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### Pregnant?

You deserve a doula.

Mothercraft Birth Companions are trained volunteers who offer one-on-one support throughout pregnancy, childbirth and the early weeks of parenting.

Our services are available in many languages, and we embrace the opportunity to support all families and individuals. *We believe that everyone has the capacity for a wonderful birth experience and everyone deserves non-judgemental support as they journey through parenting.*

For more information, call 613-728-1839 ext. 289

“ I am so thankful for this program, allowing parents such as us to give our children the best start in life and provide us with an equal opportunity to explore our options. ”



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Mothercraft's Birth and Parent Companion Program provides quality services for parents and parents-to-be including:

- Mothercraft Birth Support
- Parent Companion Program
- Parents as Teachers
- Specialized workshops and groups
- Childbirth Education Classes



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