



L.A. Care
HEALTH PLAN[®]



Happy Mama Healthy Baby Alliance

Postpartum Doula Support



by *Certified Postpartum Doulas*



For Black Families

Contact us
for more info



626-388-2191 ext. 3

Eligibility Requirements

- African-American
- Live in L.A. County
- Have Medi-Cal
- 36-40 weeks pregnant or have newborn under 3 months of age

Services Offered

✔ Postpartum Care for Mother

Our experienced doulas offer comprehensive postnatal care, including home visits, postpartum depression screenings, instruction on newborn care, breastfeeding support, and more, ensuring health for both mother and baby.

✔ Postpartum & Lactation Education

We provide informative & engaging postpartum education covering care of newborns, maternal recovery from childbirth, maternal mental health and breastfeeding.

✔ Household Help

We can help with baby laundry, grocery shopping, meal preparation and overnight care of newborn.

✔ Father Support

We offer mentorship, life coaching, resume preparation, job training, GED completion, and comradery with other Black dads.

