

Pregnant, planning, or postpartum?

Discover the Empowerment of a Community Doula

A community doula is more than just support—they're your companion in pregnancy and beyond.

Trained to offer emotional, physical, and practical guidance, doulas help you steer your journey while understanding the importance of respecting your cultural beliefs and values. As nonmedical caregivers, doulas work closely with health-care professionals, communicate with them to ensure you receive the best care, and help you navigate the healthcare system with confidence.

Community doulas can assist with:

- Emotional support
- Physical comfort
- Childbirth education
- Lactation support
- Connection to vital resources
- And so much more

From teaching childbirth basics to connecting you with local resources, doulas guide you and advocate for your needs up to one year after pregnancy. Take the first step toward a satisfying and supportive pregnancy experience.

Covered by Medicaid



Scan or visit tinyurl.com/2nvpaj34 to learn how doulas can support your journey.

