

# Care Options Available for You



## **Sensitive Birth Plan**

Design your birth plan to make you feel comfortable, empowered, and in control.

## **Doula Care**

Receive emotional, physical, and educational support from a trained, non-medical professional.



## **Maternal Infant Health Program**

Receive home visits and customized support from a nurse and social work team.



## **Parenting Programs + Support Groups**

Participate in an educational class or get support from others who have similar experiences.

## **Survivor Moms' Companion**

Learn with a workbook and mentor on how to manage emotions, relationships, and trauma reactions during pregnancy.



## **Therapy**

Explore the different types of therapy that can help you grow your resiliency.

## **Medication**

Talk to your provider about medications to help with sleep, anxiety, PTSD, or sadness.



## **Community Services**

Find local resources at low or no cost that could help support your needs.

For additional resources, visit <https://www.region9.org> →

