

How can I attend Births?

PALS offers services to the community through two programs:

(1) On-Call Program: The On-Call Program provides 24 hour on-call doula services to clients delivering at the Hospital of the University of Pennsylvania or Pennsylvania Hospital. Doulas are on call for 12 hour shifts from 7pm to 7am and 7am to 7pm and are called in by HUP staff or Pennsy midwives for clients who have not previously met with a PALS doula. New “orientee” doulas will have the opportunity to be matched with a “mentor” for their first on-call shifts.

(2) Prenatal Match-Up Program: The Prenatal Match-up Program allows clients to meet with doulas in advance to discuss birth options and explore childbirth education needs. Doulas are on-call for the client’s birth and are welcome to check out a birth bag 2 weeks in advance of the client’s due date.