



JEFFERSON COUNTY
CHILD DEVELOPMENT COUNCIL



MOMS TALK

Pregnancy Education & Support Session

EMPOWERING MOTHERS THROUGH KNOWLEDGE,
SUPPORT, AND HEALTHY CHOICES



DATE:

Tuesday, September 22, 2026



TIME:

11:30 AM – 1:30 PM



LOCATION:

Jefferson County Child
Development Council (JCCDC)
728 37th Street South
Birmingham, AL 35222

FEATURED GUEST SPEAKER

Aisha Prewitt, MPH

**Birthwell Partners
Doula Consultant**

DISCUSSION TOPICS



Healthy Pregnancy
Practices



Importance of
Prenatal Care



Birth Planning
& Support

EVENT AGENDA



11:30 AM – 11:45 AM
Registration & Welcome



11:45 AM – 12:45 PM
Presentation by
Aisha Prewitt, MPH



12:45 PM – 1:15 PM
Questions &
Group Discussion



1:15 PM – 1:30 PM
Closing Remarks &
Adjournment



LUNCH
WILL BE SERVED



*Families and
Fathers Are
Welcome*



HEALTHY MOMS. HEALTHY BABIES. HEALTHY COMMUNITIES.

For More Information



205-933-1095 | EXT. 6059

Hosted By



Jefferson County
Child Development Council



Supporting Mothers • Strengthening Families • Building Communities

