

BirthWell Partners

Community Doula Project



Doula Training



Doula

[Doo-luh]

A person who is trained to provide informational, physical & emotional support to pregnant people before, during and after childbirth.

We facilitate 2-3 doula trainings per year for people interested in becoming a birth doula, as well as for nurses, aspiring midwives, students of public health, or community health workers, and others. The trainings incorporate text, video, role play and hands-on skills, in order to prepare participants for supporting families during pregnancy, birth, and the first hours and weeks with baby.



"If you have any interest in or curiosity about being a doula, TAKE THIS COURSE! Dalia is amazing and I learned so much!"

Components of our comprehensive trainings include:

1. **Introduction to Childbirth Education for Doulas and Birth Doula Workshop** (4 day workshop which includes an opportunity to practice skills in a hospital birthing suite)*
2. **Supporting Breastfeeding in a First Food Desert** (1/2 day class)*
3. **Perinatal Health Advocate Training** (1/2 day class)

**Attendance at both of these classes completes ALL classroom requirements for birth doula certification with DONA International.*

Upcoming training dates and work-study information are on our website: www.BirthWellPartners.org

**Questions? Contact Dalia Abrams
205-614-3297
Dalia@birthwellpartners.org**

About the Trainer:

Dalia Abrams, M.A., M.P.H., BDT(DONA), CD(DONA), Lamaze Certified Childbirth Educator, CLC

Dalia is the co-founder of BirthWell Partners. She is a DONA International Approved Doula Trainer (since 2013), a DONA certified birth doula (since 2009), a Lamaze Certified Childbirth Educator (since 2009), and a Certified Lactation Counselor (since 2011).