



# WHAT IS A DOULA?

**A DOULA** is a trained professional who provides non-clinical support during pregnancy, labor and delivery, and in the post-partum period.

Our Doula Support Program serves parents and families navigating a history of substance use with the addition of a baby. Our doulas offer individualized emotional support, education, and connection to resources for up to one year — which can begin during pregnancy or the post-partum period. Services with your doula are voluntary.

## WHAT YOU CAN EXPECT

- Informational, emotional and educational support prenatally and up to a year postpartum
- Continuous support throughout labor and delivery
- Breastfeeding support and education
- Doctor's appointment escorts for both parent and baby
- Intensive Care Nursery support
- Support for the challenges of parenting while in recovery
- Services provided to the parent in the event of separation of the children

## BENEFITS OF DOULA SUPPORT

- Increased positive overall labor and delivery experiences
- Assistance identifying supportive paths to care for and manage recovery while parenting
- Community resource connections and referrals



### CONTACT:

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For referrals [click here](#).

