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 families 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 offer professional training, healthcare navigation, and doula/CHW referral, so moms and the professionals who support them can get connected to the right care.

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

Live virtual, in-person, or hybrid
Richmond, VA

Generation MomMe
SUPPORT. EDUCATE. EMPOWER

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

MATERNAL HEALTH EDUCATION OFFERINGS

From workshops and webinars to full training programs, we equip participants with essential skills in three areas:

- **Health Promotion and Prevention**
- **Cultural Humility and Responsiveness**
- **Ethics and Professionalism**

Choose your program:
16-Hour CE Bundle or 30-Hour Extended Cohort

Earn continuing education hours toward CHW recertification, plus a certificate of completion for each course and the full programs.

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

***Custom cohorts available for health plans, health districts, clinics, and community organizations**



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

Courses include topics on:

- **Maternal Health Complications**
- **Pregnancy and Postpartum Planning, Recovery, Nutrition and Lifestyle**
- **Maternal Mental Health**
- **Community and Peer Support Models**
- **Healthcare Navigation**
- **Ethical Responsibilities in Maternal Health Practice**
- **Professional Role Clarity**
- **Trauma-informed approaches**
- **Communications best practices**
- **Hands-on Help: Partner and Family Support (Offered to families)**

Need something specific? We design custom modules for your team.



Learn more at
www.generationmomme.com

Generation MomMe

RESOURCES

1. **Healthcare Navigation**
2. **Doula and CHW Referral**
3. **Personalized Postpartum Care Planning**
4. **Community Outreach**

OUR IMPACT

Our trainings, classes, and resources give professionals, parents, and families the knowledge and confidence to support healthy moms and babies

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Training Participants Voice:

“The training was well organized, informative, and interactive.”

"This was a highly impactful training."

“The facilitators used practical examples that made the information relevant to the work we do with families.“

Partner With Us:
Sunday Miller, Owner & Operator
(804)482-0304