



TRAININGS:

1. What Zora Taught Us: Black Feminist Methodology and Ethics in Practice

Trainers:

Khye Blue

Dr. Nia Mitchell, PhD

This session engages Black feminist methodology and ethics through the life and work of Zora Neale Hurston. Black feminist methodology centers the histories, lived experiences, and cultural, political, and intellectual traditions of Black women and gender expansive people as well as their communities to shape how research and evaluation are designed and conducted. Hurston, an influential folklorist, anthropologist, and author, exemplified these commitments in her storytelling and fieldwork. Despite efforts to sideline and ignore her contributions, her legacy endures and continues to inform our work today. In this session, participants will reflect on Hurston's life and legacy, engage Black feminist methodological and ethical approaches, and consider how these approaches can transform their own research and evaluation advancing Black perinatal health, rights, and justice.

By the end of the session, participants will situate Hurston within the many intellectual and activist traditions informing Black feminist methodology and ethics; connect ancestral ways of storytelling, memory work, and ways of gathering and interpreting information to their work as Black feminist researchers and evaluators; compare and contrast Black feminist methodological approaches with dominant approaches; dialogue with Black feminist researchers and evaluators inside and outside the academy about translating these approaches into their own work; and work through case studies to apply Black feminist methodological approaches in relevant scenarios.

2. From Preconception Through the Fourth Trimester: A Skills-Based Training to Improve Black Maternal Health Outcomes

Trainers:

Rachell Dumas, RN, MSN

Jamilla Webb RN, BSN

Dr. Alayna Blash, DPM

Desiree Logan, MBA

This immersive full-day training institute equips birth workers, clinicians, and maternal health professionals with practical, skills-based strategies to improve Black maternal

health outcomes across the full reproductive continuum. Using a structured trimester-based framework, participants will move sequentially from Preconception through the Fourth Trimester to identify where communication breakdowns, dismissal, and support gaps most commonly occur and how to intervene effectively. Grounded in real-world clinical scenarios and lived experience, the training integrates provider self-reflection, systems analysis, advocacy skill-building, and community partnership strategies. Participants will learn how to recognize early warning signs of communication-driven harm, respond effectively when patients and caregivers advocate for care, and operationalize village-centered support models within clinical workflows. Each module pairs storytelling with actionable tools that can be immediately implemented in hospital, clinic, and community settings. Through guided journaling, case-based problem solving, role-play, and resource-mapping exercises, attendees will build practical competencies to strengthen care coordination, improve patient-provider communication, and reduce preventable maternal harm. Participants should have foundational familiarity with maternal health care, perinatal support, or clinical care delivery. This training is designed for birth workers, nurses, physicians, doulas, midwives, social workers, and maternal health professionals who serve perinatal populations. No advanced specialty certification is required.

3. Trauma Informed Care for Ourselves and Our Community

Trainer: Sabia Wade

In this full day training, participants will discuss trauma and the impact it has on ourselves and our community. We will create an environment of care as we move through these topics and engage in group discussion and guided learning. Our goals will include the learning and integration of the 6 principles of trauma-informed care and ways to integrate them into how we care for ourselves and others. No prerequisite is required; yourself and your lived experience is enough!

4. From Urgency to Alignment: A Roadmap to Strategic Planning for Black Maternal Health Organizations

Trainer: Jasmine Burnett

This six-hour training equips leaders with a practical framework for preparing their organizations for effective strategic planning. Many Black maternal health organizations are asked to develop strategic plans in response to funding opportunities, policy shifts, or rapid growth—often before the internal alignment and infrastructure needed to sustain those plans are in place. This session introduces a structured approach to strategic readiness, helping organizations assess whether they are prepared to begin strategic planning and what conditions must be strengthened first. The training combines brief presentations, guided reflection, peer discussion, and applied exercises so participants can apply the framework to their own organizations or coalitions. Participants should have experience

working in Black maternal health, reproductive justice, public health, or related social impact fields. Participants should have experience working in Black maternal health, reproductive justice, public health, or related social impact fields. The training is ideal for leaders, managers, program directors, and coalition partners involved in strategy or decision-making. Familiarity with their organization's mission and operations will help participants apply the readiness tools effectively.

5. Heart Focus: Connecting the Dots between Preeclampsia Awareness & Human Lactation

Trainers:

Brittany Wright, MPH, IBCLC

Dr. Nastassia Harris, DNP, RNC-MNN, IBCLC

This course is a dynamic course that explores the intersection of preeclampsia, maternal heart health, and human lactation, with a particular focus on improving outcomes for Black women and families.

