*

Through grant funding provided by the March of Dimes Virginia Chapter, the Chesterfield Health Department will be offering a 1-day training to teach participants how to implement, build, and sustain a **Moms Club of Virginia Program**. Learning the core topics of this model will prepare new facilitators and support agencies with the information they need to lead and interact with expectant moms in a Moms Club group setting. The program targets--but is not limited to--low income, low literacy pregnant women and their support partners. All materials are written at a third- to fifth-grade reading level. The training includes all curriculum materials: a copy of *Baby Basics: A Month-to-Month Guide to a Healthy Pregnancy*, a corresponding Pregnancy Planner, and the Moms Club of Virginia Facilitators Guide.

*The Virginia Model of BBMC was built on 6 key topics that impact poor birth outcomes. Moms have multiple opportunities to learn about:*

- 1. Preterm birth and birth spacing*
- 2. Safe Sleep environment/Car seat safety*
- 3. Nutrition – feeding a family on a budget*
- 4. Baby Blues, Depression/Intimate Partner Violence*
- 5. Breastfeeding and support*
- 6. Substance use in pregnancy*

To learn more about BB Moms Club of Virginia visit [www.bbmomsclub.com](http://www.bbmomsclub.com)

Registration forms can be found on the website too! This training is limited to 30 participants.

If you would like to register for this training, please contact Jessica Garayua Johnson at

(804) 748-1648 or by email at [jessica.garayua-johnson@vdh.virginia.gov](mailto:jessica.garayua-johnson@vdh.virginia.gov)

or Merry McKenna at (276) 494-5419 or by email at [merry@bbmomsclub.com](mailto:merry@bbmomsclub.com)