



UNDERSTANDING OUR

SLIDING SCALE

FACILITATING ACCESSIBLE DOULA SUPPORT IS VERY IMPORTANT TO US. OUR THINKING BEHIND SLIDING SCALE SERVICES COMES DIRECTLY FROM **ALEXIS J. CUNNINGFOLK AND THEIR APOTHECARY & HERBALIST PRACTICE IN CALIFORNIA.**

The highest dollar cost reflects the true cost of our doula support. It is the cost we would charge in the absence of a sliding scale. If you are able to pay for "wants" and spend little time worrying about securing necessities in your life, you have economic privilege and power. This price is for you. Folks with savings, who own property, or who have access to financial security fall into this group.

The middle cost reflects our acknowledgement that paying the full cost would prevent some folks from accessing our doula support, but they're not reflected in either descriptions for the highest cost or the lowest. If you are struggling to conquer debt or build savings or move away from paycheck to paycheck living but have access to steady income and are not spending most of your time thinking about meeting basic needs such as food, shelter, medical care, child care, etc., you belong here.

The bottom cost represents an honest acknowledgment by us that there are folks whose economic circumstances would prevent them from having a doula if there was not a deliberate opportunity made for them to access our services at a cost that is reflective of their economic realities. If you struggle to maintain access to needs such as health care, housing, food, child care, and are living paycheck to paycheck or are in significant debt, you probably belong here and you deserve a community that honors your price as equal to the person who can pay the highest cost. Even when the lower tier is still prohibitive, we will work with folks to offer extended payment plans and other solutions.

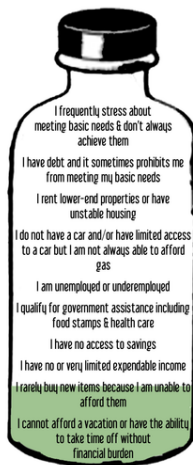
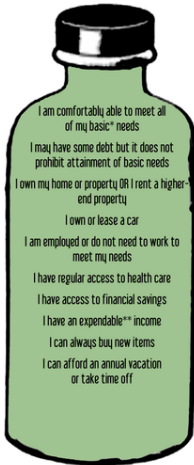
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The Green Bottle

Where You Fall on the Sliding Scale

PERSONAL FINANCIAL EXPERIENCE



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**BASIC NEEDS include food, housing, and transportation. **EXPENDABLE INCOME might mean you are able to buy coffee or tea at a shop, go to the movies or a concert, buy new clothes, books, and similar items each month, etc.