

G.R.O.W. DOULA PROGRAM

About the Program

The G.R.O.W. (Guidance. Resource. Openhearted. Wisdom.) Doula Program supports, educates, and empowers pregnant women to take control of their health. A Doula is a non-medical professional who provides continuous physical, emotional, and informational support to a mother before, during, and shortly after childbirth, to help her achieve the healthiest, most satisfying experience possible.

Areas of Focus:

- Relationships built by ongoing communication during pregnancy
- Prenatal educational support
- Up to five prenatal visits
- Continuous support during labor & birth
- Support for one hour after birth. Support after birth until first feeding
- Postnatal support to the new mother and infant, two-three visits

To learn more about eligibility requirements for this program, contact a Maternity Navigator at 772-268-7420 or 772-268-7474.

Healthy Start App



Programs



Classes



Parent Resources

