BirthWell Partners
Community Doula Project

Free Support for Families!

Pregnancy, birth and parenting bring a number of joys and challenges. It's normal to have lots of questions and feel a range of emotions, whether this is your first baby or you're adding another baby to the family.



Let us partner with you!

BirthWell Partners is a non-profit that provides **free and reduced cost birth and postpartum doula support to families in Alabama.**

What is a Doula?

A doula is a person who is trained to provide **informational, physical and emotional support** to pregnant people before, during and after childbirth.

Doulas support families by:

- Meeting with you during pregnancy to talk, answer questions, and help you get ready.
- Supporting you during labor at the hospital so you feel safer and more in control—whether you give birth with or without pain medicine, or by c-section.
- Being there in the first weeks and months after birth to check in and offer guidance on caring for your baby and adjusting to parenthood.

A doula is not a doctor or midwife and does not provide medical care. Doulas are an important part of your maternity care team. Your **doula does not replace your partner, family, or friends**. Instead, she works with them, giving tips and showing them how to support you.

Learn More and Sign Up!

Scan the QR code or visit *www.birthwellpartners.org* to get free doula support and services.

BirthWell Partners is a 501c3 Non-Profit Organization.

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Free Support for Postpartum Families

The weeks and months after birth can be challenging, but support and guidance can **help you adjust, care for your baby, and feel more confident.**

You don't have to do it alone.

BirthWell Partners is a non-profit that provides **free and reduced cost doula support for pregnant and postpartum people in Alabama.**

What is a Doula?

A **postpartum doula** is a non-medical professional who has been trained to **provide emotional, physical, and informational support** to parents and their infants during the first year postpartum.



Postpartum Doulas support families by:

- Checking in during the first weeks after birth to offer guidance and emotional support.
- Helping with baby care, feeding, and soothing techniques.
- Assisting parents as they adjust to life with a newborn.

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