

# Meet Miriam Philostin



*"As a Doula, I want to continue to provide for the underserved women, advocating for Maternal Healthcare."*

Miriam Philostin is a West Palm Beach, Florida native, a married mother of 4, and a new MiMi to her first grandchild. This is where aspiring to be a doula stole her heart. She had the honor of being her daughter's unofficial Doula during the birth of her first grandchild. She enjoys spending time with her family, party planning, entertaining, decorating, cooking, baking, and so much more.

She is a Registered Nurse and now a Birth and Postpartum Doula through BEAM and Healthy Mothers Healthy Babies through the Stronger Together Cohort: for Black American Women. She has always been the person to offer knowledge and support to pregnant women around her. When the opportunity came around for her to become a doula, she took that chance. She's so excited for this new chapter in my life, as she will empower and support women, others, and their families during one of the precious moments in their lives.

Miriam has a new-found self-confidence, independence, and fulfillment from becoming a Doula. She has a caring, nurturing, mothering, laid back, and go with the flow personality. Her company's namesake, Womb to Mummy's Hands, is in memory of her grandmother Winnifred Marshall, whom we called "Mummy". She loved children, and especially babies. Miriam would sit with her grandmother and listen to her stories about her training as a nurse in the Bahamas. She had such a big heart and gave us so much love. She has many children, great grandchildren and extended children. She made each and everyone feel like they were her number one. Since she has passed on, she continues to inspire me as the knowledge and encouragement that she gave to me remains in my heart.

To connect with Miriam, email [Womb2mh@gmail.com](mailto:Womb2mh@gmail.com).

*"Thank you in advance for allowing me the opportunity to help you bring your baby into the world!"*

