

Sandy Support:

Relief For Pregnant and New Moms



- **Mission:** In order to help expecting mothers or mothers of newborns who are currently displaced as a result of the hurricane regain confidence and peace of mind, and have a happy, healthy delivery, Birth Day Presence is organizing "Sandy Support: Relief for Pregnant Moms". As birth doulas, postpartum doulas, and childbirth education specialists, Birth Day Presence staff and network friends are uniquely equipped to provide assistance to expecting mothers including:
 - A resource for guidance and support on childbirth related concerns including ideas for how to lower stress
 - Continuous emotional, physical and informational presence during your labor and birth
 - You may be wondering, "what's a 'doula'?"
Doulas provide emotional, informational and physical support to expecting mothers before and through childbirth, and sometimes for a short period after birth.
- **How to Participate:** If you are an expecting mother or mother of a newborn, that is currently displaced as a result of Hurricane Sandy and would like support, or if you are a doula who is interested in volunteering, please email us at: SandyDoula@birthdaypresence.net.
- **Timing of Program:** The program will end on February 28, 2013.

