



Expecting a baby? Get care from a birth doula at no cost.



eocco
EASTERN OREGON
COORDINATED CARE
ORGANIZATION

Birth doulas help pregnant people and their families with personal, non-medical support during pregnancy, childbirth and after the baby is born. They've been shown to lower the rate of C-sections, epidurals and the length of labor.

Birth doulas can help you prepare for your baby and support you during labor and delivery. They can speak up for you and help you have the best birthing experience possible.

Is a birth doula for me?

Birth doulas support all kinds of people and families, including people who:

- Speak a language other than English
- Have culturally specific needs
- Have experienced infant loss
- Are adopting or choosing adoption
- Have limited support or are single

Support for all phases of your pregnancy

As an EOCCO member, you can get access to a birth doula and their services at **no cost to you**, including:

- Visits during and after your pregnancy
- Labor and birth support
- Emotional and physical support
- Access to local resources
- Breastfeeding support
- Answers to your questions

How to connect with a birth doula

Ask your doctor to connect you with a birth doula, and they can create a referral for you. You can also request a birth doula through EOCCO by emailing THW@eocco.com.

Questions?

We're here to help! You can reach the EOCCO team by phone at **888-788-9821** or email us at THW@eoocco.com. Our regular business hours are Monday through Friday, 7:30 a.m. to 5:30 p.m. (PST).

You can get this document in other languages, large print, Braille or a format you prefer. You can also ask for an interpreter. This help is free. Call 888-788-9821 (TTY/TDD users, please call 711). We accept relay calls.

Puede obtener este documento en otros idiomas, en letra grande, braille o en un formato que usted prefiera. También puede recibir los servicios de un intérprete. Esta ayuda es gratuita. Llame al servicio de atención al cliente 888-788-9821 o TTY 711. Aceptamos todas las llamadas de retransmisión.

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