



Supporting the Woman in Labor

Become a Birth Doula! Two-day Workshop

Flagstaff, AZ Sat-Sun, April 29 & 30, 2017

Registration and materials \$295

What is a Doula?

- ◆ recognizes childbirth as a key life experience to remember
- ◆ understands the physiology of birth
- ◆ assists the woman and her partner
- ◆ provides support and comfort
- ◆ stays with the laboring woman
- ◆ helps the woman get information
- ◆ facilitates communication
- ◆ works to nurture and protect
- ◆ **Introduction to Childbirth for Doulas offered April 28, 2017**

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