

Boston Medical Center is Recruiting Birth Sisters!

An innovative multicultural doula service that offers "sister-like" support during pregnancy, childbirth, and the post-partum period

What does a Birth Sister do?

- Provides emotional support to patients during pregnancy, childbirth, and the first weeks of the post-partum period
- Helps connect patients to resources they need during and after their pregnancy
- Visits patients in their homes before and after delivery to provide education and support

What's the benefit of being a Birth Sister?

- An exciting chance to help pregnant people at important points in their lives
- An entrance into reproductive health and healthcare as a profession

What kind of training is required?

- BMC trains all new Birth Sisters in all aspects of the role, including labor support, pre-natal and post-partum education, breastfeeding, and community resources
- Prior doula experience is not required

Who may be a good fit for the Birth Sister role?

Experience working in the community

People who have served as community health workers

Shared identities with BMC patients

People who identify as BIPOC, immigrants, or multi-lingual

Interest in healthcare and social justice

People who are passionate about public health, reproductive health, and racial and social justice

How can I get involved?

If you'd like to learn more, please contact BMC's Birth Sisters Program at birthsisters@bmc.org



"Thank you for being there in my time of need. I really appreciate it truly from the bottom of my heart because times like that it's hard being alone... I'm sure if other women are in need of a friend, you will be there."

- BMC Birth Sisters Patient