

POSTPARTUM DOULA PROGRAM

Cape Families with a new baby can receive up to 3 home visits with a certified postpartum doula at no cost!

Postpartum doula support includes newborn care, education on feeding and sleep, mental health screenings, connections to community resources & help with household chores.

Families who receive doula care report lower levels of postpartum mood complications, and increased confidence as they transition into a new family unit!



Apply at: tinyurl.com/Capehomevisits

**Contact : Krista Sullivan, Certified Doula
(508) 289-1185**

MonumentalBeginningsDoula@gmail.com



**CAPE COD HEALTHCARE
FOUNDATION**

