

Who We Are

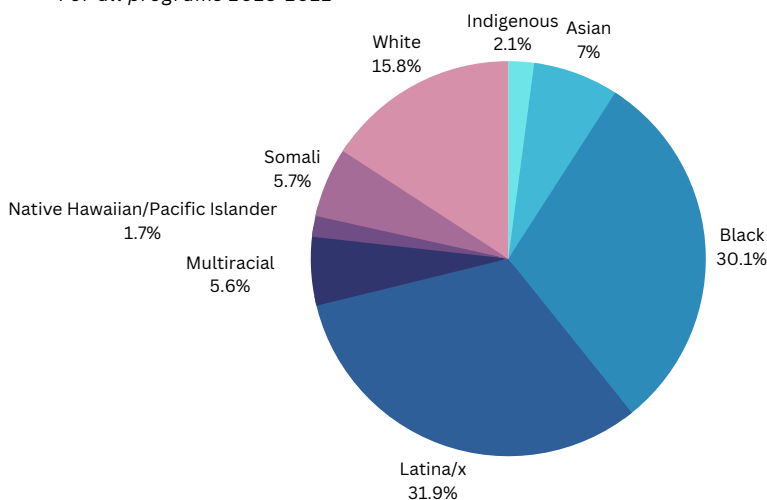
Open Arms provides free perinatal and early parenting support services to meet the needs of over 500 families each year in Washington State's King, Snohomish, and Pierce counties. Since 1997, Open Arms has served over 5,200 families.

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

Open Arms' Clients by Racial Category

**For all programs 2018-2022*



Our Programs

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

Our Mission

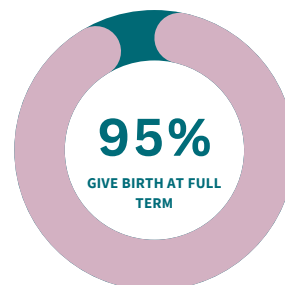
Providing community-based support during pregnancy, birth, and early parenting to nurture strong foundations that last a lifetime.

Our Vision

Thriving children. Healthy families. Powerful communities.

Our Outcomes

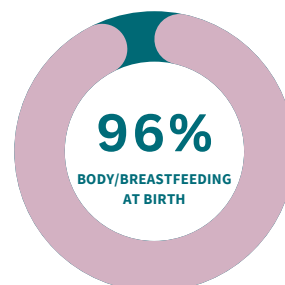
**Outcomes 2018-2022*



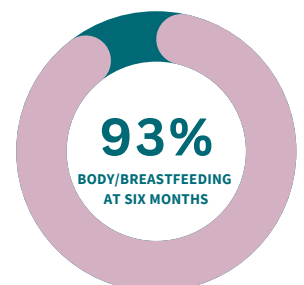
King County Overall: 91%



WA State Overall: 93%



King County Overall: 97%



King County Overall: 36%

Press Releases

- [Amid The National Maternal Mortality Crisis, Washington State Passes Essential Legislation.](#) April 7, 2022
- [Press Statement on Leaked SCOTUS Roe v. Wade Opinion.](#) May 3, 2022

Press Mentions

- Saldanha, A. (2023, February 27). [Black, Native infants in King County die at higher rate than white babies.](#) Seattle Times.
- Holmes, M. (2023, January 25). [Postpartum Practices From 8 Countries That Will Make You Consider Moving.](#) HuffPost.
- Syed, M. (2022, June 2). [Working with a doula can be life-changing for mothers of color.](#) Crosscut.
- FOX13 Seattle. (2019, April 16). [Black Maternal Health Week 2019.](#)
- Swaby, N. (2018, October 30). [Mothers matter: Washington Moms at unacceptable risk during childbirth.](#) King5 News.
- Stuteville, S. (2017, January 13). [Culturally sensitive doulas can offer Vital Lifeline to new moms.](#) Seattle Times.

Resources

- National Partnership for Women and Families. (September 2022). [Improving Our Maternity Care Now Through Doula Support.](#)
- Van Eijk MS, Guenther GA, Kett PM, Jopson AD, Frogner BK, Skillman SM. (February 2022). [Addressing systemic racism in birth doula services to reduce health inequities in the United States.](#) Health Equity 6:1, 98–105.
- Sakala, C., & Hernández-Cancio, S. (September, 2020). [Improving Our Maternity Care Now Through Midwifery.](#) National Partnership for Women & Families.
- Sturtevant, C., & Firth, M. (March, 2019). [The Doula Option.](#) University of Washington Center for Health Innovation and Policy Science.
- Ancient Song Doula Services, Village Birth International, and Every Mother Counts. (March 25, 2019). [Advancing Birth Justice: Community-Based Doula Models as a Standard of Care for Ending Racial Disparities.](#)
- Center for American Progress. (May 2, 2019). [Eliminating Racial Disparities in Maternal and Infant Mortality: A Comprehensive Policy Blueprint.](#)
- Center for Community Health and Evaluation. (June 2017). [Community-based Outreach Doula Program, Open Arms Perinatal Services: Report on Program Outcomes.](#)

Contact



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