

Open Arms Birth Doula Services program provides perinatal services for pregnant people, free of cost.

Through culturally-matched doula care, childbirth education, lactation and new parent support, we work alongside families to achieve important milestones, strengthen parent-baby bonding, and boost long-term parenting skills.



**EQUITY IS A
BIRTHRIGHT**

Enroll In Birth Doula Services



Call (206) 866-0729



Email referral@openarmsps.org



Fill out the online form at
<https://bit.ly/OAPSIntake>



Do you have Amerigroup Insurance? Let us know!

Our Birth Doula Services Program Provides:

- 3 Prenatal Visits
- Labor & Delivery Support
- 3 Postnatal Visits