Heart disease remains the leading cause of pregnancy-related death among Black women in the United States. Hypertensive disorders of pregnancy, including preeclampsia, significantly increase a woman's long-term risk for cardiovascular disease. At the same time, emerging research suggests that breastfeeding may play a protective role in improving maternal heart health. This course equips participants with the knowledge and practical tools needed to recognize the connections between preeclampsia, cardiovascular risk, and lactation support.

Participants will learn: The basic pathophysiology of preeclampsia and how it affects the body; Key signs and symptoms that warrant urgent attention; The relationship between hypertensive disorders of pregnancy and future cardiovascular disease; Evidence on the role of breastfeeding in maternal risk reduction; Prevention strategies, treatment considerations, and postpartum follow-up needs; Practical ways to integrate heart health education into lactation and perinatal care. Designed for lactation consultants, doulas, community health workers, nurses, public health professionals, perinatal mental health providers, midwives, WIC staff, home visitors, and maternal health advocates, this course translates clinical research into actionable strategies for community-based care.

Participants will leave with concrete tools to support families, strengthen interdisciplinary collaboration, and help close the gap between research and real-world maternal health outcomes. Participants do not need advanced clinical knowledge to benefit from this training. The course is designed as an entry-level introduction for professionals who support pregnant and postpartum families. Participants should have a basic understanding of perinatal care or lactation support through their professional roles.

6. Widening the Aperture of Reproductive Justice from Menarche to Menopause

Trainers:

Julian Wilson

Omisade Burney-Scott

Facilitated by The Black Girl's Guide to Surviving Menopause, this training explores infertility and menopause as essential, yet often erased, parts of the reproductive justice continuum. Amplifying the lived experiences of Black women, genderqueer, and nonbinary people, people with disabilities, people who are currently and formerly incarcerated, Black people under the age of 45, and those who have experienced medical menopause. This session invites participants to hold space for the throughline journey from menarche to menopause, exploring reproductive disruption and transformation: infertility, loss, menopause, and the grief that often goes unnamed. Grounded in the frameworks of Reproductive Justice, Black Feminism, and Birth Justice, this workshop weaves together storytelling, political education, ritual, and history to illuminate the power and complexity of our reproductive lives. Participants will learn how menopause is a critical part of the movement. By the end of this session, participants will leave with a reframed view of menopause as physical, political and cultural experience, and new tools for using storytelling as a method for consciousness-raising, healing, and visionary practice. This session is a call to remember. A call to vision. A call to honor every stage of the reproductive cycle as sacred, sovereign, and deserving of protection, joy, and resourcing. Participants should have a genuine interest in deepening their knowledge to connect the menopause journey to reproductive justice.

WORKSHOPS:

1. (AM) “Bringing on a period”: The Role of Emergency Contraception and Period Pills for Menstrual Regulation in Primary Care

Trainer: Michelle Drew, DNP, MPH, CNM, FNP-C, FACNM

Since the Dobbs decision, now more than ever clinicians and advocates need to develop expertise in counseling on and provision of emergency contraception and how to use effective and safe therapies to regulate and induce a menstrual period. Although 19 states have total or near total abortion bans, mifepristone is still available in all 50 states. In this interactive workshop attendees will learn about the current methods of emergency contraception and how to utilize mifepristone for menstrual induction, through observation, lecture and group return demonstration.

2. (AM) Pour Into You: Rest and Sustainability for Birth workers

Trainer: Raven Yeargin, LM, CPM, IBCLC

Birth work is sacred and deeply meaningful, but it also carries emotional, physical, and systemic demands. Many birth workers experience burnout, compassion fatigue, and

isolation while supporting families through intense moments of transformation. This interactive workshop explores rest as a necessary foundation for sustainable birthwork practice. Participants will examine common contributors to burnout, reflect on cultural and community approaches to rest and care, and engage in hands-on self-care practices rooted in creativity and sensory restoration. Through discussion, reflection, and the creation of simple wellness tools, participants will explore ways to reconnect with their own wellbeing while continuing to serve their communities with clarity and compassion. The session invites birth workers to reclaim rest as an essential part of sustaining themselves and the communities they support. No specialized training is required. This workshop is designed for individuals working in or connected to the perinatal field, including midwives, doulas, lactation professionals, perinatal health workers, and community birth advocates. Participants should have a general interest in birth worker wellbeing and practices that support emotional and physical restoration.

3. (AM) From Passion to Policy: Building an Advocacy Action Plan for Black Maternal Health

Trainer: Elizabeth Dawes, MPH

Black maternal health advocates are the architects of birth equity. This workshop provides tools to help them advocate effectively and with confidence, ensuring their lived expertise—and the collective voice of the community—dictates the future of maternal health policy. This intensive, 3-hour "Advocacy 101" workshop is designed to jumpstart immediate action and transform passion into influence.

