



Doula Resource Guide

Free and Low-Cost New York City Doula Programs

- **Citywide Doula Initiative:** A city-funded program focused on improving maternal health equity and providing free doula care to families in specific high-need neighborhoods.
- **Medicaid Coverage:** New York State Medicaid covers doula services at no cost for all members. You can receive up to 8 visits before and after birth, plus continuous support during labor. Use the NYS Medicaid Doula Directory to find local providers.
- **Ancient Song Doula Services:** While serving the broader NYC area, they are a highly trusted community organization providing full-spectrum doula care and advocating for maternal health equity.

Additional Resources

- [Citywide Doula Initiative Brochure](#)
- [Doula Educational Brochure](#)
- [Doula Educational Palm Card](#)
- [Doula Educational Poster](#)

Scan the QR code to access Doula Program websites and additional resources in multiple languages

