



# BLACK MATERNAL HEALTH WEEK

**APRIL 11-17, 2026**

What's happening in DC for  
Black Maternal Health Week



# What's Black Maternal Health Week?

**Black Maternal Health Week (BMHW)** is a national weeklong campaign, held annually from April 11-17.

BMHW was founded by Black Mamas Matter Alliance to advance health equity, raise awareness, build community, and amplify the voices of Black mothers. The week addresses the urgent US maternal health crisis, where Black women are over 3 times more likely to die from pregnancy-related causes than white women.

# Prenatal Yoga Class

Join us for Black Maternal Health Week! We will guide you through gentle poses, breathing techniques, and relaxation exercises tailored to support you at every stage of your pregnancy.

Alleviate discomfort  
and stress

Increase flexibility  
and strength

Prepare for labor  
and delivery

SCAN TO RSVP:



## Date and Time



April 11<sup>th</sup>, 2026



11am-12pm



Flow with Coco  
1510 U St NW, Floor 2,  
Washington, DC 20009

HUSSOG & CMDA

# Call to Chapel

Join us for a special chapel gathering to start off Black Maternal Health Week as we honor and remember birthing people and families whose lives have been lost or forever changed due to maternal-related causes.

SUNDAY 12 APRIL

11 AM

Howard University Andrew Rankin  
Memorial Chapel 2395 Sixth Street NW  
Washington, DC 20059

Attendees will receive forget-me-not flowers to plant in remembrance of loved ones and in commitment to a future where maternal health is safe and equitable for all.

RSVP Here



# Community Baby Shower

Conway Health and Resource Center  
4 Atlantic Street SW

April 13, 2026 | 4 - 6 PM

Wellpoint



Join us for the Community Baby Shower in Washington, DC, which will be hosted by Wellpoint DC. It's a free celebration for expecting parents and families with infants. Enjoy helpful resources, baby essentials, and a welcoming space to connect with other families.

## What to Expect:

- Pregnancy resources
- Diapers
- Baby items and more

It's a great opportunity to get support, learn about local services, and connect with other families. We hope to see you there as we celebrate and support our growing community.

Black Maternal Health Week



# SELF- ADVOCACY TRAINING

*Advocating for yourself at work and in prenatal, labor, and postpartum care settings. Know your rights at work & at medical appointments!*

- ✓ Informed decision making
- ✓ Time off
- ✓ Paid leave
- ✓ Accommodations
- ✓ Non-discrimination

Learn More >

April 13, 2026 at 6 pm

ONE DC Black Workers and Wellness Center  
2500 Martin Luther King Jr Ave SE 20020

Sign up: [tinyurl.com/RootedInJustice](https://tinyurl.com/RootedInJustice) or QR code:





**April 17, 2026 | 12 PM**

Join Community of Hope on April 17, 2026, for an informative overview of our innovative approach to supporting pregnant mothers experiencing homelessness—our Housing Our Newborns Empowering You (HONEY) program. This innovation leveraged a nonprofit (Community of Hope) and government partnership (DC Department of Human Services).

The webinar will review the program approach and the evaluation demonstrating its impact. You are encouraged to register and to send the link to friends and family to join together.

LINK: [tinyurl.com/COH-HONEY](https://tinyurl.com/COH-HONEY)



*In Honor of Black Maternal Health Week*

HU  SOG

**HU**  
HOWARD  
UNIVERSITY  
HOSPITAL

# **BLACK MATERNAL HEALTH FAIR & COMMUNITY BABY SHOWER**

Please Scan QR Code  
to Sign Up for the  
Maternity Photoshoot  
(Spots are limited,  
first come first serve)



At the health fair, you will have the opportunity to:

- Establish Healthcare at HUH
- Access Free Infant & Toddler Supplies
  - Get Free Health Screenings
  - Capture Free Maternity Pictures
- Connect with Community Vendors offering resources for:
  - Mental Health Support
  - Lactation & Breastfeeding Support
  - Doula Services
  - Maternal & Infant Health Resources

**FRIDAY, APRIL 17, 2026**

**HOWARD UNIVERSITY HOSPITAL**

**FIRST FLOOR TOWER'S AUDITORIUM**

**2041 GEORGIA AVE NW**

**10:00 AM – 3:00 PM**

Please Scan QR  
Code to Donate:  
Donated gifts can  
also be brought  
directly to  
HUH Labor and  
Delivery – 3rd Floor





Mary's  
Center

# Healthy Start

## **FAMILY MINI PHOTOSHOOT**

### **In Celebration of Black Maternal Health Week**

Join us for a **FREE** family mini photoshoot honoring the joy, strength, and beauty of pregnancy, postpartum, and early parenthood.

