

SABRINA ABRAMS

Full-Spectrum Labor, Birth and Postpartum Doula



Hello, my name is Sabrina, and I serve as a full-spectrum doula in the Queens area of New York. I became a doula to provide support for my own sisters and found solace in knowing I contributed to a positive birth experience for both. I was born at St. John's Episcopal Hospital, and as a native of Far Rockaway, I find great honor in serving the community in which I was raised. Providing doula support in underserved communities like Rockaway is a much-needed resource, as statistics illustrate the disparities among women in black and brown communities and their counterparts. Pregnancy is a unique experience for every expecting mother, and my goal is to make a positive impact by allowing each mother to feel empowered through her birth plan and experience.



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New York City Area

Experience Work

LABOR + BIRTH DOULA, POSTPARTUM DOULA

2020/PRESENT

Provide labor and birth support: physically, emotionally, mentally

Supported 5+ birth and postpartum families

- Postpartum support: provide assistance at home for both mother and newborn
- Assist with breastfeeding and lactation
- Belly binding services

Training

EDUCATION

- Xavier University of Louisiana, 2012-2016
- Bachelor of Arts in Biology
- York College, Present

PROFESSIONAL TRAINING

- DONA, 2020
- Birth Doula
- Introduction to Childbirth
- Hands-On Workshop
- Basics of lactation Support
- Belly Binding

About Me/Fun Facts

I am self-taught makeup artist who dabbles in fashion. Through make-up I have found a creative outlet which allows me to express myself. My hobbies include content creation and traveling. I enjoy immersing myself in different cultures and tasting a variety of cuisines. I am proud to be first generation Guyanese American. My go-to music genres include old school R&B, reggae and Soca.