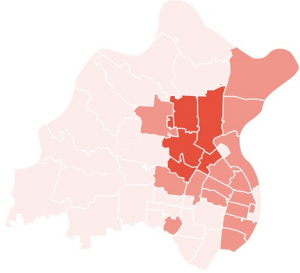




North Star

Zero racial disparities in infant mortality by 2033.

High Infant Mortality Zip Codes



63120, 63121, 63133
63135, 63136, 63140

■ Priority Zip Code Served
■ Priority Zip Code

How much did we do?



Virtual Cafés



66

Parents served



125

Children served



25


Resource referrals

Program Description

This is the second of two FLOURISH grants received by A Red Circle. The Parent Café project created a safe space for parents and families to have authentic conversations in ways that strengthened their community by gaining emotional, social and leadership skills, reduced stress and created meaningful relationships. Through peer-to-peer interaction, guided self-reflection, meaningful relationships and stress relief tactics, this program created authentic conversations in a safe space to benefit the community. This project occurred from January 2021 through February 2022. The first project, Healthy Mom & Baby Dinners, provided pregnant and postpartum mothers with information, confidence and social support to make healthy food choices.

Priority Areas

FLOURISH Community Leaders Cabinet identified priority areas they believe will have the most significant impact on improving conditions for Black families. Infant mortality is a complex issue that can't be solved by one organization alone. Below, you will find population level data where FLOURISH is contributing to changes for Black families alongside other organizations. A Red Circle is working to move the needle for the individuals they serve in the areas listed below.

FLOURISH Priority Area	Category of Work	Population Level Data
 Social Determinants of Health	Education & Resources	Access to Resources

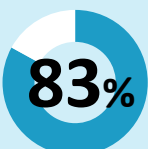
FLOURISH uses a **results-based accountability** model of evaluation, because it helps show how collaborative efforts can make an impact on reducing disparities in infant mortality. We focus on how well programs address root causes of the issue and whether Black pregnant and parenting families are better off.

How well did we do it?

How were Black pregnant and parenting families impacted by this project?



of individuals attended **more than one** Parent Café



of individuals **positively** evaluated the Parent Cafés

Is anyone better off?

What change occurred as a result of this project?

100%

of individuals experienced **increased social support** throughout the Parent Cafés

Virtual Café Topics



How to support your children transitioning back to school



Child abuse and neglect



Financial resources



Self care

Spotlight Story

A Red Circle hired a former Parent Café attendee to become the program coordinator for the Parent Café. She has brought first-hand knowledge of being a parent in a community that lacks resources. Her presentations and guest speakers have been on point. Several parents feel comfortable in meeting with her and make it a priority to attend each café every month.

A Red Circle's Parent Cafés created a safe space where parents could share, receive information and resources, win door prizes, and create the village that is often lacking within families of high needs children.

“It helps me feel more connected to other parents.”
- Café Participant



Project Outcomes



Food insecurity



Employment



Lack of access to social and mental health services



Lack of social support from family and community



Availability of educational resources for their children during virtual learning



Overall, the socioeconomic conditions our families are faced with daily increases barriers to successfully raise their children and intensifies their stress levels.

Partnerships



FLOURISH St. Louis, an infant mortality reduction initiative powered by Generate Health, is bringing together people and organizations across the region to fix the systems that impact the health of Black families. A Red Circle received a FLOURISH grant, which was funded by Missouri Foundation for Health.

For more information visit <https://aredcircle.org/> or contact info@flourishstlouis.org