

# JARLIM CHERUBIN

## Labor, Birth and Postpartum Doula



Hello, my name is Jarlim Cherubin or Jay. I am a certified birth doula and postpartum doula based in New York, serving Brooklyn, Queens, and Manhattan families. I provide educational, emotional, and physical support to my clients and their families throughout their birthing journey and postpartum period.

I look forward to supporting you on your journey to parenthood!



support@thearchapp.com



jarlimcher@gmail.com



+1 (516) 308-2479



New York City Area

## Experience Work

### LABOR + BIRTH DOULA, POSTPARTUM DOULA

2023/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

## Training

### EDUCATION

#### PROFESSIONAL TRAINING

- Birth doula certification through Carriage Birth House, completed in July 2023
- Postpartum Support training, completed in October 2023

## About Me/Fun Facts

When I'm not busy supporting a birth, you can find me riding my bike around Brooklyn or having a peaceful solo picnic in the park. I'm quite the athlete and I love activities like running, cycling, participating in Spartan races, and both teaching and practicing yoga. I absolutely love indulging in ice cream, especially on chilly winter nights. Despite being terrified of heights, I decided to gift myself a flight lesson for my 34th birthday to conquer that fear.