

ALEXIA O. DOUMBOUYA

COCO DOULA ADVOCATE



RECOGNIZED AUTHORITY ON BLACK MATERNAL HEALTH

Alexia Doumbouya, Founder, Cocolife.black, holds a Master's degree in Organizational Leadership and is certified in Mental Health Awareness and as a Postpartum Doula. She is a change-maker and leading voice on social determinants of health. As a collaborator, Alexia communicates effectively across differences. She offers specialized training for birth workers, doulas, midwives, and medical practitioners. She is an unwavering advocate for healthy babies during the critical first months to five years of life. Alexia empowers mothers and plans healthy solutions with them, not for them. She also launched International Coco Mom Day, making her cause global.

SERVANT LEADER

Alexia combines passion with purpose and recognizes that education is critical for African American mothers and individuals working in systems that impact their lives. She is a sought-after subject matter expert on Black Maternal Health, health equity, and childhood milestones. Alexia educates mothers on tools and resources, including the CDC Act Early initiative that tracks milestones children should reach between birth and five years old. Alexia and her team embrace the idea that it takes a village because no pregnant woman or mother should feel or be alone.

ABOUT

Alexia Doumbouya had two traumatic pregnancies. Thankfully, she gave birth to healthy babies. Yet some women are not so fortunate. With her first pregnancy, her then-husband wasn't supportive, and Alexia suffered Perinatal and Postpartum Depression. That marriage didn't last. Fast forward eight years later. Alexia lost her mother, and the love of her life lost his father within twelve hours of each other. They were planning their wedding, felt their parents would want them to continue, and left two empty seats on the front row.

Happiness changed to sadness when Alexia suffered retaliation from her boss for taking grief leave; he demoted her. When she got pregnant again, the stress of her job triggered concern for her baby. Yet this time, Alexia was not alone. She had a support system with her husband, aunt, and cousin. Alexia was able to ask for help and gave herself space, grace, and permission to feel all the emotions that came with such a blessed time in her life. Her birthing experiences inspired Alexia to become a Certified Postpartum Doula and launch Cocolife.black.



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THE COCO DOULA ADVOCATE

ONLINE REACH

Views & Following



18k+



14k+



4k+



BRIDGE BUILDER

Alexia embraces partnership building. She has been recognized by national advocacy organization Colorofchange.org, for her tireless work connecting persons in need with resources to enhance their opportunities for growth and quality of life. "Cultivating Community" is the motto they consistently use for Cocolife.black. She forges alliances with nonprofit organizations, faith leaders, socially responsible businesses, and grassroots partners. More than partners and supporters are part of the Cocolife.black movement. Some donate gift boxes for moms. Others provide culturally competent resource materials. Grief counselors offer compassionate care for mothers who experience the loss or illness of a child or close relative. It takes a village.

CONNECT

Join Alexia in the movement for a holistic approach to Black maternal health by becoming a Mombassador, by visiting the "Community" tab at www.cocolife.black.

Catch her on the following digital media platforms:

- View the Coco Connect Virtual Show at "Cocolifedotblack"
- Contact her via email at: support@cocolife.black
- Visit the website www.COCOLIFE.black