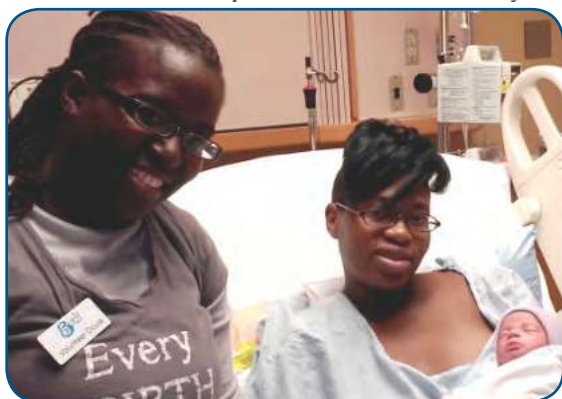


# BirthWell Partners

## Community Doula Project



### ***A Doula is There for YOU...***

*Doulas support ALL kinds of births: medicated or unmedicated, vaginal or cesarean.*



*Doulas meet with you prenatally,  
stay with you during labor,  
and visit you after baby arrives.*

*FREE and reduced cost services available for  
those meeting income eligibility guidelines.*

BirthWell Partners is a non-profit  
whose mission is to provide  
**FREE and reduced cost  
DOULA SERVICES**  
to pregnant people in  
Birmingham, Anniston, and Tuscaloosa.

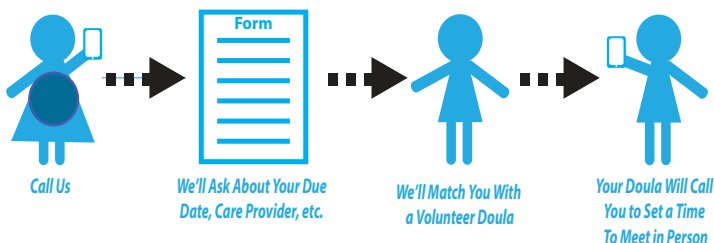
Every birthing person deserves a **DOULA!**



**Dedicated  
Objective  
Understanding  
Labor  
Assistant**

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## *We Match Pregnant People with Caring Doulas*



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## *Doulas Support Pregnant People*

### **Continuous Labor Support**

Let your doula know when you want her to meet you at the hospital. Your doula will stay until 1-2 Hours after the birth

#### **Prenatal**

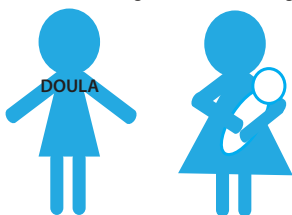
You choose a place to meet with your doula: home, doctor's office, childbirth class, breastfeeding support group, or other location.



#### **Postpartum**

Your doula will come see you after your baby is born: at the hospital, at home, at a breastfeeding support group or other location. You decide.

**Promote Full-Term Babies  
Connect with Community Resources  
Assist with Immediate Skin to Skin Contact & Breastfeeding Initiation  
Support You in Meeting Your Breastfeeding Goals**



*Research shows that a doula's presence can have a lasting positive impact for you and your baby*

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*Pregnant and want a doula's support?*

*Call: 205-614-3297*

**[www.BirthWellPartners.org](http://www.BirthWellPartners.org)**