

## Our Mission

Our mission is to empower, support and educate women during pregnancy, labor and postpartum, by providing non-judgmental support services to at-risk mothers regardless of age or culture.



Co-founders Debby Prudhomme and Mary Williams gave birth to Everyday Miracles in 2003. They have a strong drive to advocate for and protect at risk women in the Twin Cities and the surrounding communities. Their passion for this necessary work has brought them together with midwives, doctors and other care providers to provide optimal care for pregnant women and families. Their ongoing advocacy for pregnant women has proven to positively impact the statistics of high risk mothers in our community, resulting in better birth outcomes and healthier families.

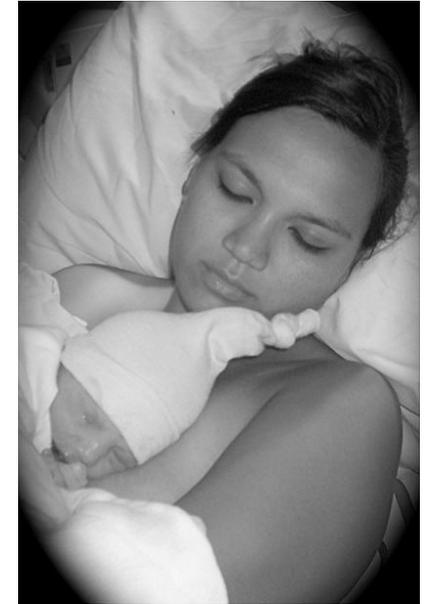


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## Everyday Miracles

Pregnancy Center



*About our programs and services* ◀

*Supporting birth, one miracle at a time.*

## The Everyday Miracles Story

Everyday Miracles is a charitable, non-profit organization dedicated to reducing health disparities in our communities. Founded in 2003 with the mission to strengthen families through the parenting experience,



by supporting and empowering mothers during pregnancy. As of January 2009 Everyday Miracles has provided perinatal education and doula services to over 1000 families in the Twin Cities. The program provides pregnancy and labor support as well as prenatal education in a supportive, non-judgmental community for at-risk pregnant women who desire our services, regardless of age or culture. Our primary objectives are to improve birth outcomes, parent infant attachment and breastfeeding skills.

*"I wanted to drop you a note and rave, gush, praise, etc your doulas!!! I had two births yesterday and both were enhanced beyond description by your doulas. Both myself and these women were blessed to have them."*  
-Amy Langenfeld, CNM



### Benefits of Doula Care

- \* Shorter labors with fewer complications;
- \* Improves perception of childbirth experience;
- \* Reduces need for use of Pitocin, assisted delivery, and cesarean section;
- \* Reduces requests for pain medications and epidurals;
- \* Facilitates communication between the laboring mother and care providers;
- \* Nurtures and protects the woman's memory of her birth experience;
- \* Assists in the preparation and carrying out of preferences for birth;
- \* The Doula stays by the side of the mother throughout her labor, providing continuous, consistent support and reinforcement;
- \* Emotional and physical support;
- \* Encourages parent-baby bonding;
- \* Promotes breastfeeding, providing support that translates to longer breastfeeding;
- \* Creates a safe and trusting relationship with the mother.

### Everyday Miracles Doulas

Our doulas are DONA trained and certified. They represent diverse communities and are fluent in 10 languages. They have an intense passion for the care of women and babies in the childbearing year and are motivated about working with at-risk moms in the Twin Cities. Many of our doulas are also involved with birth activism in Minnesota.



*"We said we felt ourselves needing her presence, relying on the calmness of her voice. We said what we felt in our bodies no longer frightened us."*

-Susan Griffin,

Woman and Nature—The Roaring Inside Her



### Everyday Miracles Services

- \* Birth & postpartum doula services;h
- \* Miracle Moms—bi-weekly support group;
- \* On-site kid's play room;
- \* Incentive closet for maternity & newborn Clothing;
- \* Resource Library & Education Center;
- \* Mentorship program;
- \* Lactation education & support;
- \* Breast pumps & pump education;
- \* Belly casting;
- \* Blessingway ceremonies;
- \* Prenatal & standard yoga;
- \* Healing room

### Everyday Miracles Classes

- \* "Expecting Miracles"—a 6-week course in childbirth education (offered in English, Spanish, and Somali);
- \* Breastfeeding Class (prenatal and postpartum, offered in English, Spanish, and Somali);



- \* Infant Massage (English and Spanish);
- \* Yoga classes;
- \* Car seat safety classes (English and Somali)