



Mama to Mama Builds a Community Doula Workforce to Support Local Families

Mama to Mama strengthens maternal and child health by training a community-based doula workforce that reflects and supports families in Louisville, Kentucky.

In the past three years, Mama to Mama has recruited and trained over 80 doulas that come from and understand the cultural context of local communities. This Community Doula Program ensures clients receive care rooted in shared culture, language, and lived experience to improve maternal and infant health outcomes.

Program Highlights:

- **Comprehensive Training:** With volunteer and paid doula roles available, participants complete structured doula training that prepares them to support individuals through labor, delivery, and early postpartum care. Doulas learn advocacy, newborn care, breastfeeding support, and emotional guidance.



- **Cultural Matching:** Mama to Mama intentionally matches doulas to families based on identity, community ties, and shared backgrounds. This ensures culturally responsive care, especially for people of color who face disparities in birth experiences and outcomes.
- **Accessible Support:** Doula services are provided at no cost to low-income families, removing financial barriers to maternal health care.
- **Community-Centered Model:** Mama to Mama has a non-hierarchical, strength-based approach, which bolsters teamwork among staff, doulas, volunteers, and board members to support parents.

"Our maternal health program works because it's built on trust, lived experience, and culturally rooted care, meeting mothers where they are, and walking with them every step of the way." Kazia Bryant, Executive Director, Mama to Mama

Mama to Mama's model offers a solid blueprint for CBOs aiming to expand maternal care capacity through community-led, cost-effective workforce development. To learn more: [Pregnancy support | Mama to Mama | United States](#)

