



Worried about pregnancy?

Nervous about childbirth?

BY YOUR SIDE
VOLUNTEER



KYMPENLAAKSON
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DOULA
a childbirth support person

**THERE IS
ALWAYS
HOPE**

A volunteer doula supports expectant mothers, their partners and the whole family. Their most important role is to be present, listen and provide reassurance.

The service is for families facing financial difficulties or other challenging life circumstances. Support can start at any stage of pregnancy. At the family's request, the doula can also help during childbirth.

To request a volunteer doula, contact the coordinator. The service is free of charge.

Please don't hesitate to get in touch!

Volunteer Doula Programme Coordinator

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