

What is doula support?

Support is unconditional.

It is listening, not judging, not telling your own story

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Support is not offering advice.

It is offering a touch, a hug, a tissue, caring.

We are here to listen...not to work miracles.

We are here to help women discover what they are feeling
...not to make the feelings go away.

We are here to help a woman identify her options
...not to tell her which options to choose.

We are here to discuss steps with a woman
...not to take steps for her.

We are here to help a woman discover her own strength
...not to rescue her and leave her still vulnerable.

We are here to help a woman discover she can help herself
...not to take responsibility for her.

We are here to help a woman learn to choose
...not to make it unnecessary for her to make difficult choices.

~ Anonymous