

ABOUT US

Generation MomMe is a maternal health education and support organization dedicated to reducing maternal morbidity and improving maternal health outcomes.

We believe every mother deserves the knowledge, care, and advocacy needed to thrive, creating a healthier generation of moms who feel Supported, Educated & Empowered. Our mission is to raise awareness of the risks surrounding maternal health that can arise following childbirth and delivery through comprehensive educational learning tools and resources.

We highlight the importance of personalized guidance and evidence-based practices in our communication.



Generation MomMe

Support.
Educate.
Empower.



STAY CONNECTED

www.generationmomme.com



@generationmomme

Virtual platform
Richmond, VA



We aim to inspire action
towards generational change in
maternal healthcare.

MATERNAL HEALTH EDUCATION OFFERINGS

From workshops, webinars to training programs, we equip participants with essential skills.

- Health Promotion and Prevention
- Cultural Humility and Responsiveness
- Ethical Responsibilities & Professionalism

Designed for Doulas, Community Health Workers, Peer educators, and Allied Professionals; Our interactive courses emphasizes practical tools, role play, and evidence-based learning.



Specialized Distance learning/Online courses/Webinars on Maternal Health Topics:

- Chronic Maternal Health Conditions
 - Postpartum Planning and Recovery
 - Nutrition & Lifestyle
- Hemorrhage Awareness
 - Mindfulness Education
 - Hands-on-Help: Partner & Family support
- Maternal Mental Health

Learn more at
www.generationmomme.com

RESOURCES



- Community and Peer Support
- Healthcare Navigation
- Personalized Postpartum Care Planning



OUR IMPACT

We're dedicated to improving maternal health outcomes in Virginia by spreading awareness about preventable maternal morbidity risks, connecting moms with the information and support they need. Every mother deserves to feel supported, educated, and empowered because **healthy moms create healthier generations.**

