

NOW OFFERING **DOULA SERVICES** AS PART OF YOUR PREGNANCY JOURNEY

WHAT ARE DOULA SERVICES?

Doulas provide continuous physical, emotional and informational support to a mother before, during and shortly after childbirth to achieve a healthy and satisfying experience. They also provide support and assistance during:



Pregnancy loss
(abortion, miscarriage,
stillbirth & infant loss)



High Risk Pregnancies
(advanced maternal age,
multiples, chronic conditions)

Additionally, Doulas offer:

Classes (childbirth education,
baby wearing, lactation, etc)

On-call and Virtual
support (telehealth)

Additional resources and referrals
to help you during your pregnancy

HOW CAN I GET A DOULA? JUST ASK!

You can request a Doula at no cost to you if you are pregnant and interested in having one. Doulas can help you prepare for childbirth, provide comfort and support during labor, offer postpartum support, and most importantly, foster a positive birth experience by making sure they are a good fit for you!

CONTACT US TODAY TO REQUEST YOUR DOULA!

✉ thearchapp@gmail.com ☎ **516-308-2479** (CALL OR TEXT) 🌐 ehs.org/doula