

What is a Doula?



BLACK MATERNAL HEALTH & WELLNESS COMMUNITY WORKSHOP

Curious about doula care for pregnant women and new parents?
Wondering how to find a doula experienced with Black women's care?
Want to learn more about how doulas support pregnancy, birthing, and new parenthood?

The FIU Black Mothers Care Plan is pleased to partner with the YWCA of South Florida to host a **FREE** community workshop. All are welcome! Join us and learn more about how to support your own or your loved one's health and wellness.

Saturday | November 19, 2022 | 1-3 PM
YWCA of South Florida
Downtown/Overtown Center



Discussion led by **Esther McCant, CD, CLC, HBCE**
Owner, Metro Mommy Agency
Education & Communications Coordinator, Jasmine Project

For event details and
registration, visit:

<http://tiny.cc/FIUBMCP>

