

# Milkweed & Honey

DOULA & PEER  
SERVICES

## OUR SERVICES:

### Full-Spectrum Doula Care

- ✓ Trauma Informed Birth support
- ✓ Abortion care and support
- ✓ Reproductive health navigation
- ✓ STD/STI Resource & Referral
- ✓ Healthcare/DHS system navigation
- ✓ Uses a Harm Reduction Approach
- ✓ Support for young people ages 16-29 (housed, unhoused, and housing-insecure)

### Integrated Peer Case Management

- Holistic support addressing housing, benefits, and legal advocacy
- Staff with lived experience in substance use, systems involvement, and housing instability
- Participant-centered, coordinated care planning using the Wrap Model

## ABOUT

Milkweed & Honey provides full-spectrum doula and peer services for young people ages 16-29. Our team includes doulas and peer specialists with lived experience who walk alongside you throughout your reproductive health journey. **We believe young people are the experts in their lives.**

 **(503) 877-5320 (call or text)**

 **Instagram:core.eugene**

 **[www.coreeugene.org](http://www.coreeugene.org)**

