



YOUR *Doula* AWAITS!

Healthy Start provides doula support



Iyanna Bridges



Gerria Coffee



Siriena Stewart



Jona Reyes



Ngozi Tibbs

Birth support is a human right; no woman should have to be alone or unsupported during birth. Therefore, to increase the accessibility of birth support during the COVID-19 pandemic, Healthy Start began providing birth support to women birthing in Allegheny County hospitals at no cost to them. Doulas can provide in-person birth support or use virtual technology to connect with families.

Doulas will provide support as outlined below:

- An introductory session
- Up to (2) prenatal sessions
- Bi-weekly check-ins
- Virtual or in-person labor and birth support
- (1) postpartum session

Doulas can also provide support and coaching to partners, support with birth plan development, education about up-to-date hospital policy and general advocacy.

**For more information
or to register.**

VISIT

healthystartpittsburgh.org

CALL/TEXT

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