



Dear Friends:

Winter is almost here and the [Family League](#) has exciting news about new funding for our programs to serve youth and families in Baltimore.

Here's what's happening at the Family League!

B'More Fit for Healthy Babies Balances the Scales for Overweight Mothers

The B'More Fit for Healthy Babies campaign, which the Family League co-directs with the Baltimore City Health Department, has received a \$1.5 million grant to help postpartum women improve their nutrition and fitness.

The program will help reduce risks that women may face during subsequent pregnancies while improving birth outcomes for their children. More than 1,400 overweight women will get services to overcome the barriers they face in losing weight through access to healthy food and safe places to exercise as well as support and education.

Program partners include Weight Watchers, the Y of Central Maryland, Lynne Brick's Women's Health and Fitness, Baltimore City Department of Recreation and Parks and the Center for a Livable Future, along with community groups in Park Heights, Patterson Park North and East, and Upton/Druid Heights.

B'More Fit for Healthy Babies was one of 10 programs selected for federal funding from a field of 137 initial proposals submitted to the U.S. Department of Health and Human Services Office of Women's Health. For more information, contact Robin Truiett-Theodorson at 410-662-5500 or rtruiett@flbcinc.org.

New Grant to Improve Home Visits to New Mothers and Babies



The Family League has received a \$700,000 grant from the state of Maryland to transition all Family League-funded home visiting programs to the evidence-based Healthy Family America model. This new approach works with pregnant women, postpartum mothers and their children up to age five and focuses on positive parenting, improving child health and development and preventing child abuse and neglect.

Home visitors regularly see mothers and families to provide support and education, conduct physical and mental health assessments and connect the new mothers to important services and support.

Home visiting programs reach over 500 Baltimore city families a year and are supported by the Baltimore City Health Department in

partnership with the Family League and Baltimore HealthCare Access. The organizations work together

to ensure that pregnant women receive the right services for their needs and potential HIV risk status.

For more information about the program, contact Gena O'Keefe at 410-662-5500 or gokeefe@flbcinc.org

The Family League Helps Baltimore City Children Get Healthy Meals

Registered child care providers in Baltimore City can now get free meals for enrolled children through the Family League, which is participating in the Child and Adult Care Food Program (CACFP). Through CACFP, an initiative funded by the U.S. Department of Agriculture, free breakfast, lunch, dinner and snacks will be provided to children attending CACFP-approved child care facilities.

The Family League has a proven track record in getting hot meals to kids throughout Baltimore. Through the highly successful afterschool snack and supper program, the Family League provides meals to young people at 200 program sites, serving almost 9,000 hot suppers and 5,000 snacks daily and hopes to expand to an additional 25 sites this year. Over this past summer, Baltimore city youth were served 73,000 meals, including 3,000 from the organization's new mobile meals vans. The Family League expects to serve more than one million meals to Baltimore children and youth this year, making us the largest provider of free meals in Baltimore City and Maryland.



Licensed child care and in-home daycare providers who would like to apply for CACFP can contact Kaleisha Biggs at 410-662-5500 or kbiggs@flbcinc.org.

Statewide DMC Conference is a Success!

Close to 500 professionals serving at-risk youth in Maryland attended the Family League of Baltimore's June one-day conference, *Understanding and Impacting Disproportionate Minority Contact (DMC) Across Maryland's Child-Family Serving Systems*.

The event, timed to coincide with the statewide *System of Care Training Institutes* sponsored by several public agencies along with the Family League, was designed to move from talk to action to address disparities in systems serving young people.

Sessions focused on juvenile justice, education, mental health and child welfare helped increase awareness of institutional disparities and provided attendees with information about using data to identify and address those disparities.

Post-conference survey responses demonstrated an overwhelming desire by attendees to take action to reduce these disparities in their agencies.

For more information about the program, contact Leanetta Jessie at 410-662-5500 or ljessie@flbcinc.org.

Take advantage of the Family League's new conference center!

Planning a meeting or training? Use the Family League's state-of-the-art meeting and training center!

Located in the Family League's office suite at 2305 N. Charles Street in Baltimore, the training center provides an affordable, high-tech learning environment for presentations, seminars and meetings of up to 75 people. The center can be divided into three rooms to provide space for smaller meetings or break-out sessions.

For more information about the conference center, contact Rena Moore at 410-735-1765 or rmoores@flbcinc.org or complete the online [reservation application](#) here

Peace,



Kevin Keegan
President and CEO
Family League of Baltimore

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