



VILLAGE BIRTH INTERNATIONAL

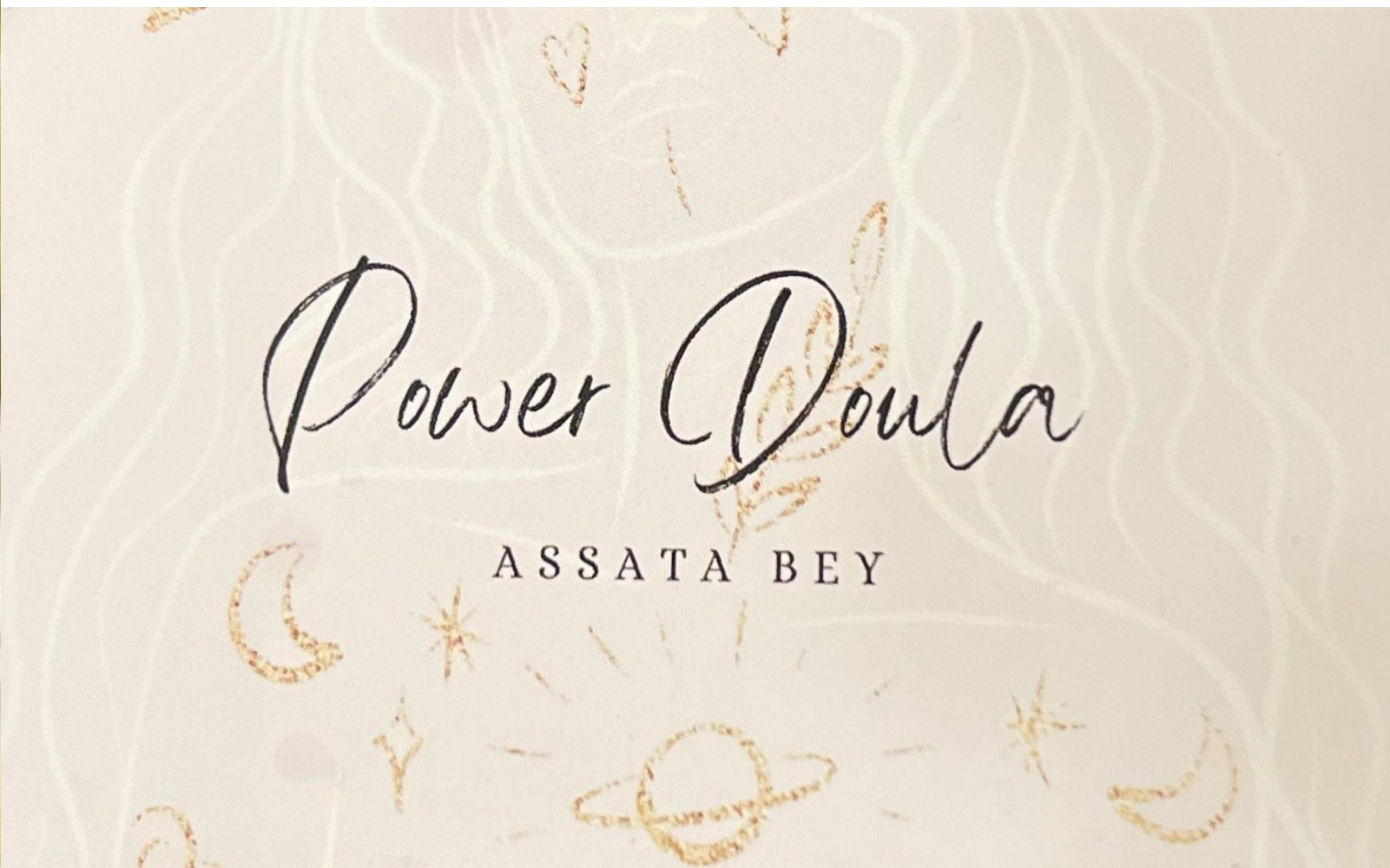






NATURALEE
FITNESS & DOULA SERVICES





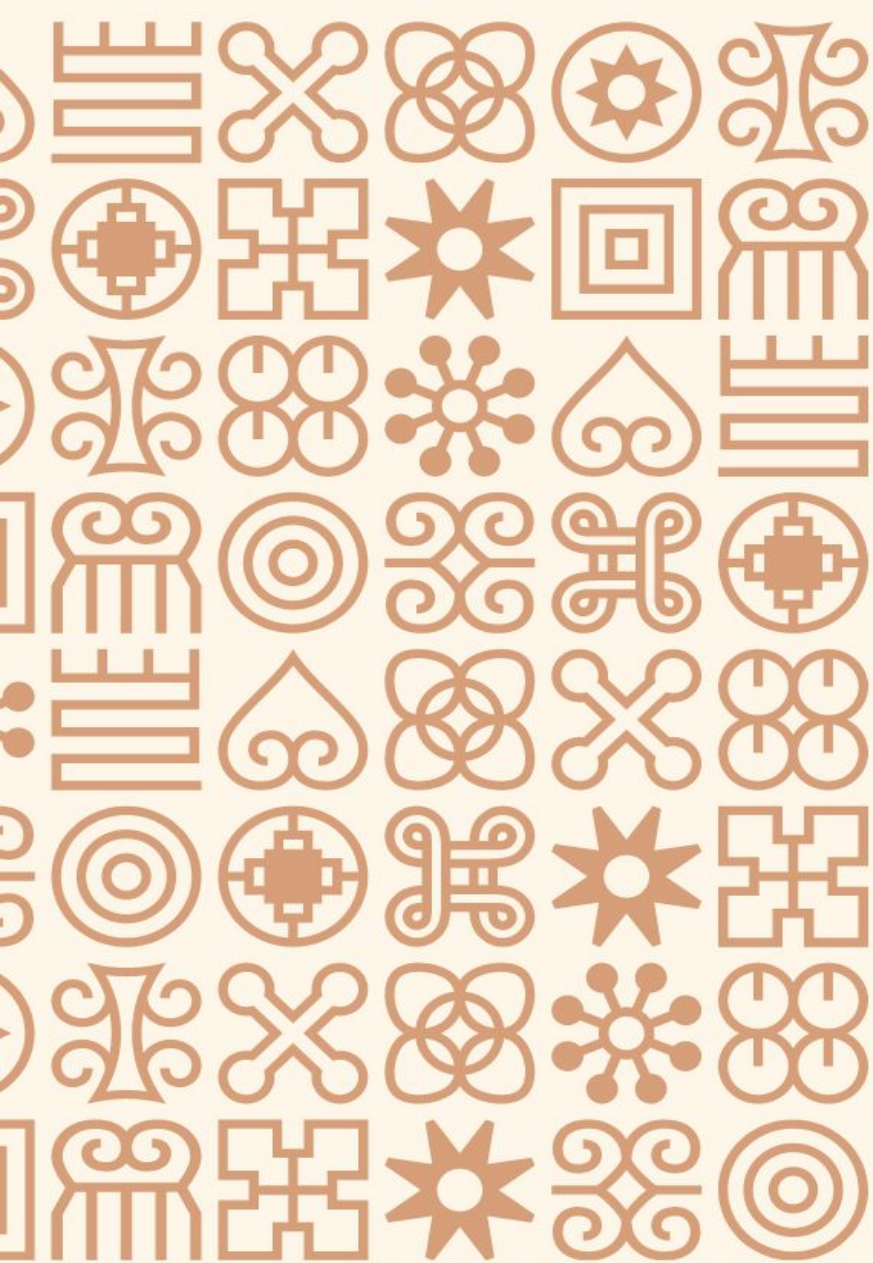


My Children's Vessel



Sankofa Doula Collective





COLLECTIVE ACTION



**Doula 4
a Queen**



zenG Yoga



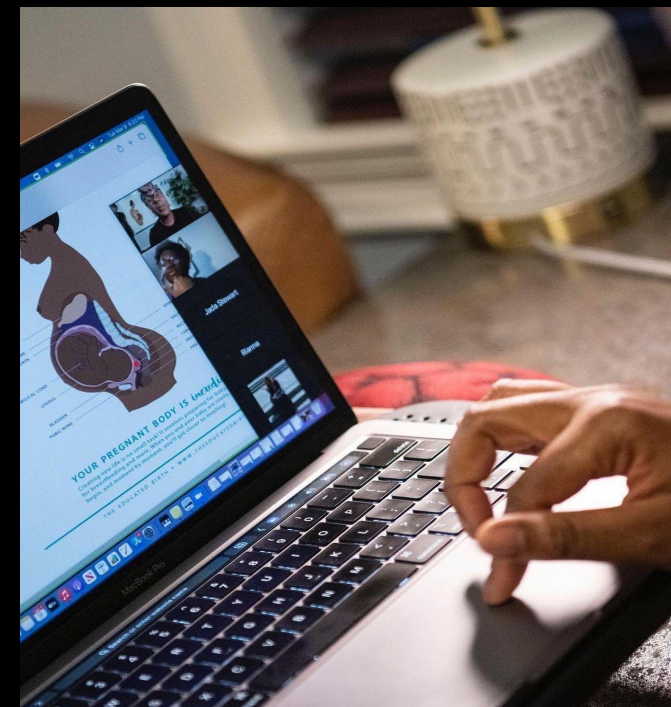
**Village
Birth
International**

sankofaheals.com



2021

AN INITIAL YEAR OF COLLECTIVE
ACTION & CARE



What Is A Perinatal Safe Spot?

A place to connect moms, family members, community to each other & the baby

A judgment free zone that can be physical or virtual

Unique to individual communities, zip codes, Maternal Toxic Areas - breaking through the real barriers to quality care

An access point for practical resources

Giving mothers the real tools they need to have power & agency in their childbearing decisions

A place to gain knowledge for healthiest pregnancy, mom & baby

Physical, emotional and informational support so childbearing families have true options



