





Erica M Allen, LPN
Executive Director/Founder



Our Mission

Do Care Doula Foundation Inc is dedicated to holistically supporting families during pregnancy, birth, and well beyond. We are committed to reducing maternal health disparities by addressing the physical, emotional, and educational needs that often impact outcomes for underserved and marginalized communities. Through compassionate care, advocacy, and access to essential resources, we nurture the overall growth and well-being of every family we serve.

Meet Our Team



Rosi Ramos
Resource Center & Bi-lingual Doula
Program Manager



Mari Ward
Resource Center Support Specialist

Meet Our Board



Janelle Bazemore



Brandi Tackett



Erika Guiterrez



Maleka Pettyjohn



The Central Delaware Community Doula Program focuses on:

Training and Development of BIPOC Doulas:

Providing culturally aligned training to prepare BIPOC doulas to support diverse families. Empowering doulas to address birth disparities in the Black and Brown communities.

Free to Low-Cost Doula Support:

Offering affordable or no-cost doula services to families in need, particularly those who are underserved or experiencing socio-economic challenges.

Community Outreach:

**Hosting educational workshops, support groups, and health-focused events.
Connecting families with wellness resources, fitness programs, and other forms of support to foster holistic maternal and family care.**



Want to become a doula?

INTEREST MEETING

WHAT TO EXPECT:
Meet and Greet with our Doulas!
Open House describing our
Upcoming June 2025 Doula Training

THURSDAY, APRIL 17, 2025 @ 6:00PM-7:00PM (VIRTUAL)
SATURDAY, APRIL 19, 2025 @ 10:00AM-11:00AM (VIRTUAL)
WEDNESDAY, APRIL 23, 2025 @ 3:00PM-4:00PM (VIRTUAL)
FRIDAY, APRIL 25, 2025 @ 11:00AM-12:00PM (VIRTUAL)

*REGISTRATION IS REQUIRED: [HTTP://BIT.LY/2025DOULAINTEREST](http://bit.ly/2025doulainterest)
*YOU MUST ATTEND AN INTEREST MEETING TO PARTICIPATE IN OUR DOULA TRAINING

100

We have trained 100 Doulas since our beginning in 2021



At GROWTH: Family Resource Center, our focus is to provide full-range access to resources and support, and increase connectedness to the community by addressing the needs for physical, mental, and emotional wellbeing of birthing people and their families including support groups, sister circles, childbirth and lactation education, community baby showers, a diaper bank, menstrual supplies, hygiene products, and educational events with giveaways of essential baby items.

Walk-In Pantry Days



WALK-IN PANTRY DAY

Location: 125a West Loockerman St, Dover, DE 19904
OPEN EVERY THURSDAY FROM 1:00PM-5:00PM

JANUARY: 9TH, 16TH, 23RD, 30TH
FEBRUARY: 6TH, 13TH, 20TH, 27TH
MARCH: 6TH, 13TH, 20TH, 27TH
APRIL: 3RD, 10TH, 17TH, 24TH
MAY: 1ST, 8TH, 15TH, 22ND, 29TH
JUNE: 5TH, 12TH, 19TH, 26TH
JULY: 3RD, 10TH, 17TH, 24TH, 31ST
AUGUST: 7TH, 14TH, 21ST, 28TH
SEPTEMBER: 4TH, 11TH, 18TH, 25TH
OCTOBER: 2ND, 9TH, 16TH, 23RD, 30TH
NOVEMBER: 6TH, 13TH, 20TH
DECEMBER: 4TH, 11TH, 18TH

REGISTER AT WWW.DEDOULAS.COM

MUST SHOW PROOF OF DELAWARE RESIDENCY.
DOCUMENTATION IS REQUIRED FOR DIAPER BANK.



Upcoming Education Courses



Childbirth & Lactation Education Classes

Location: Growth Family Resource Center
125a W Lookerman St, Dover, DE 19904

TUESDAY, JANUARY 28, 2025

TUESDAY, APRIL 29, 2025

TUESDAY, JULY 29, 2025

TUESDAY, OCTOBER 28, 2025

MORNING SESSIONS: 11:00AM-12:30PM
EVENING SESSIONS: 6:00PM-7:30PM

**REGISTER
NOW
FOR
FREE!**

**AVAILABLE
IN-PERSON ONLY:
REGISTRATION REQUIRED!!
PARTICIPANTS RECEIVE A GIFT CARD**

Food will be served.
Register at www.dedoulas.com

Events

SIDS AWARENESS MONTH

SAFE SLEEP EDUCATION & SLEEP SPACE GIVEAWAY

Join us for a Safe Sleep Education & Sleep Space Giveaway in honor of SIDS Awareness Month! Learn lifesaving tips during a brief class on how to create a safe sleep environment for your baby. After the class, eligible families will receive a free Pack and Play from Cribs for Kids, and enjoy a delicious free meal on us. Let's work together to protect our little ones—because every baby deserves a safe place to sleep. All are welcome—come learn, eat, and leave with support!



