
Warm Welcome



Ahavah BirthWorks

Where Every Mother and Baby Matter

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Who we are :

We are mothers with our own birth experiences along with birth experiences & stories. Our experiences have led to our desire to serve as support to moms who can benefit from having a Doula. Our first experiences as doulas began when we were young; The first birth we attended was a 15 year old first time mother and we were 15 and 16 years old ourselves. We knew some of the circumstances that were centered around this young moms life. In a perfect world a trained doula would have served as a better option for this mom, we were her only support options at the time.



Who we serve:

High Risk Black/Indigenous Mothers & Babies

Including;

- Homeless Families
- Families dealing with mental health crisis
- Families dealing with chemical addiction
- Mothers who have/are incarcerated
- Families with Child Protection cases
- Moms who've experienced fetal demise/stillbirth
- Mothers diagnosed with HIV/AIDs

When Ahavah began, we intended to serve the mothers who were at high risk due to the factors of being Black in America and all of the social structures that have counter produce our birthing outcomes. Our mothers were from mixed income backgrounds but the common thread they shared was being Black and dealing with factors that continue to lead our communities with poor birth outcomes. Soon we realized that our mothers would benefit from a Doula but because there was limited Doulas at Ahavah we had to take mothers on a priority basis. This meant our highest of risk moms with:

- **No support at all**
- **Past traumatic Births**
- **Physical Health risks (HIV &/ or other health conditions)**
- **Homelessness**
- **Mental Health Conditions**

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How did we get to these statistics?

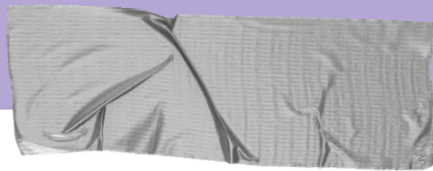
Generational racism continuing.....

By being here you are willing to realizing the importance of birth support and you are willing to look inside a lens of birth experience is often been neglected and abused.

What can you do?

As Doulas our specialty includes emotional care and support. Along with care and support working in our communities must include being respectful of cultural practices. We may feel that childbirth education is priority but often becomes secondary when your moms are facing factors that have underlying conditions





<https://youtu.be/YCslhuR5fqU>

→ **What**

Integrating cultural practices and community collaborations (A village approach). Continuing to provide support for these families and developing systems that work as a supportive versus intrusive.

→ accepting non traditional services such as doulas/liaisons/birth workers/healers

→ **Who**

Better Care Coordination with a village support.

How can you help?

Give what you can your skills (volunteer)

Ahavah Volunteer Info session

October 23rd

North Regional Library

RSVP

on eventbrite North Regional Library

www.ahavahbirthworks.com

Donations are welcomed!

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