

# Flourish Alachua Doula Initiative Cohort 3 April Launch

The Flourish Alachua Doula Initiative Cohort 3 was launched on April 9-12, 2026. This initiative is an Alachua County Doula Initiative funded by the Children's Trust of Alachua County and implemented in partnership with Doulio Inc.

This initiative addresses gaps between clinical care and lived experience by providing continuous, relationship-based support across pregnancy, birth, and postpartum. This year a new component to the workforce development cohort was added to include direct support services, by offering free doula services to Alachua County birthing families.

## Doula Applicants

Doulio received over 20 applications and inquiries and accepted 9 applicants.

## Program Overview

### Core Doula Training

Flourish Alachua offered birth and postpartum doula training to Alachua County residents paired with real-time client matching for applied learning. This approach builds local capacity and ensures families are supported by doulas who reflect and understand the community.

### Mentorship and Continued Education.

Over the next few months, doulas will continue to receive continued, mentoring, and support. Mentorships will be led by trained trainers from the Flourish Alachua Alumni. Additionally, doulas will receive 1:1 support for Medicaid enrollment and billing so they are prepared to sustainably serve clients and receive reimbursement.

**BECOME A BIRTH & POSTPARTUM DOULA**

Serve Families. Strengthen Our Community.

**April 2026 • Hybrid Training • Alachua County, FL.**

- ✓ Free doula training for Alachua County residents.
- ✓ Funded by The Children's Trust of Alachua County
- ✓ Powered by Doulio - Contact us at [admin@doulio.ai](mailto:admin@doulio.ai)

**\*No prior experience needed.**

**Apply Now**  
[Doulio.org/Flourish](https://Doulio.org/Flourish)  
\*\*Limited spots available.

**What you'll receive:**

- ✓ Culturally rooted training
- ✓ Birth & postpartum certification
- ✓ A supportive community of doulas
- ✓ Hands-on practice + real mentorship
- ✓ Opportunity to support a local family during training

Doulio



# Flourish Alachua Doula Initiative Cohort 3 April Launch

## Serving Families

Families were referred through social media, personal referrals, and trusted community-based partners including Healthy Start of North Central Florida and Healthy Families. Although we received an overwhelming number of families seeking support, for this initiative 10 families have been selected to participate.

## Meet Your Doula Day

On Sunday, April 12, families arrived at the Children's Trust of Alachua County to connect with and select their doula. Families were encouraged to bring those who would be in the room with them during birth. For some families this included their partner, children and grandparents.

## Key Participant Insights

- 100% are receiving prenatal care through community-based programs
- 75% desire labor and/or postpartum support
- More 50% seek hands-on labor support
- 50% report higher-risk or complex pregnancy factors
- 60% want practical guidance (breastfeeding, recovery, newborn care)
- 40% report limited or inconsistent support systems

**FREE BIRTH & POSTPARTUM DOULA SUPPORT**  
Serving Families in Alachua County

Get free pregnancy, birth, and postpartum support through the Flourish Alachua Initiative, funded by The Children's Trust of Alachua County and powered by Doulio.

**Doula care helps reduce complications and improves birth outcomes for moms and babies.**

**What you'll receive:**

- ✓ Personalized pregnancy & birth support
- ✓ Comfort techniques for labor & recovery
- ✓ Ongoing postpartum care

**Who Qualifies:**

- ✓ Live in Alachua County
- ✓ Due date between May-July 2026
- ✓ Open to doula care & brief check-ins

**Apply Now**  
[Doulio.org/flourishsupport](https://Doulio.org/flourishsupport)  
\*\*Limited spots available.

**Doulio**

## Family Voice

"Just someone to be there for me during the birth and postpartum."

"I may feel anxious about my baby's health... support with emotional care, breastfeeding, and labor pain would be appreciated."

"Don't have family around. It's just my husband and I."