

Become a doula. Support women through childbirth.

Come to Sutter Davis Hospital's Volunteer Doula Orientation.

Dates are announced as classes are filled. Classes are held from 8:30 am to 5 pm in the Sutter Davis Hospital Meeting Rooms. At the orientation, you will learn: what to expect during labor and birth; how to support women through the birth process; the benefits of having a doula for support through labor and delivery. Contact our Doula Coordinator at the link below to enroll.

A Doula:

- Supports a laboring woman and her family during the birth experience;
- Provides emotional support and physical comfort measures;
- Facilitates communication between the laboring woman, her partner, and the care providers.

Before attending the orientation:

- Read either "[The Doula Book](#)" by Marshall Klaus, or "[The Birth Partner](#)" by Penny Simpkin.
- Bring current TB test (within the last year) and proof of MMR immunization.

For more information
contact Doula Coordinator
Jennifer Anderson RN at:
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