

WHAT IS A DOULA?

A doula provides childbirth education in preparation for birth and physically accompanies the birthing person to the hospital for support during labor and delivery. A doula also assists a new parent with baby care tools after the baby is born.

Joy In Birthing Foundation provides professional doulas, on a sliding scale or free of charge, depending on income, to those who would be unable otherwise to have one.

"Working with Caroline for the birth of our first born (home birth) was not only necessary but a true blessing...Caroline was professional, jovial, reliable, confident, encouraging, thorough, calm and believed in my power to have the birth I desired."

—Christina R.

Joy In Birthing Foundation collaborates with social service programs to provide professional doula services.

Our qualified doulas are trained by recognized organizations and come from diverse backgrounds. They volunteer an average of 40 hours with each client, offering physical and emotional support before and after birth. Services are provided on a sliding scale, depending on income, or free of charge for clients on MediCal or Medicare.

JIB Foundation offers doula services to expectant clients from the foster care system, homeless shelters and transitional homes who could otherwise not afford it.

All Families Have the Right to Quality Maternity Care.

3 women die every day in the U.S. from pregnancy-related complications. But a doula can change that.

Doula companionship during childbirth results in*:

- 39% decrease in the risk of Cesarean sections
- 15% increase in spontaneous vaginal birth
- 10% decrease in medications for pain relief
- 41 minute shorter labors
- 31% reduced risk of being dissatisfied with the birth experience

*(Statistics source EBB)



"She made my labor the best and easiest experience, and I am so grateful I had this opportunity."

—Fatima J., teen mother

JIB Foundation serves all families who meet low/no income criteria and are disproportionately impacted by the crisis in maternal health.

IF YOU DON'T KNOW YOU HAVE OPTIONS, YOU DON'T HAVE ANY!

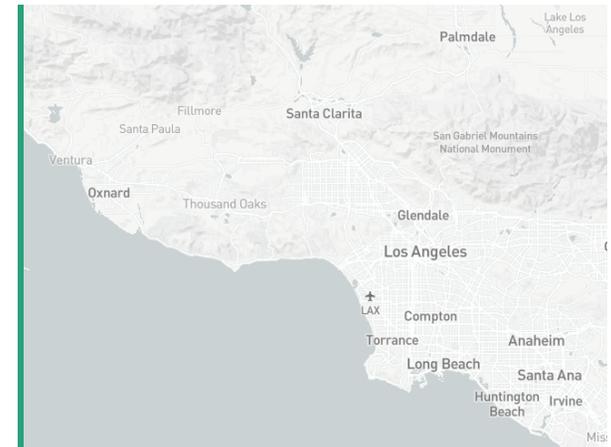


Established in 2012, Joy in Birthing Foundation is the oldest professional volunteer doula service in Los Angeles.

We strive to connect every client with a doula, although we cannot make full guarantees. The process takes about two weeks. Due to COVID19, some services may be provided virtually instead of in-person.

"Our clients tend to be socially isolated and very low income; being able to link them with volunteer doulas for support during the birth of their babies has been incredibly valuable."
—Tasha Boucher, Providence Saint John's Child & Family Development Center

AREAS WE SERVE:



Phone: 424-262-5692
www.joyinbirthingfoundation.com

Call or text us today about scheduling your FREE call with a professionally trained and caring doula on our new doula hotline!