

**More often than not, abortion is a normal (life and reproductive health) event.**

**You are not alone.**

Please note that doulas are **not medical professionals**; they are an important service to abortion patients but cannot offer medical care/advice.



## Center Locations

### Cincinnati Surgical Center

513.287.6488

2314 Auburn Avenue | Cincinnati, Ohio 45219

### Dayton Health Center

937.226.0780

224 N. Wilkinson Street | Dayton, Ohio 45402

### Hamilton Health Center

513.856.8332

11 Ludlow Street | Hamilton, Ohio 45011

### Mt. Auburn Health Center

513.287.6484

2314 Auburn Avenue | Cincinnati, Ohio 45219

### Springfield Health Center

937.325.7349

1061 North Bechtle Avenue | Springfield, Ohio 45504

We accept individuals of all ages/backgrounds to join our doula program.

If you are interested in getting involved, please contact us at [doula@ppsw.org](mailto:doula@ppsw.org).

[www.ppswo.org](http://www.ppswo.org)

513.721.7635

2314 Auburn Avenue | Cincinnati, Ohio 45219

[www.supportppsw.org](http://www.supportppsw.org)

Find us on   

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*everyone*  
DESERVES A  
**DOULA**

Ask me what a doula can do for you.



# We are proud to welcome back our volunteer doulas!

**96%** of patients who receive abortion doula services recommend that it be routinely offered.  
**72%** of patients who did not receive doula support would have liked to have it.

## What is an abortion doula?

Doulas are trained, **non-medical** companions for a significant health-related experience; abortion doulas serve patients who have chosen to terminate a pregnancy or those experiencing miscarriage or fetal loss. The primary role of a doula is to be there for you – whether you're a patient, partner or parent. This one-of-a-kind service at Cincinnati's Surgical Center offers free emotional and physical care (including relaxation and pain management techniques) and information about abortion as needed.

Doulas assist clients at any point of the abortion process; they are available during the abortion procedure as well as consultation visits, waiting periods, and in the recovery room. They focus on the physical, emotional, mental, and spiritual health of our clients, connecting with patients to ease discomfort and encourage confidence/wellbeing.

## Does it cost money?

No! The Doula Program is a volunteer-led group that does not charge for its services.

## What can a doula do for me?

Doulas offer customized comfort measures, emotional care, and techniques to manage physical stress or discomfort. They offer touch, positioning, recommendations, education, help make plans for after care, and advocate for your health and wellbeing.

They can help create a to-do list or wellness plan, provide distractions, laugh with you, recommend shows to binge while managing your abortion and more.

## Who are our doulas?

Our doulas are trained volunteers offering free doula services to individuals seeking care at Planned Parenthood's Cincinnati Surgical Center. Like our patients, these caring and passionate individuals are adults of all ages who represent a variety of gender and racial identities, sexual orientations, religions, abilities, and socioeconomic backgrounds. They care deeply about ensuring patients receiving safe abortion care are treated with respect and compassion.

## How are our doulas trained?

We organize an intense, organization-specific, patient-centered, 2-day training. Our doulas also receive education and research regarding abortion procedures and Planned Parenthood policies, as well as monthly workshops for a minimum of 12-month commitment.

## We trust you.

Doulas value and protect your courage to ask questions so you have the knowledge to make choices. Doulas do not judge you for your choices, your process or circumstances, and will not make choices for you. They believe in you and will help you find accurate informational resources and work with you so you can make informed decisions.

Doulas aim to ensure your voice is heard. You deserve to feel empowered and in control of your body.

## How to get a Doula.

When scheduling your appointment, during your check-in, or during your consultation, let a staff member know you would like a doula!

Say hi! Our doulas are present at the Cincinnati Surgical Center free of charge and are available to accompany you at your request. Ask a staff member how you can get a doula!

**DOULAS PROVIDE CARE,  
NO MATTER WHAT.**

