

# THE HANNAH CENTER

## COMPLETE & COMPASSIONATE DOULA CARE



SUPPORTING FAMILIES THROUGH PREGNANCY, BIRTH, AND BEYOND

### OUR SERVICES

- CHILDBIRTH EDUCATION
- PRENATAL VISITS
- BIRTH PLANS
- LABOR AND BIRTH SUPPORT
- POSTPARTUM VISITS (HOSPITAL AND HOME)
- BREASTFEEDING EDUCATION AND SUPPORT
- REFERRALS TO OTHER AGENCIES, AS NEEDED
- CASE MANAGEMENT

### WHAT IS A DOULA?

A trained professional who provides non-judgemental support of a family's choices during pregnancy, birth, postpartum, and the newborn stage.

### EDUCATION

A wide range of classes including childbirth, parenting, postpartum, and infant care education.

### HEALTH BENEFITS

- Lowers Cesarean Rate
- Lowers unnecessary medical interventions
- Shortens labor and decreases pain
- Higher rates of breastfeeding
- Decreases rates of depression
- Decreases maternal/infant mortality rates

### CONNECTION

We partner with local agencies to connect families with continuous community support and resources.

# MEET OUR DOULA



## Kristi Pietz

Kristi is our Client Services Director, Doula, and Childbirth/Parenting Educator. She joined the Hannah Center in 2018 because she was eager to use her passion, knowledge and skills to serve mothers and babies in our community.

Kristi became a certified childbirth educator and doula in 2001. Over the years, she also led breastfeeding and parenting support groups. During the pandemic, Kristi entered and completed her doula certification program through Birth Arts International.

She is a dedicated advocate for all pregnant, birthing and postpartum mothers, but she feels especially called to helping moms in crisis pregnancies. She wants to make doula care accessible to underserved and at-risk women. Her life experiences have led her to work with sexual assault survivors, post-abortive women and women choosing adoption. In 1997, she received her Bachelor's Degree in Applied Health Science-Human Development and Family Studies.

Her greatest strengths are that she's compassionate, supportive, down-to-earth and a little feisty. She also loves kayaking, big dogs, and thunderstorms. When she is not busy at the Hannah Center, you'll find her spending time with her family and friends, hiking and enjoying nature.