

# 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](http://www.sisterfriendsdetroit.com)**

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**HELP A PREGNANT  
WOMAN HAVE A  
HEALTHY BABY**

**COMMIT TO BEING A  
SisterFriend**



**Mentor A Pregnant Mom Today**

**Call 313-961-BABY (2229)**



## What is a SisterFriend?

A SisterFriend (SF) is a person who is willing to commit to mentoring a pregnant woman who lives in the city of Detroit. The Mentor provides social support by helping the expecting mom to navigate barriers and to ensure that she has the necessary resources to have a healthy pregnancy and thriving infant.

## 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.

## Who can be a SisterFriend?

Any woman who is willing to support an expecting mom throughout the process of carrying a healthy baby to term and one year after the birth of her child.

## How do I sign up?

Signing up is easy!

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# Criteria to become a SisterFriend:

Attend a training and Meet & Greet to learn about the SisterFriends Detroit program, resources for pregnant moms, and most importantly - meet the pregnant Little Sister you will be paired with.

Attend at least 4 Baby Bunch Educational Sessions with your Little Sister

Be Available. Check in with your Little Sister on a regular basis. This could be something as simple as connecting via text to offer encouragement or meeting for tea.

# The Benefits of being a SisterFriend:

Gratification of knowing that you are contributing to the reduction of infant mortality

Invite to exclusive Sister Circle meetings and other events

