



The Nest: A Birth & Family Wellness Center in Contra Costa County

Support for Every Season

Something new is being born in Contra Costa County — a sanctuary for families, birthworkers, and community care. The Nest will bring together midwives, doulas, yoga, bodywork, mental health, and family wellness under one supportive roof. Because when parents are supported, communities thrive.

Why It Matters

Right now, Contra Costa County families have only two choices: home or hospital. We're creating a third — a place where families can receive evidence-based care, emotional support, and community connection all in one space.

Did you know?

- Families with doula support have 39% lower C-section rates.
- Postpartum mood disorders drop by 60% when community care is available.
- Parents with consistent support report greater confidence, bonding, and wellbeing.

What We're Building

The Nest will include:

- A shared home for midwives, doulas, bodyworkers, yoga teachers, and therapists
- Community classes for pregnancy, postpartum, and parenthood
- Trauma-informed care for survivors of domestic violence
- Affordable, insurance-covered options for holistic support

The Nest is where families can come to be held — body, mind, and spirit.

How to Get Involved

You can help build The Nest:

- Join our Interest List
- Become a Founding Supporter
- Share this vision with your community and colleagues.

“It takes a village to raise a child — and a community to build a village.”

upport@ccamilynest.org
www.ccfamilynest.org