



Do you have a Doula?

A **Doula** is a trained support person who helps you before, during, and after your baby is born. They give emotional support, help with comfort during labor, share helpful info, and guide you through pregnancy—even if it's a hard time like miscarriage, abortion, or stillbirth. **They are here for you.**

TALK WITH YOUR CARE COORDINATOR ABOUT GETTING A FREE DOULA THROUGH YOUR HEALTH PLAN

When Doulas can be with you

- Prenatal visits
- During labor and delivery
- Postpartum hospital stays
- At home for postpartum support
- Abortion and pregnancy loss visits

How Doulas can help you

- Support and comfort during labor
- Shorten length of labor
- Lower the chance of C-section and medical interventions
- At-home support with new baby
- Help make recovery easier
- Support breastfeeding success
- Build confidence in parenting



WANT A DOULA?

Talk to your care team or scan the QR code below to get connected





HOW TO FIND A DOULA

Sometimes we think we have to do everything on our own – but we don't have to. This is a list of community programs to help you find a Doula that can support you in your journey through pregnancy, labor and birth, and after you have your baby. Some can also help with difficult pregnancy decisions and pregnancy loss. Doulas have different skills, lots of experience, and can speak different languages. You can talk with your MAMA's Care Coordinator to see if having a Doula is right for you. A **Doula's help is FREE** through Medi-Cal on Molina, LA Care and Health Net plans. Your Care Coordinator can help you find you a good match.

Community Agencies

SBCC (South Bay Center for Counseling)

[Community Based Doulas](#)

310-414-2090

Black infant and Families (AAIMM)

<https://www.blackinfantsandfamilies.org/doulas>

213-639-6448

AAIMMDoulas@ph.lacounty.gov.

Joy In Birthing

<https://www.joyinbirthingfoundation.org>

310-435-6054 (call or text)

Happy Mama Healthy Baby Alliance

[Happy Mama Healthy Baby Alliance | Community Doula Program & Training](#)

626-388-2191

Frontline Doulas

<https://www.frontlinedoulas.com>

310-817-0551, Warmline to schedule time with a Doula to get to know them and learn

Signs of Harmony in Motion

<https://signsofharmony.com/doula-packages>

818-672-6651, info@signsofharmony.com

Seed and Spring Doula

<https://www.seedandspringdoula.com>

818-635-7867,

seedandspringdoula@gmail.com

Happy Baby Journey

[Happy Baby Journey](#)

626-628-0205

MAHMEE

[Mahmee Doula Care | Personalized Pregnancy Support](#)

818-431-1118, care@mahmee.com

**** In Los Angeles County, there are more than 120 Doulas or Doula groups signed up with the California Department of Health Care Services (DHCS). The groups here are listed in no particular order and are an example of many more that can be found at the DHCS directory ([Doula-Directory](#))**