

# A HEALTHY, JOYOUS BIRTH TAKES A VILLAGE.

## ADD A DOULA TO YOURS.



If you are Black / African American and pregnant in Los Angeles County, you are eligible for doula support at any stage of your pregnancy and at no cost to you. We know it takes a village to ensure healthy, joyous Black births. **Add a doula to yours.**

A doula is a professional childbirth companion who provides emotional support, physical comfort, education and advocacy during pregnancy, childbirth and the newborn period. Doulas are a valuable addition to the team looking after your health and well-being, up to and right after you give birth.

### YOUR DOULA WILL PROVIDE:



**3 Prenatal  
Visits**



**Ongoing Support  
During Labor**



**3 Postpartum  
Visits**



**Lactation  
Support**

The African American Infant and Maternal Mortality Prevention Initiative (AAIMM) Doula Program is offered by the Los Angeles County Department of Public Health.

Learn more about the AAIMM Doula Program at: **[BlackInfantsAndFamilies.org](https://BlackInfantsAndFamilies.org)**  
To enroll, contact: **[AAIMMDoulas@ph.lacounty.gov](mailto:AAIMMDoulas@ph.lacounty.gov)** or call **213/639-6448**.

 **@BlackInfantsAndFamiliesLA**



**AFRICAN AMERICAN INFANT  
AND MATERNAL MORTALITY  
PREVENTION INITIATIVE**  
DOULA PROGRAM



**COUNTY OF LOS ANGELES  
Public Health**