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Community-Based Doula Care in Syracuse



Doulas/Birth workers provide non-clinical care including:

- Physical comfort measures,
- emotional support, spiritual care,
- informed decision making
- client advocacy & education

Sankofa Lead Awareness Project

Full Spectrum Community-Based
Doula Care

Pregnancy and Postpartum Education

Wellness Wednesday Expansion

Perinatal Health Specialist



Training & Continuing Education: Doulas As Lead Educators





WELLNESS WEDNESDAYS



CHILDBIRTH EDUCATION

This year, Sankofa Community Childbirth Education classes were led by Doula 4 a Queen & offered weekly from February - April. These classes were free to Black, Latinx and Indigenous families during their childbearing years. The topics discussed during the virtual class included: rights of a birthing person, informed decision making, prenatal care, childbirth preparation, postpartum care, doula services and many more. Sankofa is dedicated to supporting families and helping our community members enter into labor knowledgeable and birth with confidence!

“These classes were amazing!
You ladies are truly doing
amazing work for the
community!”



CoMothering *A Black Woman's Healing Space* Creating wellness through community!

CoMothering is a safe space for new moms and Black women across the reproductive lifespan to be in community, share wisdom and love each other.

CoMothering is intergenerational and created so that we do not have to face transitions of parenthood and reproductive milestones in isolation. CoMothering is our practice of postpartum self-care and collective healing after birth and beyond.

This year CoMothering became a vital space for many of us. Every month Sankofa opened a virtual space of connection and healing for Black women in Syracuse and some from across the nation. CoMothering is held monthly virtually or in person.



