Who We Are
Open Arms provides free perinatal and early parenting support services to meet the needs of over 500 families each year in Washington State’s King, Snohomish, and Pierce counties. Since 1997, Open Arms has served over 5,200 families.

Our programs support families with culturally and linguistically matched doulas, lactation support peer counselors, childbirth educators, and resource navigators. Our award-winning program includes:

- Doula support offered in 9 different languages
- Prenatal support and home visits
- Continuous emotional and physical support throughout labor and delivery
- Postpartum support and home visits
- Lactation support
- Childbirth and parenting education
- Baby supplies and other essentials

Our Programs

- Doula Services
  - Birth Doula Services
  - Community-based Outreach Doula Services
- Lactation Support Program
- Family Support Services
- Childbirth Education

Our Mission
Providing community-based support during pregnancy, birth, and early parenting to nurture strong foundations that last a lifetime.

Our Vision

Our Outcomes
*Outcomes 2018-2022

Press Releases

- Amid The National Maternal Mortality Crisis, Washington State Passes Essential Legislation. April 7, 2022
Press Mentions

- Saldanha, A. (2023, February 27). *Black, Native infants in King County die at higher rate than white babies*. Seattle Times.

Resources


Contact

- facebook.com/openarmsps
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- @openarmsperinatalservices
- www.openarmsps.org