



Women's Options Center

ABORTION DOULAS*

You deserve support throughout your abortion. We are here to help make sure you get it.

**What is a doula?*

A trained volunteer who provides emotional, physical and informational support by phone and texting throughout your medication abortion procedure.

Our services are compassionate, non-judgmental and free.

Tell your doctor or clinic staff, email fprch@ucera.org or text (323) 570-2551 before starting your abortion if you would like to be connected with a doula.