

ABOUT THE PEER DOULA PROGRAM

Chicago Volunteer Doula is committed to reducing the harm of incarceration on families caused by separation. Peer Doulas support their pregnant peers who are incarcerated during the challenging prenatal and postpartum experience in prison.

This program aims to reduce feelings of isolation and increase a sense of agency during such a vulnerable yet powerful stage in their lives. Each Peer Doula is matched with an experienced CVDoula Mentor to support and mentor them as they embark on this new journey. Additionally, this program tackles recidivism as a workforce development tool, allowing Peer Doulas to develop additional marketable skills to rely on upon release.



WHAT IS A PEER DOULA, & WHAT DO THEY DO?

Peer Doulas are people that are incarcerated and are trained by certified Doulas to give Doula support to their pregnant peers that are also incarcerated. Peer Doulas work closely with a mentor to provide the best care for the clients. Mentors are Doulas trained and certified to provide either labor support, postpartum support, or both.

A Peer Doula will support the client by providing education on what to expect before, during, and after labor. Peer Doulas can also provide emotional support before and after birth.

FEEDBACK ON PDP

"THE DOULA WAS VERY CONSIDERATE AND EXTREMELY HELPFUL IN GIVING ME NEEDED HELP AND INFORMATION. WITHOUT A DOULA, I WOULD NOT HAVE PROCEEDED TO TRY TO GET THE NEEDED HELP OR INFORMATION. THIS IS A VERY SPECIAL PROGRAM, AND I WOULD GREATLY RECOMMEND IT TO OTHERS."

~ R. WOOLEY, PDP BIRTHING PERSON, LOGAN CORRECTIONAL CENTER