



Free / Reduced Services

Free Services

Each quarter I volunteer my services to one family that qualifies for free birth support. A refundable deposit of \$50.00 is due at the time of contract signing (payment plans available) and is returned to you on the day I perform labor support. In the event that you do not call me to provide labor support, your deposit of \$50.00 will not be refunded, and will instead be retained as payment for paperwork and other materials given to you prenatally.

All eligible candidates will ideally agree to provide testimonials and feedback during the postpartum period (constructive criticism is always welcomed).

To determine whether you qualify for free birth doula services, you must fit into one of the categories below:

- **Teen Mothers** – No matter what your circumstances are, you are eligible for free birth doula services if you are a pregnant mother aged 18 years or under.
- **Military Families** – If you or your partner are serving in the armed forces, you are eligible for free birth doula services (regardless of whether your partner or other family members will be in attendance at the birth).
- **Low Income Families** – Families who are statistically placed at the lower end of the national Poverty Guidelines are eligible for free birth doula services (proof of income required).

These free services include d 2 prenatal appointments, unlimited phone and email support, continuous support during labor and birth, 1 postpartum visit. I do *not* reserve the free-service clients' space on my schedule so as to not inhibit paying clientele from scheduling with me. In my 10 years of business, I have never had this policy keep me from attending a free services birth.

Reduced Fees

If you do not qualify for free birth doula services, or I have filled my volunteer spot for that quarter, you may still be eligible for reduced fees. All fees are due by 36 weeks and are not refundable unless my absence from your birth is by *my* error. All eligible candidates will ideally agree to provide testimonials and feedback during the postpartum period (constructive criticism is always welcomed).

To determine whether you qualify for birth doula services at a reduced fee, you must fit one of the categories below:

- **Teen Mothers** – Pregnant mothers aged 18 years or under are eligible to receive birth doula services for the cost of childcare (for my children), paperwork and other materials given to you prenatally. This fee typically works out to approximately \$250.00 (payment plans available).
- **Military Families** – If you or your partner are serving in the armed forces, you are eligible to receive birth doula services for the cost of childcare (for my children), paperwork and other materials given to you prenatally. This fee typically works out to approximately \$250.00 (payment plans available).
- **Low Income Families** – I am always happy to work on a sliding scale for families who meet the national Poverty Guidelines (proof of income required). Please contact me for further details.
- **Out-of-Hospital Births** – If you are planning to birth at home or in a birth center, you are eligible to receive birth doula services for \$400, which includes home birth education classes.

These free services include d 2 prenatal appointments, unlimited phone and email support, continuous support during labor and birth, 1 postpartum visit.

To apply for either free or reduced fee services, please complete the attached application and return (either as an attachment or copy/paste into the body of the message) by email to cole@sagemama.net

Free / Reduced Services Application

Name: _____

Partner or Spouse's Name: _____

Birth Date (mom's): ____/____/____

Estimated Due Date: ____/____/____

Home Address: _____

Place of Birth: _____

I am applying for:

- Free Services
 - Teen Mother
 - Military Family
 - Low Income Family
- Reduced Fee Services
 - Teen Mother
 - Military Family
 - Low Income Family
 - Out-Of-Hospital Birth

Please attach the following documents, where applicable:

- Proof of income, if applying for low-income family assistance (last two pay check stubs or Medicaid/TANF/Food Stamp approval)
 - My income is \$_____ per _____
- Proof of military involvement for military families
- Proof of birth (birth certificate) for teen mother applicants
 - I am _____ years of age

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