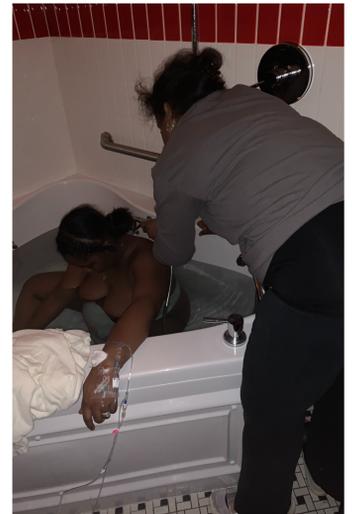


# HAPPY WORLD DOULA WEEK!

DOULAS SAVE LIVES before, during, and after the pandemic.

"As soon as my husband and I found out we were expecting, we instantly called Jennifer! We knew we wanted her apart of our journey as our doula and lactation consultant since day one! **It was so comforting to know that we truly had someone on our side who not only is skilled but genuinely cared.** I remember those last few pushes, I was getting tired and Jen was in one ear and my husband was in another telling me that "I can do this"... and only a moment later I pushed out Nova! Our birth story is so much better because of her. She is trustworthy, reliant, patient, nurturing, and an expert. We are so grateful for Jennifer and she is now apart of our family forever!"

- Amir, Joshlyn & Nova



## OUR HEALTHCARE SYSTEM IS NOT SET UP FOR THE SAFETY, CARE, AND CENTERING OF BLACK BIRTHING PEOPLE.

Black doulas in the community are ensuring that birthing families are supported, traditions are reclaimed, and that the power is returned to the families.

"**The barriers that hospitals, especially urban hospitals put in place during Covid are hurting our families.** One hospital told me that I needed "papers from the State of Michigan" certifying me as a doula. I then had to drop other credentials including that I was a former labor & delivery nurse. And just like that, I was told that I would be allowed, but only if I have my doula certificate. **It shouldn't be this hard to support birthing people during their most vulnerable time, especially given that black and brown birthing people are dying 3 to 4 times more than others.**"

- Sekeita Lewis-Johnson

"A doula was more than that of a person providing me physical and emotional comfort measures. A doula helped me navigate through my pregnancy in a healthy way. I was equipped with so much more than that I had signed up for. **I gained an ally, a friend, and a person who truly wanted to see my birth outcomes achieved to the extent it could medically.** A doula goes beyond that of the delivery room. A doula is all the things needed to birth safely without the constraint of the hospital system. A doula can speak out against racist and discriminatory acts truthfully and honestly because they do not work for the hospital but in tandem with not only me but with my support persons I have selected to embark on the journey with me. **A doula literally HELPED "ME" (baby) OUT.**"

- Shatoria Townsend