



BLACK MAMAS ATX

**HEALING HANDS
COMMUNITY DOULA PROJECT**



BLACK DOULAS FOR BLACK MAMAS

HUSTON-TILLOTSON UNIVERSITY & BLUE CROSS AND BLUE SHIELD OF TEXAS

BOLDLY

B.L.U.E.

BIRTHING. LEARNING. UNDERSTANDING. EMPOWERING.

CRISTINA SOMOLINOS

I am a mother of two who wants to help other mothers take a confident first step with every child and birth experience. I want to share clear information to enable you to make the best decisions for you and your family. When I don't have an answer, I will dive into research to find what you need to know. I am a science communicator, there to bridge the understanding between you and your medical providers; I will be your advocate to keep your priorities guiding your care. I am a multiracial child of immigrants, a New Yorker, and I also speak Spanish and French.

JOY FRAZIER

My name is Joy, and I am a North Carolina native who has resided in Austin for the past 6 years. I am a momma to one little boy and two dogs. My interests include traveling, spending quality time with my husband, and crafting homemade snacks for my little one.

For several years, I have worked as a postpartum doula with a local birth company, where I gained extensive experience in various aspects of postnatal care. My responsibilities include overnight support, childbirth education, and helping mothers with breastfeeding techniques. My own challenging postpartum experience inspired me to become a doula, driven by a desire to support and empower other mothers during this transformative period.

I approach my work with a commitment to impartiality, recognizing that each family and baby is unique. I strive to provide families with accurate information so they can make informed decisions that align with their values and needs. As a guiding presence, I aim to support families through their individual journeys.

NUBIA REGALADO

Hello, I'm Nubia Regalado. I'm passionate about empowering women to embrace their unique journey into motherhood. As a Hispanic mother, I understand firsthand the challenges and joys that

come with childbirth, especially when navigating it without the full support of healthcare professionals or family.

My own journey inspired me to become a doula, dedicated to supporting women in creating birth plans that resonate with their beliefs and desires. I would love to support you in holistic and traditional birthing practices, honoring the wisdom passed down through generations.

I offer personalized support tailored to your needs, whether it's exploring hypnobirthing techniques to cultivate a calm and empowering birth experience, or advocating for your choices throughout your pregnancy and delivery journey.

Let's work together to create a nurturing environment where you feel empowered, informed, and supported every step of the way. Because every birth is unique, and every woman deserves to feel respected and cherished during this transformative time.

Reach out today and let's embark on this beautiful journey together.

WANJA MUTJIRI

I am a dedicated professional with a background in Psychology and Education. Originally from Kenya, I have spent most of my life in the Austin area (Texas). After earning my Bachelor of Arts in Psychology, I taught grades K-2 in public schools for three years while completing my Masters in Education.

My passion for supporting children and families led me to explore new avenues. In April 2023, my husband and I welcomed a beautiful baby girl. Following the birth of my daughter, I was inspired by my own challenging pregnancy and birth experiences to start on a new path in the birth-work field. Since then, I have dedicated myself to supporting pregnant women and new mothers in my community through the Boldly Blue Doula Training Program, as well as offering virtual doula services to clients across the U.S. As a doula, my approach centers on compassionate support and advocacy for pregnant women and new mothers. I prioritize building trusting relationships with my clients, ensuring they feel empowered and informed throughout their pregnancy and birth journey. My goal is to create a safe and nurturing environment where women feel heard, supported, and empowered to make informed decisions that align with their values and preferences.

Contact BoldlyBLUE@htu.edu for more information.