



DOULA SERVICES

WHAT IS A DOULA?

Doulas provide continuous physical, emotional and informational support before, during and shortly after childbirth to achieve a healthy and satisfying experience. The complimentary services provided by our team of 20+ Doulas can help you prepare for childbirth, provide comfort and support during labor to you and your support team, and most importantly, help to create a positive birth experience.

Our Doulas provide:

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| <ul style="list-style-type: none">• Family planning/preconception support• Labor and birth support• Postpartum support• Lactation support | <ul style="list-style-type: none">• Belly binding• Meal prepping• Sleep training• Placenta encapsulation• Baby wearing | <ul style="list-style-type: none">• Mother blessings• Reiki/energy healing• Pregnancy loss support• Birth of multiples support• High-risk pregnancy support |
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Additionally, Doulas offer:

- Classes (childbirth education, baby wearing, lactation, etc.)
- On-call and virtual support
- Additional resources and referrals to help you during your pregnancy

HOW CAN I GET A DOULA? IT'S SIMPLE!

Our Doula program and classes are complimentary to you. If you would like more information or would like our amazing team to join you on your parenting journey, CONTACT US TODAY!