

Registration

Name _____

Address _____

Phone (h) _____

(c) _____

E-mail _____

Credentials _____

Reason for attending: _____

Special needs: _____

Birth Doula Workshop

DONA-approved Birth Doula Trainer:

Jan Mallak, 2LAS, AdvCD-BDT(DONA)



“Heart & Hands”SM
Doula Service

2019 Dates

Workshops:

January 11/12

May 10/11

October 11/12

Optional CB Intro:

January 5

April 27

October 5

Location:

**Mid-Atlantic Mothers' Milk Bank
3127 Penn Ave. Pittsburgh, PA 15201**

(handicapped accessible and
free on-street or fenced lot parking)

GOAL

The intent of this 16-hour workshop is to provide participants with the knowledge and skills to begin their career as a professional birth doula. This workshop meets one of the requirements for DONA birth doula certification.

OBJECTIVES

At the end of the workshop participants will be able to:

- Describe a doula's standards of practice and code of ethics.
- Summarize the professional doula's various roles, responsibilities and possible challenges she may face.
- Demonstrate techniques and give examples from the 5 areas of support provided by birth doulas.

INCLUDED

1. *Doulas' Guide to Birthing Your Way* (written by Jan Mallak)
2. DONA, Int. Manual
3. Certificate of Attendance
4. Snacks, Beverages & Lunches

For further info/to register, contact Jan at (c)412/973-3521 or by e-mail at jan@heartandhandsdoula.com.

COURSE OUTLINE

Day 1 – 8:30 am to 5:30 pm

Introduction to a Doula's roles
Research & Responsibilities
DONA Certification
Ball Use
L & D Overview
Unexpected Outcomes/Challenges
Newborn

Day 2 – 8:30 am to 5:30 pm

Breastfeeding
Postpartum
Tips, Tools & Techniques
Hands-on Practice
Role Plays/Scenarios
Evaluation and Closing

*Breaks: Morning/Afternoon - 10 mins. each
and Lunch 40 mins.

FEE

No cancellations but a substitution may be made. **Please send the registration form and check or money order for \$550 made out to:**

JAN MALLAK
2244 Manordale Drive
Export, PA 15632

Early Registration to reserve a space (\$100 – counts toward total fee) and payment plans are available. A \$50 late fee is applied if sent after 2-weeks prior to the workshop.

WAYS TO PREPARE

1. **Read Jan's book.**
2. **Attend Jan's optional Intro to Childbirth Class.**
3. Go to DONA.org to look over certification requirements.
2. Start reading required books.
3. Start compiling local resources.
4. View birth videos online or observe births if possible.
5. Go on hospital tours.

TRAINER

Jan Mallak has over 39 years of experience in the birthing field. She is an approved DONA Birth Doula Trainer and one of 17 initially chosen worldwide as an Advanced Certified Doula. Jan founded "Heart & Hands" Doula Service in 1995 and after providing support to the community for 20 years, the doula group was closed for business. Jan is "mostly" retired but still trains and mentors new doulas and volunteers for several organizations. For example, Jan is the on the founding Board of Directors for the Three Rivers Mothers' Milk Bank which recently opened in 2016 in Pittsburgh. She also founded and facilitates the Milk Bank's bereavement support group called Lost & Found (and brings her therapy dog, LiLi, to give extra support). Jan is lovingly supported by Frank, her husband of 47 years, their grown children (Heather, her husband Dror and Frankie) and their only grandchild 10-year old Zeev. Jan was his birth doula!