

flap two

Pregnant?

You deserve a doula.

Mothercraft Doulas are trained to offer one-on-one support throughout pregnancy, childbirth and the early weeks of parenting.

Our services are available on a sliding fee scale in many languages. 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

“ My Mothercraft Doula helped me to feel confident and cared for during my pregnancy. I am so glad we were able to have her unwavering support for the birth of our baby.



— fold

back

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

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



475 Evered Avenue
Ottawa, Ontario K1Z 5K9

Phone: (613) 728-1839 ext. 289
Fax: (613) 728-0097

e-mail: birthsupport@mothercraft.com

www.mothercraft.com

— fold

front



mothercraft™
ottawa

Mothercraft Birth Support

— fold

— fold