

# ARE YOU AFRICAN AMERICAN AND PREGNANT?

YOU MAY BE ABLE TO RECEIVE FREE SUPPORT FROM A BIRTH DOULA!



## Your Doula will provide support throughout your pregnancy:



**3 prenatal visits**



**Continuous labor support**



**3 postpartum visits**



**Lactation support**

The LA County Department of Public Health is leading a broad African American Infant and Maternal Mortality (AAIMM) Initiative to combat disproportionately high rates of Black/African American infant and maternal deaths countywide. Doulas are part of the solution. For more information, please go to: [blackinfantsandfamilies.org](http://blackinfantsandfamilies.org).

### What are Doulas?

Doulas are professional childbirth companions who provide emotional support, physical comfort, education and advocacy to women and persons during pregnancy, childbirth and the newborn period.

### Who is Eligible?

Black and African American pregnant people living in South Los Angeles, the South Bay, Antelope Valley or San Fernando Valley are eligible for free Doula services.

### Client Incentives

Participation in this program is voluntary and to show our gratitude for allowing us the opportunity to support you, we have some great incentives that will be offered during various stages of your time in our program, such as:

- Baby Items
- Safety/Childproofing Kits
- Books
- Gift Cards and more....

We welcome participants at any stage of pregnancy. It's not too late for you to add a doula to your support team.

**CONTACT US TO ENROLL**

Michelle Sanders: [MSanders@ph.lacounty.gov](mailto:MSanders@ph.lacounty.gov) OR Ariana White: [AWhite@ph.lacounty.gov](mailto:AWhite@ph.lacounty.gov)

Phone: (213) 639-6448

Los Angeles County Department of Public Health, Division of Maternal, Child & Adolescent Health



AAIMM Steering Committee and Community Action Teams

L.A. County African American Infant & Maternal Mortality Doula Advisory Committee

**Black Infants & Families  
LOS ANGELES**

**[BlackInfantsAndFamilies.org](http://BlackInfantsAndFamilies.org)**

@BlackInfantsAndFamiliesLA @bif\_la fb.com/BlackInfantsAndFamilies