**What is doula support?**

Support is unconditional.

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