



Celebrate Black Maternal Health Week April 11 - 17

Together let's increase awareness to help expecting parents thrive during and after pregnancy.

Learn how to support the pregnant women and birthing people in your life.

Black Mamas Matter- virtual at Morgan Park and Pullman
April 11, 6 p.m. - 6:30 p.m.

Black maternal health is a public health issue. Join us as we share resources and discuss what's being done to increase awareness, access and equity for better health outcomes.

Community Baby Shower - in-person at Morgan Park
April 13, 9:30 a.m - 1 p.m.

We're hosting an engaging community baby shower brunch. Connect with expecting parents and supportive advocates.

- Local pregnancy and postpartum resources
- Learn about chronic health conditions that affect pregnancy
- Inspiration and movement segments
- Food and games and giveaways

Postpartum Depression vs. Postpartum Blues- virtual at Morgan Park and Pullman
April 15, 6 p.m. - 6:30p.m.

Hear Her® - virtual at Morgan Park and Pullman
April 16, 6 p.m. - 6:30 p.m.

Learn more about the Centers for Disease Control and Prevention's campaign that increases awareness about urgent maternal warning signs & symptoms.

Navigating Local Parent and Child Resources- virtual at Morgan Park and Pullman
April 17, 6 p.m. - 6:30 p.m.

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Stay Connected With Our Hub Of Resources At Our Centers!

At the Blue Door Neighborhood CenterSM we can help connect you with free resources like resume and interview workshops, addressing food insecurity and more.

Farmers Market- In-person

While supplies last

April 10, 12 p.m. – 2 p.m. – Pullman

April 11, 12 p.m. – 2 p.m. – Morgan Park

Gilda's Club Chicago: Thankful Thursday - in-person

April 11, 11 a.m. - 12 p.m. - Morgan Park

Debt Management with Fifth Third Bank - virtual & in-person

April 18, 3 p.m. – 3:30 p.m. – Pullman & Morgan Park

BDNC Job Club - in-person and virtual

April 25, 10 a.m. – 11 a.m. – Pullman & Morgan Park

CBO Collective Hiring Event - in-person

April 25, 10 a.m. - 2 p.m.

Morgan Park: 11840 S. Marshfield Ave.
Pullman: 756 E. 111th St., Ste 102 & 103

For more information scan QR code



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Move With Us

Get your heart pumping with one of our in-person or virtual low-impact fitness classes.

Dance Fitness

- **Virtual Zumba®** - Thursdays, 6 p.m. - 7 p.m. at Morgan Park
- **Line Dance** - first and third Wednesdays, 2 p.m. - 3 p.m. at Pullman
- **Zumba® for Seniors** - Wednesdays, 1 p.m. - 1:30 p.m. at Morgan Park
- **Line Dance** - Friday, April 26, 3:30 p.m. - 4:30 p.m. at Morgan Park
- **Virtual Cardio Hip Hop** - Saturdays, 10 a.m. - 11 a.m. at Pullman

Other Low-impact Fitness Classes

- **Senior Fitness** - Mondays, 1:15 p.m. - 2:15 p.m. at Pullman
- **Virtual Mindful Stretching** - Wednesdays, 6 p.m. - 7 p.m. at Pullman and Morgan Park

Monday - Friday: 9 a.m. - 5 p.m.
Saturday - 10 a.m. - 2 p.m. virtual programming



Mark your calendars!

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Pullman: 756 E. 111th St., Ste 102 & 103

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Classes To Improve Your Health At Our Pullman and Morgan Park Centers!

Join our learning opportunities to manage your health conditions. Check out some of the classes that we have this month.

Courage to Quit: Smoking Cessation- virtual & in-person at Pullman & Morgan Park
April 5, 10:45 a.m - 11:30 a.m.

Health Matters: Wine and Health -
April 9, 1 p.m. - 1:30 p.m. - in-person and virtual at Pullman
April 23, 6 p.m. - 6:30 p.m. - virtual at Morgan Park

10 Facts: Minority Health- in-person and virtual
April 15, 11:30 a.m. - 12 p.m. at Morgan Park
April 30, 5 p.m. - 5:30 p.m. at Pullman

Breathe Well, Live Well- virtual at Pullman & Morgan Park
April 29, 5 p.m. - 6 p.m.

All classes qualify for the Get Rewarded Program.
Blue Cross and Blue Shield of Illinois, a Division of Health Care Service Corporation,
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Earth Day and Spring Events

Earth Day 2024: Spring Into Wellness- in-person at Pullman
April 22, 12 p.m. - 2 p.m.

Earth Day 2024: Paper Shredding Event - in-person at Morgan
Park. April 27, 10 a.m. - 1 p.m.

Join us in-person as we host **Star Farms** for free interactive gardening and cooking demos. There will be live music, fresh produce, food tastings and resources. Bring your personal documents to either event and have them securely destroyed to protect you from identity theft and fraud. Registration is greatly encouraged.

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April Health Observance Month

Join us for a variety of classes and events as we bring awareness to child abuse, alcohol use, kidney health, and highlight National Minority Health Month.

Keeping Our Children Safe for Parent/Caregivers Lunch and Learn - in-person & virtual at Pullman and Morgan Park
April 8, 11:30 a.m. - 1 p.m.

This lunch and learn will teach participants how to prevent, recognize and report child abuse.

Alcohol Awareness 101 - in-person and virtual
April 16, 12:30 p.m. - 1:15 p.m.

Join us as we discuss and educate the effects of bringing awareness on alcohol use disorder.

How Food Helps or Heals Trauma- in-person and virtual at Pullman

April 24, 5:30 p.m. - 7:30 p.m.

Join us for an engaging presentation and interactive discussion about the role of nutrition and brain health.

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Information For Professionals

We will host trainings focusing on child abuse awareness and mental health. Each training provides individuals the opportunity to obtain CEU's at no cost.

Keep Children Safe for Professionals - virtual and in-person at Morgan Park

April 23, 10 a.m. - 11:30 a.m.

Participants will learn ways to prevent child sexual abuse, respond to concerning or harmful behavior and mandated reporting processes.

CEU's available for Illinois Department of Professional Regulation Licensed Professionals: Clinical Social Workers, Social Workers, Clinical Counselors, Counselors and Psychologists.

Mental Health First Aid Training - in-person at Morgan Park

May 18, 9 a.m. - 5 p.m.

Participants will learn to identify, understand, and respond to signs of mental health conditions. The training provides the skills needed to support someone who is experiencing a mental health crisis. Certification of Mental Health First Aid available after training.

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