

COCO CONNECT

Cocolife.black's Monthly Newsletter



Welcome friends!

By Alexia Doumbouya

Greetings Coco Community,
Can you believe we just celebrated our 2nd BIRTHDAY?! It has been 3 years since I first shared the concept of Cocolife.black (formerly Cocobump.com, but that's a story for another time, LOL). In that short time, we've launched the website, partnered with amazing organizations like The US Department of Health and Human Services, gained our nonprofit 501(c)3 status, and more!

Cultivating Community is a movement for us! Here at Cocolife.black, we are promoting a community-empowered model of care that focuses on Black moms. We are celebrating them, supporting them, and advocating for their needs!

As we reach another milestone in the life of this organization, we are excited to launch our monthly newsletter! There's so much happening in the world of CCL, and we figured it would be great to add another place you can stay up to date.

IN THIS ISSUE

A LETTER FROM OUR
FOUNDER

AFTERSHOCK THE
DOCUMENTARY

EMBRACING THE JOURNEY

IBX COLLABORATION

MENTAL HEALTH MOMENT

HELPFUL LIVING MAG



What can you expect to find in our newsletter, you ask?

- Upcoming events
- Mental Health awareness and support
- Mombassador and resource spotlights
- Tips for navigating the maternal stages of pregnancy, postpartum & compassion
- National & global partnership opportunities
- So much more...

This has been a wonderful journey, and I'm grateful to the amazing project team that helped facilitate the launch back in 2020. Thank you to the Coco Community that has been rolling since the start, the new additions, and our team of amazing Mombassadors. You have helped us to continue pushing the importance of Black Maternal Health and Paternal Health.

Aftershock

By Courtnee Buck

If you haven't already, sit down and check this documentary out! At Cocolife, we are all about supporting Black and Brown moms. But what happens when a system that is supposed to care for us fails us? In *Aftershock*, the stories of two women who lost their lives due to childbirth complications is told. For some, the disparities we discuss seem so far removed from us. But, for others, it is an all too unbearable reality.



RESOURCE

Click on any of the resources for more information.

If you would like to recommend a resource, email support@cocolife.black.



Embracing the Journey

By Courtnee Buck

Whether good days or bad, life happens to or for us all. It depends on how you choose to see it. Either way, there are days when we are doing great! We're staying on top of tasks, the kids and spouse are well, we're knocking out our projects at work, and drinking water. Other times, we are cruising through life on the struggle bus. Yikes! The fact is, you're not alone, and that's important to remember. If there are times that you find yourself feeling alone in the struggle, you're not going to want to miss Journey of a Storyteller. Hear stories from real people, candid conversations, and content to challenge your thinking. From friendships and family to extending grace and the Gospel, you'll hear it all! Go back and check out the latest episode on [Doing Big, Brave Things](#).

Helpful Living

By Courtnee Buck

[Helpful Living Magazine](#) serves to help people better understand mental health. The magazine is a mix of education, true stories, and resources. The magazine's founder Jamie Rockymore-Bess has worked in the mental health field for over ten years. From seeing a need for solid resources, Helpful Living Magazine was birthed. This month, our very own Executive Director, Courtnee Buck, has contributed an article on behalf of Cocolife. Check out the article titled, Postpartum & Mental Health.



IBX Partnership

On Monday, July 11, 2022, Independence Blue Cross (IBX) dropped a [press release](#) announcing its collaboration with Cocolife.black and Cayaba Care addressing racial disparities in maternal health. Dr. Seun O. Ross who we had the pleasure of meeting during the Black Maternal Health Summit in March, serves as IBX's first Executive Director of Health Equity. She spoke of the company's work for maternal health equity and desire to address racial disparities in healthcare. Independence Blue Cross is the largest health insurer in the Philadelphia area. You can check out the whole article [here](#).



Mental Health Moment

By Anika Tillery, LMSW, M.S.

“Once we recognize what it is we are feeling, once we recognize we can feel deeply, love deeply, can feel joy, then we will demand that all parts of our lives produce that kind of joy.” – Audre Lorde

In a lifetime, most people will or have experienced moments that caused great agony or stress. Moments that created streams of doubt, insecurity, fear, and feeling unworthy of joy. Those moments can be debilitating and make us feel like it is better to hide rather than let people know that we need a moment to take for ourselves. It has the potential to chip away at our mental health because carrying and holding too much can be overwhelming. Audre Lorde’s words remind us that it is when we feel our feelings, when we acknowledge our feelings, when we take the time to process what we are feeling, that we connect with self and heal from those moments that did not serve us. It is when we connect with a healthy self and mind that we can recognize what we need and want without apology. When we arrive at that space, we can demand that all parts of our lives produce, make way for healthier mental health, and invite the moments that serve and not detract. Do not be afraid to demand what you want and need to strengthen your mental health and bring joy.

Our Writings On The Wall, Inc.

www.ourwritingsotwall.org

What are people
saying about
Cocolife.black?

Please click the [link](#) to leave us a review on Google.

This is a supportive and interactive group concerned about saving the lives of Black women! I love the events they host and greatly appreciate the work they are doing in the community
-Ebony D.

Upcoming Events

- MOMMY & ME IN MELANIN- AUGUST 28
- NATIONAL TEACHER SUPPLY DRIVE- SEPTEMBER
- DOULA MIXER- OCTOBER
- [CLICK HERE TO STAY CONNECTED ON EVENTS.](#)

Visit us at www.Cocolife.black to join the movement and learn how you can help support moms Bump & Beyond!

THANKS & ACKNOWLEDGEMENT

Thank you for the amazing opportunity to collaborate with wonderful partners.



The Partnership Center
Center for Faith-Based & Neighborhood Partnerships
U.S. Dept. of Health and Human Services

AMERICAN PSYCHOLOGICAL ASSOCIATION

Maternal
MENTAL HEALTH SUMMIT & LUNCHEON
PARTNERING FOR THE WELLNESS OF MARGINALIZED COMMUNITIES

15 JULY 2022

Luncheon: 11:30am
Summit: 12:30pm - 2:30pm

Dr. Thema Bryant, PhD
President-Elect
American Psychological Association

Bruce McIntyre III
CEO/Founder
The Save A Rose Foundation

Heidi Murkoff
Founder, *WhatToExpect.com* & Author of The
What to Expect When You're Expecting Series

Alexia Doumbouya, CPD, MSL, Doula
Founder & President
Cocolife.black

Jennie Joseph
Founder & President, *Commonsense Childbirth Inc.*
Midwife & *TIME* Woman of the Year 2022

Share a bump.
Spread the word.
Save a life.

#BumpDay July 20, 2022

what to expect.
what to expect.project

BRONX COMMUNITY BABY SHOWER

Calling All
.....
Expecting & Infant moms

Aug 4, 2022
For more info DM or
email support@cocolife.black
please share, attend & invite

COCOLIFE.BLACK



SUPPORT COCOLIFE.BLACK

501c3



CASHAPP



WEBSITE



PAYPAL

Thank you



LEAVE US
A GOOGLE
REVIEW

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