Are you pregnant and a resident of Trenton? We offer FREE community doula services for Hispanic women.

What is a community doula?

A community doula is a person from your community trained to offer emotional, physical and informational support to a pregnant woman and her family during pregnancy, childbirth and the postpartum period.

How will a community doula support you?

- Provide continuous emotional and physical support during labor and the birth of your baby
- Provide information about childbirth and breastfeeding
- Connect families to bilingual community resources
- At least four prenatal visits during pregnancy
- At least four visits during the postpartum period
- Support and respect your decisions
- Services are offered in English & Spanish

If you are pregnant and want to have a community doula, call: Teresita Carrasquillo at 609-960-5034 or email: tcarrasquillo@chsofnj.org

AMAR is a program of The Children’s Home Society of NJ with the support of the Burke Foundation, replicating the Community Doula Program of HealthConnect One.

For more information: www.chsofnj.org