Saturday, October 18th at 11AM
Growth:Family Resource Center
125A W Loockerman Street
Dover, DE 19904

register at dedoulas.com

please join us for



Friendsgiving CELEBRATION

NOVEMBER 1  2 - 4 PM

125A W Loockerman Street
Dover, DE 19904



CELEBRATE THE MAGIC OF THE SEASON!

HOLIDAY COMMUNITY BABY SHOWER BRUNCH

Join us for our largest family event of the year!
This is an event for the entire family!
Children of all ages are welcomed.

FREE!
MUST REGISTER

DEC 13
12PM to 3PM

Highlights:

- Community Baby Shower
- Toy & Book Giveaway
- Raffles & Free Baby Items
- Free Pictures with Black Santa and the Elves
- Vendors & Community Resources
- ...and so much more!

Correctional Officers Association of DE Banquet Hall
1243 College Park Drive, Dover, DE 19904

Tickets Available Now!
Register now at www.dedoulas.com

Visit www.docaredoulafoundationinc.org to register as a community resource or vendor.

Contact Erica Allen for Sponsorship Opportunities at docaredoulafoundation@gmail.com

Our Support Groups: Sign Up at www.dedoulas.com

 GROWTH: FAMILY RESOURCE CENTER PRESENTS

TACO BOUT IT TUESDAY!

EVERY 2ND TUESDAY MONTHLY
FROM 6:30PM-8:00PM

Postpartum Support, Empowerment,
Education, & Community for the
4th Trimester & Beyond

JOIN US MONTHLY FOR TACOS & TOPICS!

- ✦ A judgment-free, safe space
- ✦ Empathic, authentic connections
- ✦ Establishing a genuine, support system
- ✦ Acknowledging your truth
- ✦ All things postpartum, fully expressed
- ✦ Focusing on thriving, not just surviving!

SCHEDULED DATES:

- Tuesday, January 14th, 2025
- Tuesday, February 11th, 2025
- Tuesday, March 11th, 2025
- Tuesday, April 8th, 2025
- Tuesday, May 13th, 2025
- Tuesday, June 10th, 2025
- Tuesday, July 8th, 2025
- Tuesday, August 12th, 2025
- Tuesday, September 9th, 2025
- Tuesday, October 14, 2025
- Tuesday, November 11th, 2025
- Tuesday, December 9th, 2025

REGISTER NOW at www.dedoulas.com

 GROW Center

"PEACING TOGETHER"

PREGNANCY & INFANT LOSS SUPPORT GROUP

ACKNOWLEDGING THE GRIEF
& SUPPORTIVE OF THE HEALING

EVERY 4TH THURSDAY | 6:30PM-8:00PM
HELD VIRTUALLY VIA ZOOM

AVAILABLE DATES:

- Thursday, January 23rd
- Thursday, February 27th
- Thursday, March 27th
- Thursday, April 24th
- Thursday, May 22nd
- Thursday, June 26th
- Thursday, July 24th
- Thursday, August 28th
- Thursday, September 25th
- Thursday, October 23rd
- Thursday, November 20th*
- Thursday, December 18th*

IT'S TIME FOR A

Release, Reset, Refresh!

6:00PM-7:30PM

- THURSDAY, JANUARY 9, 2025
- THURSDAY, FEBRUARY 6, 2025
- THURSDAY, MARCH 6, 2025
- THURSDAY, APRIL 3, 2025
- THURSDAY, MAY 1, 2025
- THURSDAY, JUNE 5, 2025
- THURSDAY, JULY 3, 2025
- THURSDAY, AUGUST 7, 2025
- THURSDAY, SEPTEMBER 4, 2025
- THURSDAY, OCTOBER 2, 2025
- THURSDAY, NOVEMBER 6, 2025
- THURSDAY, DECEMBER 4, 2025

Join us in a supportive space for doulas to unpack and reflect on our birth experiences—from the joyful to the challenging. Together, we'll create a safe environment to release, reset, and refresh our minds so we can continue to serve. Whether you're a new or experienced doula, all are welcome. HIPAA compliance will be strictly observed.

