

What is a Doula?

The word "doula" comes from the ancient Greek meaning "a woman who serves" and is now used to refer to a trained and experienced professional who provides continuous physical, emotional and informational support to the mother before, during and just after birth; or who provides emotional and practical support during the postpartum period.

Studies have shown that having doula support

Decreases the need for medical intervention during pregnancy & labor.

Increases the mother's overall satisfaction with her birth experience.

Decreases the risk of a C-Section or maternal morbidity.

Decreases the risk of low infant birth weight.

Increases breastfeeding rates.

This SC3BI program is
Sponsored By



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Our Team

Ashley Engram, CLC, MSP

Doula, Lactation Counselor, Childbirth Educator, Traditional (Lay) Midwife, Fertility Counselor

Program Director

P: 336.287.1099

Teoka Muhammad, Doula

Doula, Nutritionist, Fitness/Life Coach
Project Manager

P: 315.534.7687

Ana Solano, CLC

Full Spectrum Doula, Lactation Counselor, Prenatal Yoga Instructor
Project Manager

P: 315.332.1794

Email

Ashley

AshleyEngram@rocketmail.com

Teoka

SisterTeoka@gmail.com

Ana

AMelSolano@gmail.com

Support Our Efforts

www.MangerBornDoula.com/
Community/SC3BI-Project

MOHAWK VALLEY PRENATAL & MATERNITY SUPPORT

SisterCircle
BLACK BIRTH & BFING
Initiative



**Doula Program for
Women of Color**



Eliminating social barriers to black maternal-child health equity

Mohawk Valley Prenatal & Maternity Support (MVPMS) is a charitable organization that provides free childbirth education, doula support and breastfeeding counseling to **low-income at-risk families** in the Mohawk Valley Region. MVPMS also provides **free baby items and maternity essentials**. Founded by Ashley Engram in 2016.



The Sister Circle: Black Birth & Breastfeeding Initiative (SC3BI) is a program within MVPMS, that provides **free access to doula care** and breastfeeding support to **women of color** in the Greater Utica area in hopes of **eliminating social barriers to black maternal-child health equity** and decrease the maternal-child **health disparity** among **Black women**.



Donations Welcome

OFFERING

FREE Doula Training

MVPMS will host a 3-day workshop culturally sensitive training taught by DONA Int'l Certified Doula Trainers for 10 local women of color.

FREE Lactation Edu. Class

MVPMS will host a 3-hr workshop taught by an International Board Certified Lactation Consultant so newly trained doulas can provide breastfeeding support.

FREE Business Mentorship

MVPMS will host monthly "Sister Circle: Nurturing the Doula" sessions to guide doula trainees through business start-up and their first doula client.

FREE Doula Access

Our newly trained doulas will be matched with a local pregnant mom of color to provide doula support during pregnancy, birth and the postpartum period.

