



SisterWeb

San Francisco Community Doula Network

Restoring Our City

One Birth At A Time

“What Does SisterWeb Do?”

01

Doula Services

Provide culturally congruent, community-based doulas to Black, Latinx & Pacific Islander (NHPI) expecting families in SF.

02

Workforce Development

Provide birth related and professional developments as well as employment support, doula mentorship, continued education, and leadership capacity training.

03

Dismantle Racist Systems

Leverage relationships to advance the safe, fair, and equitable treatment of our most vulnerable populations.

04

Improve Community Resilience

Provide tools and resources to our resilient, yet underserved communities that have been historically undervalued, and systemically and systematically oppressed.



“What is a SisterWeb Community-Based Doula?”

- SisterWeb’s community-based doulas provide culturally sensitive pregnancy and childbirth education, early linkage to health care, and other resources, tools and services; labor coaching, breastfeeding/lactation promotion and counseling, and parenting education, while encouraging parental attachment.
- SisterWeb’s Doula Program Model is the only home visiting/wellness doula model in San Francisco in which a home/wellness visitor is present at the birth (*home visits modified during COVID-19*)

Our Doula Programs



Kindred Birth Companions

For Black/ African American (AA) mothers and pregnant people to receive non-medical wellness and emotional support during and after pregnancy from a Black/AA doula.

70% of clients



Semilla Sagrada Compañeras de Parto

For Latinx mothers and pregnant people to receive non-medical wellness and emotional support during and after pregnancy from a Latinx doula.

17% of clients



M.A.N.A. Pasefika *(Maintaining Ancestral kNowledge & Autonomy)*

For Pacific Islander (NHPI) mothers and pregnant people to receive non-medical wellness and emotional support during and after pregnancy from a Pacific Islander doula.

13% of clients

“What Does SisterWeb’s Workforce Development Include?”

Employment

AA, Lx, and NHPI Doulas in San Francisco are employed in careers as professional birth workers.



Support

SisterWeb provides mentors as experienced thought partners for doulas as they work with clients, balance workloads, and navigate medical institutions.



Training

Doulas receive supportive job training that includes, professional development and ongoing learning.



“What is Doula Mentorship Support?”

Mentors support SisterWeb’s doulas ability to excel as birth workers, by identifying their strengths, assisting them in identifying their own support systems, modeling boundary setting / communication skills, and creating doula centered goals. Our goal is to inspire confident, knowledgeable, and skilled birth workers.

SisterWeb’s Doula Mentors provide:

- Experienced thought partners for doulas as they work with clients and in medical institutions and other birth settings
- Support for doulas when actively attending births with clients
- Advocacy for development of doula’s professional goals
- Social and emotional support tools and resources to process births and birthwork





Dismantling Racist Systems

SisterWeb recognizes racism, discrimination and oppression as a root cause of disease and its effect on the prosperity of Black and Brown Communities.

One of the ways we do this is through the Champion Dyad Initiative (CDI). The CDI is a key part of SisterWeb's commitment to stakeholder accountability and working systemically to lift up the professionalism and dignity of community doulas within clinical settings.

SisterWeb regularly participates in anti-racist and anti-bias training internally, and providing education to medical providers and systems, CBOs, and other community partners about community-based pregnancy support.



Improving Community Resilience & Alignment

SisterWeb Community Based Doulas contribute to the improvement of maternal care and support, infant health, supports strengthening families, and establishes supports to ensure ongoing family success by:

- Pregnancy Support and Resource Linkage
- Honoring our resilience and innate abilities to use our community voices and advocate for our greatness.
- Addressing bias, discrimination, and racism in medicine and government.

“What Do Clients Think About Us?”

Data Collected from SisterWeb Client Surveys

9.5/10

Overall feeling of Sisterweb clients being supported, heard, and respected by SisterWeb doula(s) during the pregnancy, birth, postpartum time

93%

SisterWeb Doulas helped clients feel more confident navigating healthcare systems and understanding my rights and options

93%

I felt encouraged by my SisterWeb Doulas to use all of the resources available to me during pregnancy and early parenting.

93%

Someday I would like to help members of my community by becoming a Community Doula.”



Clients Say...

“I love SisterWeb! I'm happy I found you all. I hate that it's over. I recommend this program to all women. Getting this support and knowledge motivates me to want to give back to other pregnant women of color.”

Thank You

How to Find Us

www.SisterWeb.org

Email: info@sisterweb.org

FaceBook: SisterWeb

IG: @sisterwebdoulas

Twitter: @sisterwebdoulas