HELD VIRTUALLY VIA ZOOM
ALL DOULAS ARE WELCOME!
REGISTER AT WWW.DEDOULAS.COM
LINK WILL BE EMAILED

Growth: Maternal Village Pilot



Through our Growth: Maternal Village Pilot Program, we have funded **166** nights of stays at the Hope Center so far this year. This support has provided expectant and new mothers with safe, stable housing during a critical period, helping to reduce stress and promote positive maternal and infant outcomes.



***THE FUTURE OF
DO CARE DOULA
FOUNDATION, INC.***

GROWTH: MATERNAL VILLAGE

Overview

Supportive housing for unhoused pregnant women

Focus on those impacted by domestic violence, substance use, or financial hardship

Located in Kent County, DE

Core Features

Home for up to 5 women & thier children

Stays up to 12 months

Wraparound maternal wellness services

Support Services

Parenting & Childbirth education

Mental health & recovery support

Domestic violence advocacy

Career & life skills training

Doula & prenatal/postpartum care

GROWTH: FAMILY COMMUNITY CENTER

Vision

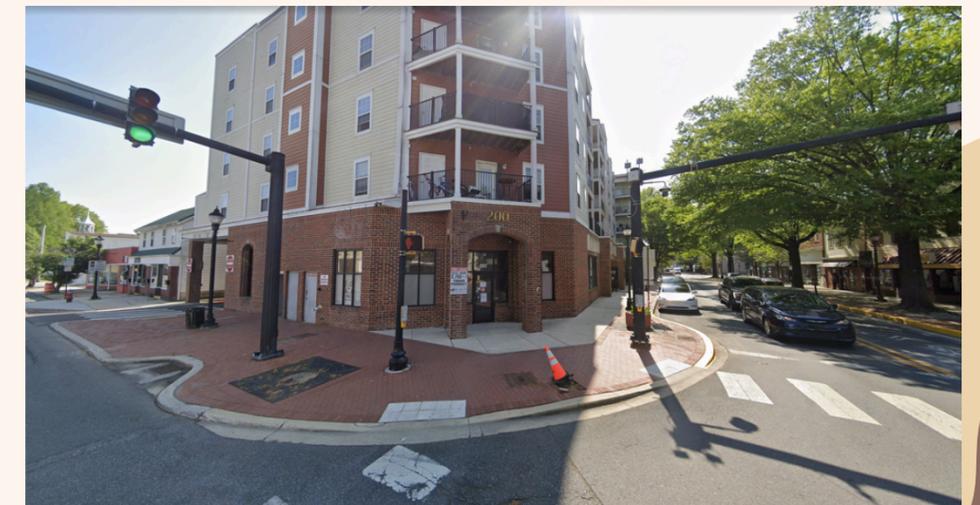
A safe, supportive space focused on women, children, and families
Expand from current 125A W Loockerman St. location to 202 W Loockerman Street
Long-term goal: Open a larger, full-service community hub before 10th anniversary

Core Programs

Family Resource Center with:
Food & Basic Needs Pantry
Diaper Bank & Exchange
Fitness Classes (Yoga, Zumba)
Educational & Mental Health Support
Support Groups (e.g. postpartum, pregnancy loss)

Youth & Family Services

Arts & Crafts
Sports





Introducing Youth & Family Programming



Starting January 2026, Do Care Doula Foundation will launch an **Arts, Brunch, Crafts, and Sports Program** to foster creativity, wellness, and community connection. The program will feature monthly themed brunches, hands-on crafts, and field trips focused on arts and sports to promote health, confidence, and togetherness—continuing the Foundation’s mission to empower families and support holistic growth.





\$30K in 30 days

Beginning September 26th, we're calling on our community to help us raise \$30,000 in just 30 days. These funds will fully cover the rent and utilities for our Family Resource Center, ensuring that throughout all of 2026, families have a safe, welcoming space to access support, resources, and community care. Together, we can keep the lights on, the doors open, and hope alive.

LET'S MAKE IT HAPPEN

Donations can be made at dcdfe.org



Do Care Doula Foundation Inc

DIAPER & BASIC NEEDS DRIVE

SATURDAY,
DECEMBER 6, 2025
10AM-12PM

Help us fill the shelves of our new, larger Growth Family Resource Center with diapers, wipes, laundry detergent, and dish liquid so we can reach and support even more families in need.



ITEMS NEEDED

Diapers Size 3,4,5,6
Wipes
Laundry Detergent
Dish Liquid
Toilet Paper



New Location:
202 W Lookerman Street
Dover, DE 19904

For More Information :

email:
info@doulafoundationinc.org

**THANK YOU FOR YOUR
PAST, PRESENT, AND
FUTURE SUPPORT!**



QUESTIONS

COMMENTS

FEEDBACK

SUGGESTIONS

website: dcdfde.org

email: erica@docaredoulafoundationinc.org