

BIRTH JOURNEYS



Dear Healthcare Providers,

In response to disparities in maternal and child health outcomes within the BIPOC (Black, Indigenous, and People of Color) communities as a result of systemic racism in American institutions, including but not limited to the healthcare system, **Birth Journeys** and **Massage Journey** would like to offer to our local BIPOC community members who are pregnant:

- 1. A Prenatal or Postpartum Massage free of charge (up to two people per month, on a first come first serve basis).**
- 2. Access to our Online Crash Course in Labor Support and Online Childbirth Education classes and, free of charge.**

We are also collaborating with local practitioners who specialize in pregnancy care to expand free-of-charge services available to the BIPOC community. We are aiming for a comprehensive package of care options such as acupuncture, chiropractic, and preparation for parenting classes (Newborn Care, Breastfeeding, Hypnobirthing, Infant CPR classes, etc.)

We will be in touch in the near future with such a list.

In addition, we are committing to donating a portion of our childbirth education class income, on a monthly basis, to NBEC (National Birth Equity Collaborative).

We invite our community member's input and feedback on how we can meaningfully contribute to advancing Birth Justice initiatives, both locally and nationally.

Information on why this is important to us can be found here:

Racial Disparities in Childbirth

<https://evidencebasedbirth.com/racial-disparities-child-birth/>

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Birth Journeys

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[Support Birth Justice](#)

<https://www.instagram.com/vtbirthjourneys/>

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