

# CHILDBIRTH SUPPORT FOR AFRICAN-AMERICAN/BLACK FAMILIES HEALTH NET COMMUNITY DOULA PROGRAM

*Helping African-American/Black Families Have Satisfying and Empowering Childbirth Experiences*



## WHAT IS A DOULA?

Doula (“Doo-Lah”) is a Greek word that means “woman servant”. Doulas are non-medical professional childbirth companions who help pregnant women during pregnancy, childbirth and postpartum. Doulas are a maternal buddies who provide emotional support, physical comfort for labor, health education and advocacy to women during the maternity experience.

## WHAT IS OFFERED?

Prenatal & Postpartum Home Visits, Childbirth Labor Support, Childbirth Preparation Classes, Breastfeeding Support and Father’s Discussion and Support Group.

## WHO IS ELIGIBLE?

African-American/Black pregnant women and persons who have Health Net Medi-Cal. Fathers-to-be/partners of clients may participate in the Father’s Discussion and Support Group.

## VISIT US AT

Health Net Community Doula Program  
3655 S. Grand Ave., Suite 260  
Los Angeles, CA 90007  
PHONE: (626) 388-2191 ext. 2  
WEB: [MOTHERBABYSUPPORT.NET](http://MOTHERBABYSUPPORT.NET)  
EMAIL: [INQUIRY@MOTHERBABYSUPPORT.NET](mailto:INQUIRY@MOTHERBABYSUPPORT.NET)



The Health Net Community Doula Team  
(Photo by Maggie Ehrig)