



MOTHER'S FIRST INITIATIVE

Mothers First Initiative is dedicated to uplifting black and brown mothers during the early postpartum phase, focusing on mental wellness and alleviating postpartum depression. Our programs include mommy meetups, supportive cohorts, and in-home services to ensure that every mother feels empowered and supported in her journey.

APPLY
FOR
SERVICES!



JOIN OUR
MOMMY
MEETUP!

OUR SERVICES



The Nu You Cohort is a guided personal growth program that helps moms strengthen their mental, emotional, financial, and relational wellness through community, coaching, and practical tools that support real-life transformation.



Mama Needs a Hand provides in home support for pregnant and postpartum moms, offering a trained mom assistant who helps with light household tasks, companionship, and practical relief so mothers can breathe, recover, and feel supported.



Mommy Meetups are curated gatherings designed to help moms build genuine connections, access trusted resources, and experience a warm community that understands the realities of motherhood.

ELIGIBILITY

Mom Meetups are open at no cost to all Prince George's County residents. To receive in-home support, mothers must live in District 7 (**ZIP codes 20746, 20747, 20743, 20748, and parts of 20745**) and be currently pregnant or have a child under the age of 3.

**SIGN UP AND LEARN MORE AT:
WWW.MOTHERSFIRSTINITIATIVE.COM
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