

What is a Community-Based Birth Doula?

A Birth Doula is someone who:

- Understands the process of pregnancy, birth and postpartum.
- Understands the community's culture and values.
- Works collaboratively with mothers, their partner, and the medical team to ensure a safe delivery of the baby.
- Is on-call 24 hours a day, 7 days a week.



Providing Quality, Affordable Care Since 1970
Proveyendo Cuidado De Salud Accesible De Calidad Desde 1970



Pregnancy, Labor, and Postpartum Support

Office Hours

Monday to Friday
8:00 am – 5:00 pm

To learn more, call:

313.849.3920 ext. 5109

Hablamos Español

We accept various public and private
health insurance plans.



CHASS Center
5635 West Fort Street
Detroit, MI 48209
313.849.3920

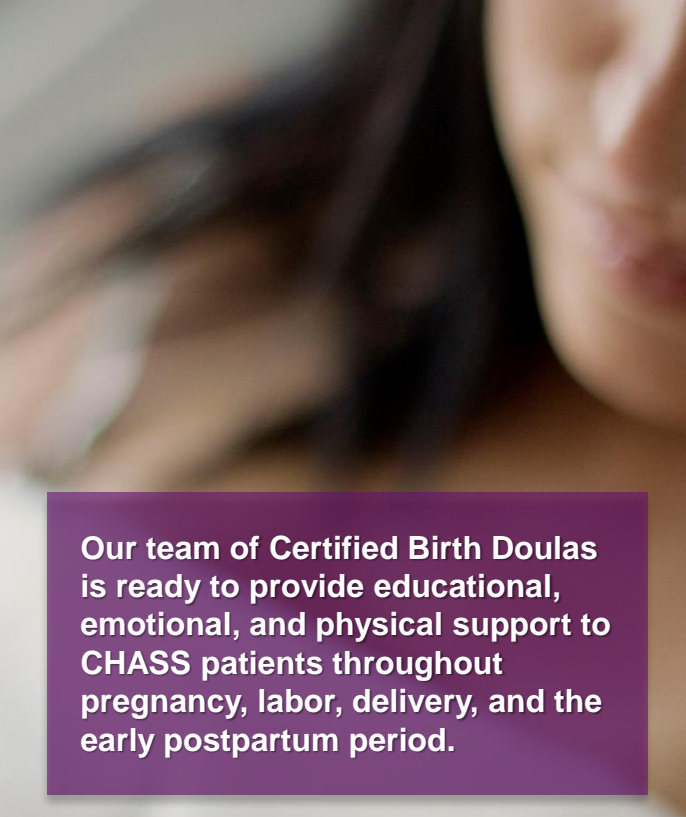


Community-Based Doula Services

Support during the critical times of
pregnancy, birth and early parenting.



chasscenter.org



Our team of **Certified Birth Doulas** is ready to provide educational, emotional, and physical support to **CHASS** patients throughout pregnancy, labor, delivery, and the early postpartum period.

Prenatal Support

- Understand the process of labor
- Learn comfort measures for pregnancy and during labor
- Stress management
- Relationship strengthening
- Support groups
- Identify and build a support network
- Lactation education and support
- Understand safe sleep and newborn care practices

Birth Support

- Understand when to call or go to the hospital for the birth of your baby
- Help with comfort measures during labor and delivery
- Help with language barriers
- Help understanding hospital procedures

Postpartum Support

- Help adjusting to early parenthood
- Understand infant development
- Connect with resources to ensure wellness for the entire family

Help with transportation to medical appointments.

Birth Doula services are available to established CHASS patients by appointment:

- In-person or virtual appointments
- Available in Spanish

Good health takes a holistic approach. That is why we connect our patients with resources that include:

- Dental care
- Health care coverage
- Women, Infants, & Children (WIC)
- Healthy Living Programs