

Redleaf Center for Family Healing

What is the Mother-Baby Program?

The Mother-Baby Program offers a range of mental health and parenting support for pregnant and postpartum women and families of children ages newborn to five-years-old. It was the first of its kind in Minnesota and the fourth in the country.

What is the Redleaf Center for Family Healing?

The Redleaf Center for Family Healing will build on the existing clinical services of Hennepin Healthcare's Mother-Baby Program to create a comprehensive healing experience for families. The Center will focus on building parent capacity, rather than just reducing and medicating mental health symptoms, to provide relief for suffering parents as well as long-term investments for their children.

The expanded space will serve more than 6,000 families annually, which is a large increase from the roughly 250 families the Mother-Baby Program has been able to serve annually.



2013 - Dr. Helen Kim launches the Mother-Baby Program

2017 - Patient population continues to grow consistently year-over-year

Fall 2019
Groundbreaking for Redleaf Center for Family Healing

2014 - 2016 - Additional services are added to better support the whole family

2018 - Lynne and Andrew Redleaf Foundation make \$10 million gift to support new Redleaf Center

Spring/Summer 2020
Projected grand opening

The Kitchen Table

The Kitchen Table is a teaching kitchen within the Redleaf Center for Family Healing. It will serve as a community kitchen and gathering space for Redleaf patients, Hennepin Healthcare patients being served at the downtown campus, and the community-at-large.

The Kitchen Table will provide hands-on culinary instruction and nutrition education to foster healing and nurturing through the power of food. Specific offerings include:

- Support infant and early childhood brain development
- Combine cooking instruction with healthy ingredients and nutrition education
- Support family relationships through nutritious food and family meals

In the first five years, The Kitchen Table will support roughly 2,500 participants through culinary instruction and nutrition education.

Impact

- **Research has shown that frequent family meals that foster a positive environment are associated with lower use of tobacco, drugs, and alcohol by adolescents**
(<http://edis.ifas.ufl.edu/fy1397>)
- **Studies show that Americans are eating fewer meals at home now than in previous decades – and the meals eaten away from home have more calories, fat and added sugar than home-cooked meals**
(<https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/cook-at-home-this-week/art-2026995>)



Questions? Contact Marlys Weyandt, Senior Development Officer, at 612-873-9158 or marlys.weyandt@hcmcd.org.