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Wednesdays from 10.30-12.30

# Neighbourhood Doulas Doula Hub

Holmfield House Children's Centre  
4-6 Golborne Road W10 5PE

The Doula Hub is a safe space to  
connect and receive childbirth support  
and guidance in North Kensington

## Community Childbirth Education for North Kensington Residents

- Know Your Options
- Birth Shouldn't Be Fear Based
- Mindfulness and Mental Health Tools
- Information and Decision Making
- Confident Parenting and Postnatal Awareness

Walk-in or contact us to reserve a space

Esther Compton: 07596 919466

[www.neighbourhooddoulas.org](http://www.neighbourhooddoulas.org)

We are here to support you through your  
pregnancy, birth and postnatal period

