



2021 *Impact Report*





Dear BBK Family and Friends,

This past year, BBK continued to create and expand programming towards the development of safe spaces for Contra Costa County families in their journey towards wellness and empowerment. We are proud to provide this programming at no additional cost to families. We saw the successful launch of two programs CoCo Doulas and Holding Space. CoCo Doulas is a free community-based doula training and care program that supports Black birthing families with reducing birthing complications throughout Contra Costa County.

Additionally, we hosted several feedback sessions to understand the needs of men in our community. After hearing directly from them, Holding Space launched as a free peer wellness and leadership space for Black, Latinx, and other men of color to adopt a holistic approach to their health. I continue

to be inspired by the deep and valuable collaborations and partnerships that facilitate the launch of our new innovative wellness programs, advance parent-led advocacy, and sustain our community-centered programs.

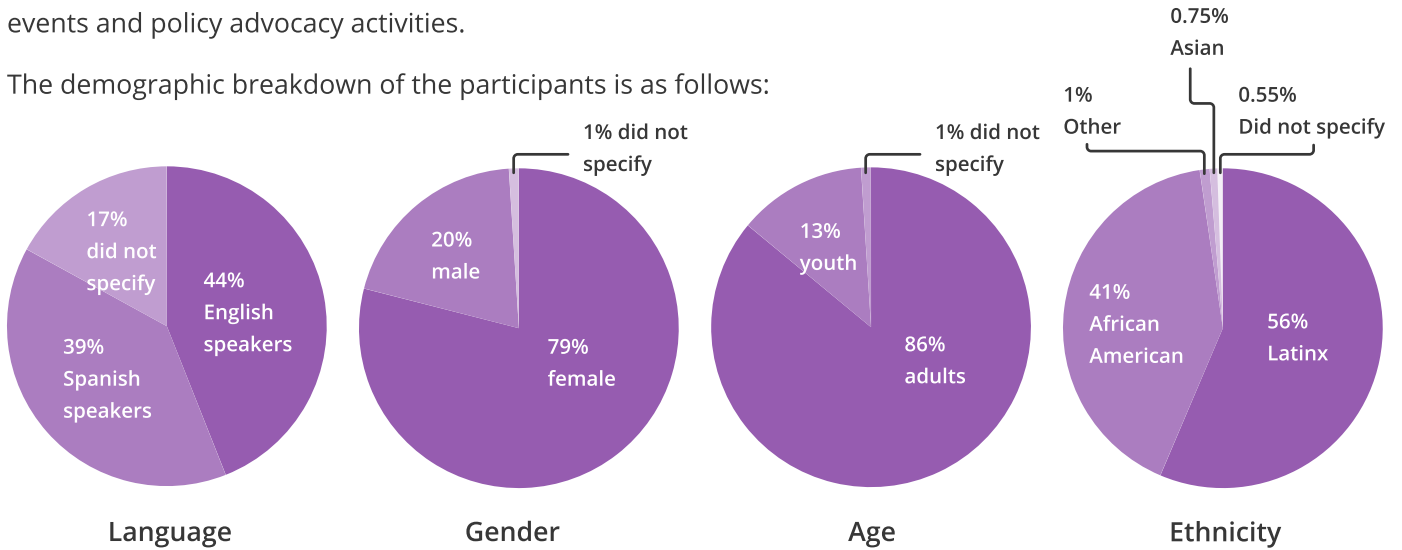
Despite the challenges of 2021, BBK continues to meet the needs of our community. Looking forward to 2022, I'm excited about the opportunity to grow and establish partnerships for building multigenerational parent and youth-led organizing, advocacy, and leadership development that will transform our education systems so that all Black and Latinx families and youth thrive!

*In Partnership,
Sheryl Lane*

Who BBK Served in 2021

BBK partnered with a total of 466 families throughout Contra Costa County and beyond during 2021. This year BBK hosted 134 weeks and 384 programming hours facilitating virtual trainings, peer sanctuaries, weekly health and wellness, and summer program events and policy advocacy activities.