- Capture meaningful moments
- Receive professionally edited digital family portraits

To register and attend, you must be:

- Pregnant or up to 12 months postpartum
- Residents of Wards 7 or 8, **ONLY**.

[blackmaternalhealthphotos.eventbrite.com](https://blackmaternalhealthphotos.eventbrite.com)

Please arrive with all family members you'd like included in your photos.

**FRIDAY, APRIL 17**  
**11:30 AM - 4:30 PM**  
**SOUTHWEST LIBRARY**  
900 Wesley Pl SW,  
Washington, DC 20024



#### **LOOKING FOR SUPPORT OR UPDATES?**

Explore [maryscenter.org/hv](https://maryscenter.org/hv) to find the right programs for you.

Questions? [dhadaway@maryscenter.org](mailto:dhadaway@maryscenter.org) | 202-607-7866

Follow us: [maryscenterhealthystart.eventbrite.com](https://maryscenterhealthystart.eventbrite.com)



## MINI SESIÓN DE FOTOS FAMILIARES

**En celebración de la Semana de la Salud Materna Afroamericana**

Únase a nosotros para una mini sesión gratuita de fotos familiares que celebra la alegría, la fortaleza y la belleza del embarazo, el posparto y los primeros años de la crianza.

- Capture momentos especiales
- Reciba retratos familiares digitales editados profesionalmente

Para registrarse y asistir, debe:

- Estar embarazada o tener un bebé de hasta 12 meses de edad
- Residir en los Distritos 7 u 8 de Washington, DC (solamente)

[fotosfamiliaresdc.eventbrite.com](https://fotosfamiliaresdc.eventbrite.com)

Por favor, llegue con todos los miembros de su familia que desea incluir en las fotos.

**VIERNES, 17 DE ABRIL**

**11:30 AM - 4:30 PM**

**SOUTHWEST LIBRARY**

900 Wesley Pl SW,  
Washington, DC 20024



7<sup>th</sup>

# Annual

## Books, Blocks and Balls



### Eggstravanga

Let's HOP to it! Join us as we celebrate early learning in the District for children ages 0-5.



Saturday, April 18<sup>th</sup>, 2026  
from 12pm - 4pm



Raymond Recreation Center  
3725 10<sup>th</sup> St NW  
Washington DC, 20010



- Developmental Screenings and Activities
- Community resources
- Arts and crafts
- Live DJ
- Giveaways and much more



To register, scan QR visit: [bit.ly/7th-Books-Blocks-DC](https://bit.ly/7th-Books-Blocks-DC)  
For more information, visit: [helpmegrow.dc.gov](https://helpmegrow.dc.gov)



# DC Community **Baby Shower**



**MedStar Washington Hospital Center invites you to  
the DC Community Baby Shower and Resource Fair  
Saturday, April 18, 2026 • 11 a.m. to 2 p.m.**

MedStar Washington Hospital Center • Physician's Office Building  
106 Irving St, NW.Washington, DC 20010

**Join us for a day of health screenings, resources, education sessions  
and complementary baby care items. Baby care items will be  
distributed while supplies last. Bags and/or carts to transport larger  
items are encouraged.**

Paid parking available in the hospital visitor garage.

Visit WMATA for metro/bus directions. Hospital accessible by H2, H4 and D6.

For more information contact Lauren Hinson [lauren.hinson@medstar.net](mailto:lauren.hinson@medstar.net) or  
Denise Williams [denise.m.williams2@medstar.net](mailto:denise.m.williams2@medstar.net)



**D.C. Safe Babies  
Safe Moms.**