

SisterFriends Detroit

is an initiative provided by the Detroit Health Department that connects caring and compassionate mentors (SisterFriends) to pregnant women (LittleSisters) who live in the city of Detroit.

The ultimate goal of the program is to reduce the infant mortality rate and also to connect pregnant women to a person who can provide social support throughout their pregnancy.

Program participants are also assigned to a Community Health Worker who can help them troubleshoot any challenges and connect them to the appropriate resources and provide guidance during their pregnancy.



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SisterFriends DETROIT

313-961-BABY (2229)
www.sisterfriendsdetroit.com

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ARE YOU PREGNANT?

JOIN SisterFriends Detroit



Call 313-961-BABY (2229)



How does **SisterFriends** work?

A mentor (SisterFriend) will provide social support by helping the expecting mom (Little Sister) to navigate barriers and to ensure that she has the necessary resources to have a healthy pregnancy and thriving infant.

Who can enroll?

All pregnant women who live in the city of Detroit. However, if you do not live in Detroit you are welcome to attend educational sessions.

How do I **sign up**?

Just call:

313-961-BABY (2229)

www.sisterfriendsdetroit.com

What is a **Little Sister**?

A Little Sister is an expecting mom who lives in Detroit and wants access to resources and services to help her have a healthy pregnancy and birth experience.

The Benefits of being a **Little Sister**:

Free transportation to and from prenatal visits and SisterFriends events

Easy and simple enrollment into the WIC program

Safe Sleep-Pack and Play class registration

Referrals to childbirth and parenting classes

Free breastfeeding support

Free maternal stress screening

A dedicated and caring mentor to support your decisions

Easy and simple enrollment into the Detroit Works program

Assistance with obtaining a DetroitID (Municipal ID that provides access to city services and discounts at over 150 local businesses)

Assistance with applying for utility assistance

Referral to diaper bank

Referral to a dentist

Connection to a home visiting program