The demographic breakdown of the participants is as follows:



Tatiana Benjamin
Life Coaching Participant

“I was the type of person who was scared to get out of my comfort zone and it was holding me back from succeeding in life.” “The life coach helped me get over my fears and put myself out there. BBK brings a smile to my face because it gives me hope.”



LeJon “Fahim” Reese
Men’s Sanctuary Facilitator

“The majority of the men that we are bringing in are formerly incarcerated. It’s very critical because growing up in Richmond, there’s a lot of things going on with the gang and drug violence. A lot of men have been sheltered, meaning they didn’t express themselves emotionally. This space provides a platform for them to become vulnerable and express their deep thoughts, feelings, and emotions. I know it’s helped a lot of men open up.”



Guadalupe De La Cruz
Latina Sanctuary Participant

“The finance workshop I took at the Latina Sanctuary, was a way of helping my home to organize the inflows and outflows of money. Many times we don’t realize our financial situation and sometimes we owe more than we earn. It helped with that.”



2021 Program Highlights

CoCo Doulas

Community-Based Doula Training

Due to the much higher rate of birthing and health complications that Black birthing families experience, the launch of CoCo Doulas to promote Black maternal justice and wellness care became a priority at BBK. CoCo Doulas are skilled in comfort and relaxation techniques for labor, experienced in giving non-judgmental emotional support, and providing education on breastfeeding, trauma, nutrition, and community resources.

Doula Wellness Care

Our new CoCo Doulas training program graduated 14 Black women who completed 60 hours of training, 10 hours of weekly homework and learned about maternal health from an impressive cadre of health and wellness practitioners. The trainees developed a beautiful sisterhood and bond and have pivoted into a new doula career and serve families throughout Contra Costa County. Four graduates joined BBK as Doula Fellows and are now supporting expectant families with emotional support and pregnancy education. We are delighted that the end of 2021 saw CoCo Doulas supporting families during their birthing experience and welcoming healthy babies into our communities.



Jalon Athens
CoCo Doulas
Participant

"My doula has helped me tremendously to ease my anxiety. My doula has been vital. Without this program, I feel like I would have gone into labor prematurely and I don't feel like the anxiety or the stress would have gone away. With a doula, I feel like I'm actually able to breathe through everything. I'm getting excited and prepared. Before the doula, it was a different mindset about being pregnant."

2021 Program Highlights

Successful Launch of New Programs & Initiatives: CoCo Doulas, Life Coaching and Holding Space Men's Sanctuary, Black Village Network

Life Coaching

In 2021, BBK launched free life coaching sessions for Black women to prioritize self-discovery and continue along their wellness journey. Eighteen women received free life coaching sessions and guidance with individualized wellness plans for achieving their career, health, financial and relationship goals. The benefits of coaching were illuminating, and as one participant shared, it "encouraged me to take chances no matter the outcome," and another shared, "I have more of a sense of inner peace."



Holding Space: Men's Sanctuary

Holding Space was launched as a peer support sanctuary by and for Black, Latinx, and other men of color who wanted a safe and motivating space for healing, personal growth, and building community. Men throughout the region joined the peer support sessions, created a brotherhood, and designed and curated engaging sessions about co-parenting, anger, mentoring boys and young men of color, and goal-setting.

Policy and Advocacy Partnerships

One of the biggest highlights of 2021 leading into 2022 is the collaboration between BBK and The Ed Fund in creating the Black Village Network. The Black Village Network will collaborate with Black parents, youth, and community leaders in West Contra Costa County to co-create solutions so that Black students and families can thrive in our local education systems. The Black Village Network is an investment in Black leaders of all ages to come together and create something tangible for the community and gain project development skills in the process.



2021 Impact Report

We are grateful and thank all of the organizations and individuals who donated and partnered with BBK in 2021.

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