



YOUR *Doula* AWAITS!

Free doula support during the COVID-19 pandemic



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Birth support is a human right; no woman should have to be alone or unsupported during birth, which may be one of the most sensitive times of her life.

Therefore, to increase the accessibility of birth support during the COVID-19 pandemic, Healthy Start is using virtual technology to connect women birthing in Allegheny County hospitals with doulas.

For more information or to register:

VISIT www.healthystartpittsburgh.org

CALL/TEXT (412) 224-7040

OR EMAIL dhorsley@hsipgh.org

There are considerable racial inequities in pregnancy and birth outcomes as well as maternity care in the US.

For this reason, we are prioritizing program enrollment based on the following criteria:

- *Race*
- *Previous traumatic birth experience*
- *Lack of birth support person*

