

# EARLY SUPPORT IS COMMUNITY CARE

Every child should be able to grow and develop to reach their fullest potential. Join us for this FREE lunchtime series of community conversations about early child development.

## EVENT SESSIONS

MAY 8 - 12, 2023



Monday, May 8 | 12:00 - 1:00 pm [Register for this session](#)

### “The Importance of Peer-to-Peer Support in the First Year”

This session will focus on the importance of peer-to-peer support in the first year of parenthood. NurtureNW’s evidence-supported approach connects new parents/caregivers with experienced mentors to help guide them through the complex beginnings of parenthood/caregiving. NurtureNW makes a distinct effort to match parents and caregivers with mentors that share identities and lived experiences.



Beth Graves (she/her), NurtureNW



Farah Khan (she/her), NurtureNW

Monday, May 8 | 1:15 - 2:15 pm [Register for this session](#)

### “Amplifying Ancestral Practices: Decolonization as Community Health Care”

In this session Lactation Specialist, Elizabeth Montez, will be focusing on the history of birthing practices in Indigenous communities and how they have been impacted by colonialism. She will also be talking about how we, as a community, can create systemic change around early care to include and honor Indigenous heritage and practices.



Elizabeth Montez (she/her), Open Arms Perinatal Services

Tuesday, May 9 | 12:00 - 1:00 pm [Register for this session](#)

### “Early Mental Health Panel”

This expert panel of health services professionals will cover a wide range of topics within the early mental health realm. Some of the topics that will be covered include: the importance of positive childhood experiences and their impact on child mental health, emphasizing the importance of parent/caregiver mental health in the first few years, early relational health and reading cues, and other information about developmental milestones.



Rumyana Kudeva (she/her), Spokane Regional Health District



Dr. Nucha Isarowong (he/him), University of Washington



Dr. Diana Liebe (she/her), Yakima Valley Farm Workers Clinic



Dr. Meyleen Velasquez (she/her), Hummingbird Counseling

Wednesday, May 10 | 12:00 - 1:00 pm [Register for this session](#)

### “Birthing in the Diaspora: Providing Black Families with Culturally Responsive Holistic Care”

This session will focus on the support and services that Black families need through their reproductive, perinatal, postpartum, lactation and parenting journeys. Speakers Damarria and Jessie will discuss health disparities faced by Black families with a focus on Black infants and their birth parents. BLKBRY uses culturally responsive, evidence and practice-based intervention to mitigate the impacts of structural racism. Their care uses a holistic approach, and this session will dive further into what holistic practices are available to Black families and their benefits.



Damarria Davis (she/her), BLKBRY



Jessy Trevizo (she/her/ella), BLKBRY

Wednesday, May 10 | 1:15 - 2:15 pm [Register for this session](#)

### “Supporting Black Families in Early Childhood Education”

This session will answer the questions, “How can our community create action that can close the gap in care for Black mothers?” and “How can we understand and hear the concerns about Black mothers during the postpartum period?” Stephaine will also focus on resources available to doulas and how we can support health workers as a community. Stephaine leads The Learning Project whose mission is to advocate on behalf of underserved families throughout Eastern Washington. They serve as a multi-purpose educational hub for educators, childcare and health care providers.



Stephaine Courtney, M.Ed (she/her), The Learning Project Network

Thursday, May 11 | 12:00 - 1:00 pm [Register for this session](#)

### “A Conversation with WithinReach”

Join us for a panel-style conversation with some of the staff at WithinReach! At WithinReach our priority is to provide programs and services that benefit families in Washington State with an emphasis on supporting marginalized communities. This session will also feature a Q&A section.



Brandon Hallock (he/him), WithinReach



Chris Gray (she/her), WithinReach



Camille Schultz (she/her), WithinReach



Carina Gonzalez (she/her), WithinReach

Friday, May 12 | 12:00 - 1:00 pm [Register for this session](#)

### “Activate Your Village”

This session will focus on what to look for in a quality childcare center, what questions to ask of potential care providers, how to show up for your community in a meaningful way, and the importance of building a village of support. Kerra runs the RAZE Early Learning & Development Center which seeks to eradicate the school to prison pipeline in Eastern Washington through early learning programming that highlights our shared experiences and is created through the lens of the Black American.



Kerra Bower (she/her), Raze Early Learning and Development Center

For more information, visit: [www.withinreachwa.org](http://www.withinreachwa.org)