

# NUBIAN MOMS NEWSLETTER

## WINTER EDITION 2023-2024



### What's New With Nubian???

There have been some significant changes at Nubian Moms! One exciting change is that Nubian Moms has a new office space located in Minneapolis! Though we may have a new location we are doing the same work supporting Black expectant and postpartum mamas across the Twin Cities Metro!



**Nubian Moms has a new website!**  
Visit us at [www.nubianmoms.com](http://www.nubianmoms.com)

# OUR NEW LOCATION

*WE Covered Ground This Season!!!*

### About WE

Our Women Empowered (WE) group is a community space for our mothers and their support system to come, share, learn and grow. The group meets regularly on the 1st Tuesdays of the month in the community. At group Nubian staff lead discussions and facilitate activities that are relevant to the experience of being a Black mother.

Some of the things we talked about as a community this season:

### Self-Love

Valuing your personal worth, attending to and meeting your needs, and maintaining a balanced and positive self-perception are essential elements of self-appreciation and well-being.

### Seasons of Transition

Recognizing different transitions during pregnancy and postpartum aids parents in navigating these phases with resilience and awareness. Support from healthcare professionals, family, and friends is crucial for coping with expected and unexpected changes.

### Emotional Safety During Pregnancy

Maintaining emotional safety during pregnancy involves creating a nurturing and understanding environment for yourself and seeking the support needed to navigate the emotional ups and downs that may arise during this significant life transition.

### Pre-eclampsia

The importance of regular prenatal check-ups, with blood pressure and urine tests, are vital for detecting and managing pre-eclampsia early especially for Black expectant and postpartum mamas as they are impacted more frequently than other groups.





# Nubian Moms In Motion!

## Investing in doing work that matters!

*At Nubian Moms we love the work we do! This is why we take advantage of opportunities to engage in trainings, conferences, and workshops to elevate how we do that work. Being in spaces where we can learn, grow, share, and connect with other practitioners who have that same passion and commitment is something that helps us show up for the clients we serve in a more impactful way. In this past season, we have had some significant opportunities to do just that. Here are some spaces where we engaged in growth and development. - Ciana Cullens, Nubian Moms Program Director.*

### Minnesota Perinatal Quality Collaborative (MNPQC) Conference

*Seeks to improve maternal and infant health outcomes, emphasizing racial and ethnic health inequities.*

In my role as the Community Engagement Specialist attending the MNPQC Conference was very informative. It highlighted the importance of meeting the patients where they are, supporting them with the best available resources, and thinking about them as a whole person -not just a client who is pregnant but as a person who a whole set of variables impacting their being. These observations has helped me aid mothers by investing time in understanding their unique needs, allowing me to provide the essential assistance they require.

-Lizzy Nshimirimana, Nubian Moms Community Engagement Specialist

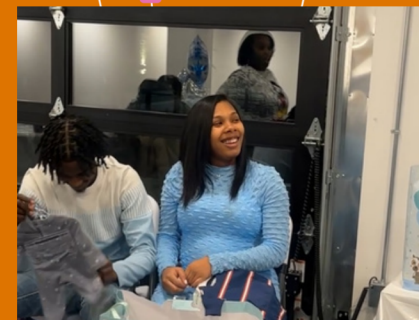
### ACTT Workshop

*Black Coalition for Safe Motherhood's ACTT Curriculum aims to increase awareness about the advantages of advocating for ourselves in healthcare settings and providing comprehensive support for Black birthing families.*

ACTT is a powerful acronym that stands **A**-Ask Questions Until You Understand the Answers/**C**-Claim Your Space – Physical and Mental/**T**-Trust Your Body/**T**-Tell Your Story. Attending the ACTT Workshop was powerful as it focused on the importance of advocacy, knowing your rights, always asking questions until you understand the answer, and the right to say yes/no without pressure. These insights help me support moms by providing them with birth education, empowering them with sufficient information to advocate for themselves.

-Lizzy Nshimirimana, Nubian Moms Community Engagement Specialist

### Kids Corner!



Baby  
Shower  
Time  
Lets  
Celebrate!