FULL SPECTRUM DOULA CARE

Sankofa Doulas are skilled birth workers trained in a comprehensive knowledge of birth and the postpartum period. They understand the importance of seeing a birthing person, baby, and partner as a connected unit. They support by responding to the whole birth experience and consider how a person's physical, emotional, mental, and spiritual experience is impacting their pregnancy, labor, birth, and postpartum period.

Sankofa Doula Care is vital during a pandemic year where families are experiencing extreme circumstances and isolation. In 2021, we offered hybrid, virtual and in person doula care during prenatal, labor and postpartum periods for families most in need. Covid education and informed decision making became paramount as families prepared to bring forth life in uncertainty and changing policies for infectious disease and laboring at local hospitals.

At Sankofa we understand what it means to give birth and parent in medical systems that often can not hold the full experience of this sacred time. Black women, African refugees and Indigenous people in our city continue to birth and raise families in the harshest inequality in our country. For our community, having a doula means you are loved, cared for and listened to. Doula Care is Sankofa Healing.

“Every woman,
especially Black women,
should have a doula.
SeQuoia was so calm,
and strong and really
advocated for me.”





SANKOFA COMMUNITY GIVE BACK

85
FAMILIES SERVED

- DIAPERS & WIPES
- CLOTHING
- CAR SEATS
- BREAST PUMPS
- FEMININE HYGIENE PRODUCTS
- POSTPARTUM GIFT BAGS
- FRESH FOOD

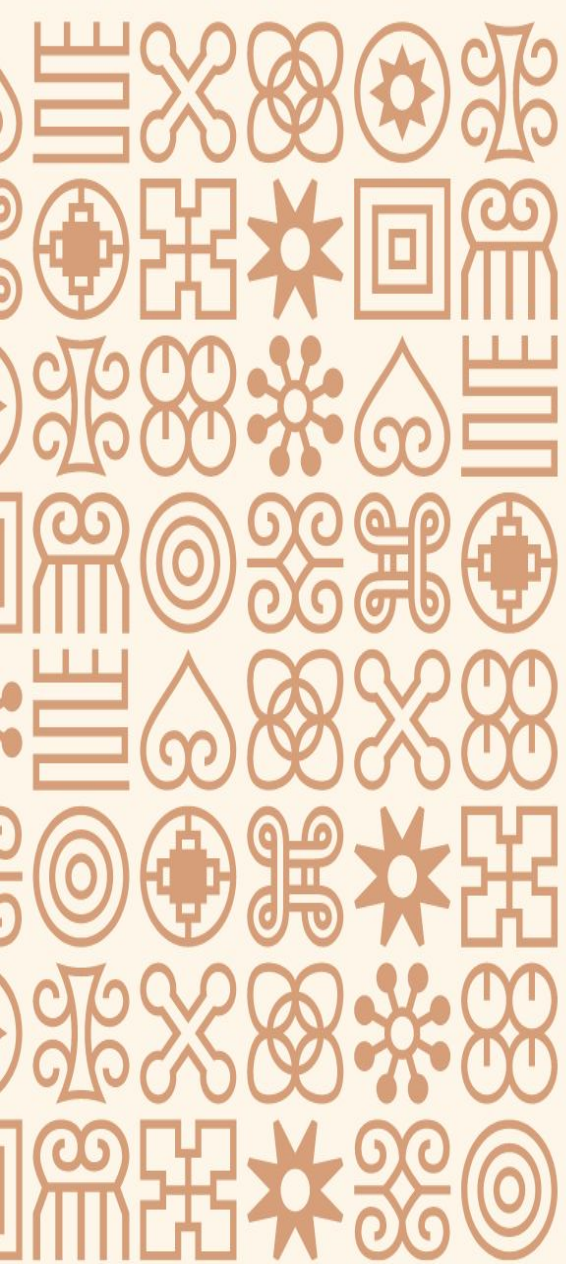


FAMILIES SERVED
IN 2022

180

COLLECTIVE ACTION & CARE





**Sankofa Reproductive Health
& Healing Center**
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