



## Community-Based Workshops and Support Services

### ***Certified Lactation Counselor (CLC)***

- Ask the CLC provides individualized approach to counseling and management of breastfeeding from preconception through weaning using evidence-based approaches

### ***Espresso Milk Collective*** ®

- Breastfeeding support group offered to promote, support and protect breastfeeding experiences for black families while reducing black breastfeeding disparities

### ***Minority Organ donation/Cord banking education***

- Education and promotion of minority organ donation and cord banking. Includes registration to the organ donor registry

### ***BodyWorks***

- Improving family eating and activity habits by providing hands-on tools to make small, specific behavior changes to prevent obesity and to help maintain a healthy weight

### ***Infant Safe Sleep Education***

- An informative training aimed to reduce infant mortality due to unsafe sleep practices. This training is available to families and professional staff

### ***Child Passenger Seat Checks***

- Hands on education about how to safely install child passenger seats and provide appropriate seat if necessary (**as supplies last**)

### ***Benefits Access***

- Provide seniors with referrals through MiCAFE for food, medical insurance, utility assistance and tax credits

### ***Kidney/COVID-19 Risk Assessment***

- Assess risk of kidney disease and increase awareness of the correlation between kidney failure and COVID-19

### ***Mask Education Pop Ups***

- Education about how to properly wear a face mask to reduce the spread of COVID-19