



# JOEMI ESPINAL

## Labor, Birth and Postpartum Doula

Hi!! My name is Joemi Espinal, a Dominican- Brooklyn native Doula eager to be considered for such an important time of your life! As a Spanishspeaking doula, I am deeply committed to honor each family's unique story and cultural background, while providing guidance, physical, and emotional support every step of the way. I aim to create a supportive, inclusive, client centered and educational space through your pregnancy, labor, and postpartum journey.

¡Hola! Mi nombre es Joemi Espinal, soy una doula Dominicana, nacida y criada en Brooklyn, y me encantaría ser considerada para acompañarte en un momento tan importante de tu vida. Estoy profundamente comprometida a honrar la historia única y el trasfondo cultural de cada familia, mientras brindo orientación, apoyo físico y emocional en cada etapa del camino. Mi objetivo es crear un espacio de apoyo, de inclusividad e educativo, centrado en ti, tus deseos y derechos, durante tu embarazo, parto y etapa de posparto.



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New York City Area

## WORK EXPERIENCE & TRAININGS

### LABOR + BIRTH DOULA, POSTPARTUM DOULA

2024 - Present

- Labor+ Birth Doula, Postpartum Doula 2024- Present
- Walk through and discuss birth plan
- Emotional and physical support throughout birth and labor
- Connect clients to community resources
- Provide postpartum support which includes: labor debrief, newborn care, feeding support, family adjustment, light housekeeping, and/or errands

### TRAINING

Education

- BA in Public Health
- MEd in Childhood Education
- CPR Certified
- Doula Training with NMPP and CBC

## FEATURES/AWARDS/FUN FACTS

I am a mother of 2 girls- with my second daughter, I had a doula support me through my journey, which was completely transformative especially in comparison to my first. This really motivated me to want to support this experience for others. I am a mini florist + plant lover, an organization, cleaning and all things home decor and architecture fanatic. I love to cook and hike. I love to read, with a warm drink in hand and a sucker for the perfect lighting. I am a connector, of and to people. I am family and faith led. I am always open and looking for regrounding and recommitting to the work I am passionate about, and the beautiful clients I do it for!

