



Rest.
Resist.
Restore.

Give to the Abide Birth &
Collective Care Center



To get rid of the
weed we must
pull it up by the
root. Let's uproot
the system and
plant a seed that
bears fruit.

Cessilye R. Smith
Founder & CEO

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Rest. Resist. Restore.

Less than 5% of community birth centers are led by people of color.

More than 80% of birth centers are for-profit entities that were seeded by personal savings, loans, or family gifts. The United States has a history of biased wealth distribution. This creates inequitable access to the funds needed to start birth centers.

Our healthcare system was designed to exclude Black, Indigenous, and People of Color.

Our healthcare system was not designed with equity in mind — in fact, it was originally designed to exclude Black, Indigenous, and People of Color.

Community birth centers are designed to reflect the stories and health traumas of people and families who have been dismissed and forgotten.

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Our Mission

To provide a place of rest and resistance, that gives birth to restoration for Black, Indigenous & People of Color by offering childbirth services, education, training, and student housing in a communal environment for individuals and families seeking **collective care**.



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Abide Women's
Health Services
seeks to raise

\$2.5
MILLION

for the purchase
of property to
house a birth
center with room
for future
expansion.

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Toni Morrison once said that "the function of freedom is to free someone else."

At Abide, we believe that people experience freedom not through self-centered individualism, but through collective care.

Collective care is a practice that affirms that when we are recognized and accepted, loved and supported, encouraged to dare and to dream, we rise, together.

We have observed and operated in the typical spaces that attribute success to individuality, accumulation, fame, and pulling ourselves up by the proverbial bootstraps.

We want to bring community back. The kind of community that helped so many of us make it through the middle passage and genocide, enslavement, and Jim Crow.

The kind of community that doused fires, grew collards, braided hair, and birthed babies.



Abide values Collective Care.

WHAT IS COLLECTIVE CARE AND WHY IS IT IMPORTANT?

Collective Care:

- Honors the power of togetherness, group responsibility, and group success
- Grieves openly and unabashedly when tragedy strikes and pain is experienced
- Chooses joy and abundance over desperation and scarcity
- Supports people before profit, in both policy and practice
- Rejects cults of personality because movements happen through concerted effort and a lack of ego
- Walks beside the hurting and offers tangible support without condescension
- Inoculates against a savior complex since there's always a time where we need and a time when we are needed
- Honors bodies through nourishment, protection, healthcare, and considerate observation
- Collaborates with community organizations to share information and foment creative solutions
- Celebrates the value of shared resources

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REST Phase

A Black, Indigenous & People of Color community-focused Birthing Center that will provide collective care with the focus of reducing Black maternal and infant mortality rates. The center will include:

3 to 4 Birth Suites

It is with honor that we name our birth suites after the legacy of women who have long been forgotten, oppressed, and unseen, and we continue to honor modern day heroes in this fight for liberation.

Complimentary Services

- Chiropractice Care
- Massage Therapy
- Mental Health Services
- Prenatal Yoga/Movement
- Nutrition

Postpartum Care Services

- Postpartum Suites
- Lactation Support
- Postpartum Doulas

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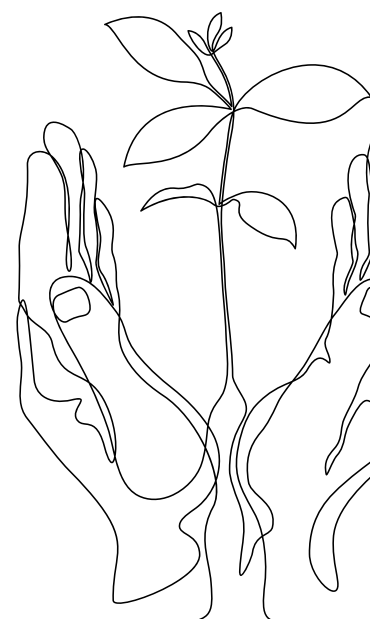
RESIST Phase

We envision a secondary structure which will be renovated and transformed into student midwife housing.

This home will be a safe place to allow Black women to RESIST and RECLAIM their legacy in midwifery.

Historically, the Black midwife was a protector of Black lives because of her observation, compassion, and expertise. When the medical industry ostracized and then disempowered the work of Black midwives, the mortality rates of Black mothers and babies increased.

Black Midwifery is a rich tradition of expertise and care that has been passed down from healer to healer, persevering even through enslavement. Before the medical community criminalized their skills, some midwives would not only attend the births of Black women, but were often present at white women's births. Due to years of systemic racism against Black midwives, today, only 2% of midwives in the United States are Black.



"The African American midwife is a cultural and social resource whose destruction has impoverished us all" (Fraser, G.K.1989; p.8.)

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RESTORE Phase

We envision land for restoration and harvest. A safe place for postpartum care, for the seeds that we plant to be nurtured and harvested.

At Abide we believe that rest and resistance give birth to **restoration**.

Restoration looks like a garden to honor the many people who have paved the path for Black, Indigenous, & People of Color to rise up and restore their health, safety and rightful place in the world of maternal healthcare.

Restoration looks like postpartum suites designed for healing and bonding for our families

Restoration looks like land for our community to bask in nature, to find rest, and to breathe in and release the tensions and trauma that so many experience.

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For each phase we intend to raise the following:

REST PHASE:
\$1,000,000

RESIST PHASE:
\$1,000,000

RESTORE PHASE:
\$500,000

GRAND TOTAL: \$2,500,000

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Our Impact



We believe the impact that we can make goes beyond the statistics. It goes beyond today and will truly be felt for generations. The impact is measured by the families we serve having a safe place of their own; addressing the structural inequities that impact marginalized people and groups; seeing restoration within our legacy; planting seeds that are fruitful.

We envision the Birth Center as a place of disruptive, transformative rest. Disruptive, in that the Birth Center will create a refuge from the creep of medical neglect, and offer attentive, culturally aware care instead. Transformative, in that when mothers and babies live and thrive, homes are sturdier, and trauma is swapped out for joy.

This is an overused phrase, but the truth remains: representation matters. It matters when the people who examine you remind you of safe people— your aunt, your sister, your mother. It matters. It eases tension, allays fear, and invites rest.

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As you consider supporting Abide, know this: every dollar given is a seed planted and a weed uprooted.

Your donation is sowing life of all kinds--a healthy, cuddly newborn birthed without trauma...a mother confident and vibrant in her new role...a family unfettered by birth trauma.

Every dollar is also uprooting: uprooting microaggressions that prevent competent prenatal care...uprooting low birth weights, compassionless care, implicit bias...uprooting systems that lead to death.

At Abide, we believe that in order to pursue justice and long-lasting change, we must uproot historical ills while simultaneously planting healthy seeds. Seeds that produce ripe, beautiful, healing fruit for generations to come.

When you generously donate to Abide, you are planting seeds of vibrant, hopeful change. You are tilling a garden of innovative, restorative, collective care.

I can't wait for the harvest. Can you?

Cessilye R. Smith
Founder & CEO