My dear friends and community, ALOHA!

2019 was a year of re-building. We have been extremely blessed to receive funding from King County’s Best Start for Kids Innovation Fund. This one grant opportunity allowed us to come back to the Rainier Valley and launch our Birth Bundle Project. Our midwives are working in partnership with physicians, doulas, lactation consultants to provide wrap-around services to all of the families we serve. Black and Brown families are suffering from racial injustice and it shows in the devastating rates of maternal and infant deaths. We are in the middle of a public health crisis and we will not back down. After being displaced out of the Rainier Valley twice, we moved into a new clinic location in the heart of South Seattle. We are at the Othello Street Station in the Assembly 118 building. We have free parking, extended hours, provide home visits, offer home birth, hospital birth, and or a birth center birth. We believe that our clients know their bodies best, and will have the knowledge and power to make informed decisions about their care.

This year we have secured funding to expand our midwifery services to include family planning, group prenatal care, and breastfeeding medicine. We are also recipients for the City of Seattle’s Equitable Development Initiative, and have an opportunity to build a birth center. We will be expanding our staff and providers, and look forward to growing with the community. We know that "if we build it, they will come."

With all my aloha!

TARA LAWAL, MS, RN
EXECUTIVE DIRECTOR OF RAINIER VALLEY MIDWIVES
CO-FOUNDER OF SOUTH SEATTLE WOMEN’S HEALTH FOUNDATION
WHO ARE WE?

SOUTH SEATTLE WOMEN’S HEALTH FOUNDATION
We were founded in 2015 and are a 501c3 non-profit organization. We use global strategies that are proven to reduce costs and improve the quality of care. We teach life skills, health, childbirth and parenting education classes in clinic and in the community to promote healthcare navigation skills and use of community resources and partners to achieve optimal well-being.

MISSION:
We are dedicated to creating spaces for high quality, individualized perinatal and aligned healthcare, education, and support for families living in typically underserved communities through the vehicle of community-based clinics.

OUR SERVICES

- **Pregnancy Care**: our Birth Bundle consists of dedicated providers and services together for every client with customized education, access, and support to meet the needs of the families and communities we serve. Your midwifery-led care is all-inclusive and provides you with lactation support, a doula, access to physician care if needed or wanted, and mental health and well-being check-ins and support.

- **Group Prenatal Care**: our supportive pregnancy care give moms a space to connect with their providers and engage with each other to build a sense of community. Groups are facilitated by a trained leader and midwife who work as a team to make sure each participant gets all they need. We discuss everything from common discomforts, stress management, nourishing the body, mind, and family, to labor and delivery, breastfeeding, and infant care.

- **Lactation Lounge**: a dedicated space held weekly with lactation specialists that can help with anything breastfeeding related.

- **Breast Feeding Medicine**: we help you achieve your breastfeeding goals and feel supported, safe, and reassured along the way.
2019 ORGANIZATION HIGHLIGHTS

In May 2019
We moved into the Assembly 118 Building at Othello Station

In September 2019
We celebrated our 4th birthday with family and friends

We expanded the team:
We hired 3 Midwives, a Clinical Director, Office Assistant and Director of Programs

Add to the JOY, we welcomed 16 beautiful babies into the world!
2019 FINANCIAL GROWTH

$600,000+ GRANTS  $2,000+ DONATIONS  $135,000+ REVENUE

In 2019, we were awarded grants from Best Starts for Kids, Shen Yen Lu Foundation, the Tudor Foundation, the Equitable Development Initiative; donations from the community, and our operating budget has increased doubled this past year and is expected to grow exponentially this next year.

WHAT'S NEXT? 2020 & BEYOND FINANCIAL PLANS

HIRE

As we are rapidly growing, we are hoping to expand our team next year by hiring:
- Program Coordinator
- Community Engagement Coordinator
- Executive Assistant
- Bookkeeper
- Architect Firm
- Fundraising Consultant
- Contractors

BIRTH CENTER

We are excited to announce we are planning to build a community birth center in the near future! We welcome community stakeholders, clients and providers to share their thought at listening sessions this spring. This birth center is build for the community.
Healing our community, one family at a time. We recognize that we are on Duwamish territory and honor their Elders past, present, and emerging.

/rainiervalleycommunityclinic
/rainiervalleymidwives/