



# Empowering Immigrant Women for Healthier Communities

Providing accessible health information and resources tailored  
to the unique challenges faced by immigrant women.

## Our Mission

The **CoachHER Bridge** is an upstart non-profit organization dedicated to improving the health outcomes of women, particularly immigrant women, by bridging gaps in access to vital health information and resources. We believe that by blending mentorship, empowerment, and cultural connection, we can foster healthier individuals and communities. This initiative focuses on improving health outcomes for women, particularly immigrant women and their children in Sacramento.

## Who we serve

Our program is designed for women, with a particular focus on immigrant women in Sacramento. This population often faces overlapping health challenges due to barriers related to race, gender, immigration status, and limited access to culturally appropriate care, which also increases health risks for their children. Additionally, immigrant parents are often less aware of available health and community resources, which can impact their children's health.

## Take the survey

### Your voice matters.

This confidential, anonymous survey will help us build healthier, more informed future for immigrant women!



Scan this  
QR code  
to take  
the survey

### We're Online!

Visit: [coachherbridge.com](https://coachherbridge.com)



## Rooted in Support

**The CoachHER Bridge addresses these critical needs by providing accessible health information and resources tailored to the unique challenges faced by immigrant women.**

Our program design empowers women to become advocates for their own health and the health of their families, promoting healthier habits and behaviors within their households and communities.

## Here's How It Works

### An Online Resource Hub

#### **Online Media Platform & Content Creation:**

We will develop and disseminate health information and resources through an accessible online platform.

### Interactive Workshops

#### **In-person Events engagements with partners and professionals:**

We will host engaging in-person workshops to facilitate direct interaction, learning, and community building.

**Project Status & Partnerships:** We have developed a needs assessment survey that will be distributed to our target population through stakeholder organizations to prioritize needs before creating digital materials and workshops.

**What it takes to launch:** Our budget supports both the personnel and operational costs necessary to deliver a high-quality program. This includes personnel Costs, program & operational costs and indirect costs.

## The Benefits of Participation

We aim to create a lasting, positive impact on the health and well-being of immigrant women and their families in Sacramento. By improving access to vital health information and resources, we anticipate these outcomes:

**Increased health literacy among immigrant women.**

**Empowered women who can confidently make informed health decisions for themselves and their families.**

**Reduced health disparities within immigrant communities.**

**Stronger, healthier families and communities in Sacramento.**

## Now Seeking Partnerships!

We are actively seeking partnerships with:

- Community health centers
- Immigrant-serving nonprofits
- Libraries
- Community centers
- Schools

