

CHILDBIRTH SUPPORT FOR AFRICAN-AMERICAN FAMILIES HEALTH NET COMMUNITY DOULA PROGRAM

Helping African-American Families Have Satisfying and Empowering Childbirth Experiences



WHAT IS A DOULA?

Doula (“Doo-Lah”) is a Greek word that means “woman servant”. Doulas are non-medical professional childbirth companions who help pregnant women during pregnancy, childbirth and postpartum. Doulas are a maternal buddies who provide emotional support, physical comfort for labor, health education and advocacy to women during the maternity experience.

WHAT IS OFFERED?

Prenatal & Postpartum Home Visits, Childbirth Labor Support, Childbirth Preparation Classes, Breastfeeding Support and Father’s Discussion and Support Group.

WHO IS ELIGIBLE?

African-American/Black Pregnant Women who have Health Net Medi-Cal. Fathers of clients may participate in the Father’s Discussion and Support Group.

VISIT US AT

Health Net Community Doula Program

3655 S. Grand Ave., Suite 260

Los Angeles, CA 90007

WEB: MOTHERBABYSUPPORT.NET

EMAIL: INQUIRY@MOTHERBABYSUPPORT.NET



The Health Net Community Doula Team
(Photo by Maggie Ehrig)