The training covers the mechanics of policy advocacy, equipping participants with tested strategies and effective communication resources to move the needle on maternal health policy. This session will help participants connect problems to policy-focused solutions; identify key stakeholders to target; and craft high-impact messaging that resonates with decision-makers and compels institutional change.

Session participants will leave with an action plan that identifies the problem they are seeking to solve; a proposed policy solution; key policy targets including champions; resources needed and allies; strategic narrative and messaging guidance; and a timeline for implementation. Participants must have knowledge about maternal health data in their state and ideas of possible policy solutions to improve outcomes. Participants do not need to have policy advocacy experience. Instead, they must have a passion for improving Black maternal health outcomes through policy and a willingness to learn.

4. (PM) Cultivating Grace: A Holistic Group-Based Model for Supporting Black Perinatal Mental Health

Trainers:

Zoe Christie, RN, MSN, CHW

Selena Brazley, LCSW, R-PLC, PMH-C

This interactive workshop features a live mock support group based on Cultivating Grace, a perinatal mental health group for Black birthing people. Participants will observe and engage in evidence-based facilitation techniques that integrate mindfulness, peer support, and culturally responsive care. The session emphasizes practical skills for supporting emotional well-being across pregnancy and postpartum and offers a replicable model for use in clinical and community settings. Participants will be able to apply evidence-based group mental health practices to support perinatal clients across pregnancy and postpartum. Participants will be able to identify core facilitation strategies that promote emotional safety, peer connection, and culturally responsive care within perinatal support groups. This session is appropriate for attendees with 0–5 years of experience in social work, mental health, community health, doula work, or related fields. Participants should have a basic understanding of reproductive justice, implicit bias, or perinatal health concepts and an interest in learning group facilitation or peer-support approaches.

5. (PM) Care Without Martyrdom: A Support Circle + Skill Lab for Birth Workers

Trainer: Rachel Johnson

The workshop blends a facilitated support circle with practical skill building and planning tools participants can immediately apply in community-based and clinical settings. Participants will (1) complete a Boundary Audit to identify where scope creep, unpaid labor, after-hours availability, and emotional over-functioning have become normalized; (2) develop a Burnout Early-Warning Plan that maps body cues, behavioral signals, and operational “red flags” with clear if/then interventions; and (3) practice concise boundary scripts for common scenarios such as crisis escalation, last-minute cancellations, and requests that exceed scope or capacity. No formal prerequisites are required, but this session is designed for participants with working knowledge of Black maternal health and direct experience in perinatal support roles. Attendees will benefit most if they have training or practice exposure in at least one of the following: doula care (birth/postpartum/full-spectrum), lactation support, midwifery or nursing, obstetric or family medicine, community health work, social work/therapy, public health, or program

management within maternal health settings. Familiarity with trauma-informed care, reproductive justice frameworks, and basic professional ethics/scope-of-practice concepts will support deeper engagement, especially during boundary script practice and collective agreement building.

6. (PM) So You Want To Open a Birth Center...Now what?

Trainer: Tamara Taitt, MS

This workshop provides a practical, step by step overview of how to move from the idea of opening a birth center to actual implementation. It centers on community driven, equity focused birth center development, with an emphasis on midwifery models of care and improving maternal health outcomes. Participants will explore defining what a birth center is, clarifying their purpose, making key operational decisions, building a team, and developing a strategic plan. The overall objective is to equip participants with the foundational knowledge, decision making frameworks, and confidence needed to begin or advance the process of opening a birth center rooted in community needs and values. Basic understanding of maternal health, midwifery, or community health systems. Experience in healthcare, public health, community based organizations, or birth work is helpful but not required. Most benefit: general interest in opening, supporting, or advocating for a birth center and are prepared to engage in strategic thinking and planning.

7. (PM) Mothering the Mother: African-American Postpartum Traditions (SPACE IS LIMITED)

Trainer: Shafia Monroe, MPH, DEM, CDT

Mothering the Mother: African American Postpartum Traditions, a three-hour training with Shafia Monroe—and we are excited to welcome you into this powerful, culturally grounded learning experience. This training is more than a class. It is a cultural immersion into traditions that positively impacts the health of the newly postpartum mother. It is the history of what African American midwives and postpartum caregivers believed and practiced, and how it is applicable today. In this training, you can learn and strengthen your skills with hands-on, culturally congruent care that truly transforms the experience of the postpartum period for the recovering mother.