

SISTERS | Doula EMPOWERING SISTERS Program



What is a doula?

A doula is a support coach who offers emotional, informational, advocacy, and physical support during pregnancy, labor, and postpartum.



Our FREE Program

We provide a certified doula who supports you during your pregnancy, labor, delivery, and postpartum. See our doulas on the back of this card.

Who qualifies?

This **FREE** program is for pregnant women who live in the Fort Pierce zip codes of 34947 and 34950, and Port St. Lucie zip codes of 34952, 34953, and 34983. Priority will be for those moms on Medicaid or uninsured.



Interested?

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MEET OUR DOULAS

*Creating a
Positive Birth Experience*

Hola



Maria

Se habla espanol

Bonjou



Sheila

Mwen pale Kreyòl

Hello



Raquel

Hello



Hillary

StLucie.FloridaHealth.gov