

FREE! Birth Companion Program

If you're navigating pregnancy without a strong support system, our **trained Birth Companions** are here to provide emotional and physical support before, during, and after birth—at **no cost to you**. The Birth Companion will meet with you prenatally, support you during labor and delivery, and meet with you after the birth of your baby.

- **WHO-** 18 years or older
- In 3rd trimester
- Planning to deliver at Bryn Mawr or Riddle Hospital
- Not having a planned C-section
- Live in Delaware County
- **WHAT-** Trained Birth Companion available to support birthing persons
- **HOW-** Email the Project Administrator (**Monica Goodwin**, monica.goodwin@villanova.edu)
- **WHERE-** The Birth Companion will meet you once prenatally, support you in person during delivery of your infant, and meet you once after the infant is born.
- **READY TO BE MATCHED?**
- Email: monica.goodwin@villanova.edu
- Subject line: "Birth Companion Match Request"



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