

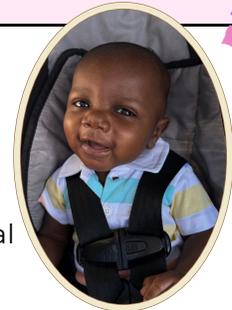


www.vibrantmomsespanol.org

www.vibrantmoms.org

Champions of Change: CHWs Making a Difference!

Through VIBRANT MOMS, our Community Health Workers (CHWs) do more than provide resources—they build lifelong relationships. Many moms stay in touch long after their babies are born, reaching out for support, sharing milestones, and staying connected as part of a caring community. Through their dedication, CHWs like Diane and Clarissa are not only guiding families through pregnancy but also providing emotional and psychological support that lasts well beyond birth.



"I am truly excited to be a part of the wonderful Vibrant Moms project. From the very first moment, it caught my attention, as I have learned and experienced new and very meaningful things in my life. I am also grateful for having these wonderful promoters, Diane and Clarissa, in my life, as they have supported and helped me immensely. My respect to them and many blessings to all the participants of the project. Thank you so much!"



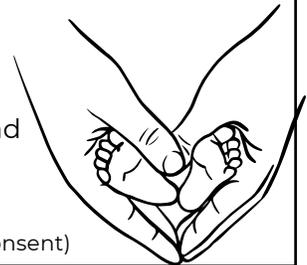
"Vibrant Moms is excellent for pregnant women. It helped me a lot. They ask you about the experience of being pregnant. Diane and Clarisa come to the comfort of your home. They are wonderful people who convey confidence and listen to you. Being my first pregnancy, I had many doubts about the changes I had whether it was right or wrong."



"Listening to other pregnant women like me, telling them about the changes they are going through makes one feel calmer knowing that it is normal for everything one is going through, it makes you feel heard, it encourages and supports us. I recommend Vibrant Moms to other pregnant women, you will not regret it, it is a beautiful experience."



These stories are just a glimpse of the impact CHWs make every day. Their work is about more than healthcare—it's about connection, trust, and community. Thank you to all the CHWs who continue to uplift and empower families!



(Photo's Shared with Consent)

VIBRANT MOMS: VERIFYING AND IMPLEMENTING EVIDENCE-BASED PROGRAMS FOR ADDRESSING NEEDED TRANSFORMATIONS IN MATERNAL OUTCOMES, MEASURES, AND SUPPORT





Strengthening Community Ties with the Amarillo Hispanic Chamber of Commerce (AHCC)

We are proud to collaborate with the Amarillo Hispanic Chamber of Commerce (AHCC), a dynamic organization committed to empowering businesses, celebrating culture, and fostering meaningful community connections across the Amarillo area. With a network of over 250 businesses and organizations, including 40+ nonprofits, AHCC serves as a driving force for economic development and advocacy, amplifying opportunities for the Hispanic community and beyond.

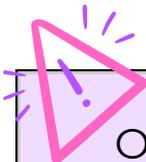
Through strategic partnerships, leadership development, and targeted promotional initiatives, AHCC provides invaluable support to businesses and organizations striving to make a difference. Their dedication to community engagement and economic empowerment aligns seamlessly with the mission of the VIBRANT MOMS Coalition, helping us expand our reach and deepen our impact.

AHCC is actively supported VIBRANT MOMS through:

- ✓ Event Promotion & Engagement – Helping us connect with more families by promoting our mission and attending our events.
- ✓ Publicity & Awareness – Featuring us at their Monthly Hora Social and sharing our work through their newsletter and social media.
- ✓ Speaking & Networking Opportunities – Inviting us to speak at their monthly calls, allowing us to engage with local business leaders and advocates.
- ✓ In-Person & Virtual Support – Attending our events and helping amplify maternal health awareness across their platforms.



We are incredibly grateful for AHCC's support and the work they do to uplift local businesses and organizations. Together, we are creating a stronger, healthier community for all!



Don't Miss Our Coalition Meeting!

Join us Thursday, April 10, from 12:00 – 1:30 PM (CST) for key updates and next steps in the Vibrant Moms Project!

 Zoom Link 
<https://ttuhsc.zoom.us/j/96226529246>

Your voice matters—see you there! 🎉

Coffee and Conversations

Grab your favorite drink and connect with us for an informal, engaging space to share updates, celebrate wins, and spark new ideas!

 Next Meeting: Thursday, April 17th, 2025

 Zoom Link:
<https://ttuhsc.zoom.us/j/96795698042>



VIBRANT MOMS: VERIFYING AND IMPLEMENTING EVIDENCE-BASED PROGRAMS FOR ADDRESSING NEEDED TRANSFORMATIONS IN MATERNAL OUTCOMES, MEASURES, AND SUPPORT

PHONE:
806-414-9972



EMAIL:
VIBRANTMOMS@TTUHSC.EDU



MOBILE:
806-319-1806

Spotlight on Family Support Services: Making a Difference in Our Community

We are honored to collaborate with Family Support Services (FSS), an organization that is passionately dedicated to empowering families within our community. FSS provides a comprehensive range of programs designed to support both parents and children, focusing on creating strong, healthy foundations for families. Their offerings include parenting education, early childhood development, and family-strengthening programs that promote growth, connection, and empowerment.

FSS's dedication to creating supportive environments is evident in their work with families, helping them navigate challenges and thrive. Their initiatives, such as the Mom Groups, promote self-care



F.S.S
FAMILY SUPPORT SERVICES
OF AMARILLO

and well-being within the community by offering resources like journaling and goal-setting workshops. Additionally, events like the Baby Bash provide families with young children access to valuable resources and fun activities. FSS consistently makes a positive and lasting impact on families. Beyond their parent support groups, FSS also offers a wide range of services, including advocacy for domestic violence, sexual abuse, and human trafficking, emergency safe housing, Behavioral Health & Wellness, the Veterans Resource Center, Education & Prevention, and Counseling Services.



Endometriosis Awareness Month

Endometriosis Awareness Month, is a time to bring attention to a condition that affects nearly 1 in 10 women worldwide. Endometriosis occurs when tissue similar to the uterine lining grows outside the uterus, causing chronic pain, heavy periods, digestive issues, and even infertility. Despite its prevalence, endometriosis is often misdiagnosed or dismissed, leaving many to suffer in silence for years before receiving proper care.

Raising awareness is crucial to improving early diagnosis, advancing research, and ensuring those affected receive the support they deserve. Every voice in this conversation helps drive change!

Exciting News: Our Spanish Website is Live!

We're thrilled to announce that the Spanish version of the Vibrant Moms website is now officially live! 🎉

www.vibrantmomsespanol.org

The new site mirrors our main website, with translated flyers and links to Spanish-language resources, where possible. Both sites now feature an easy-to-use language toggle at the top. And both websites have been updated to prioritize the Maternal Health Survey, shifting from a recruitment focus.

Thank you for your continued support in making maternal health resources inclusive for all!

*DISFRUTA
Y SÉ FELIZ*

*Enjoy
and
Be
Happy*

VIBRANT MOMS: VERIFYING AND IMPLEMENTING EVIDENCE-BASED PROGRAMS FOR ADDRESSING NEEDED TRANSFORMATIONS IN MATERNAL OUTCOMES, MEASURES, AND SUPPORT

PHONE:
806-414-9972



EMAIL:
VIBRANTMOMS@TTUHSC.EDU



MOBILE:
806-319-1806