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“Heart & Hands” Doula Service

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DONA-approved Introduction to Childbirth Class for Doulas

As an alternative to attending 12 hours of a childbirth class, birth doula trainees may now attend this 8-hour class that meets DONA certification requirements. Jan Mallak will be offering this class in conjunction with her Birth Doula Workshops. Any trainees from past workshops done by Jan or other DONA-approved trainers may attend.

It includes a continental breakfast, lunch and a certificate of attendance. The 9 am to 5 pm class will be held at the Mid-Atlantic Mothers’ Milk Bank (3127 Penn Ave., Pittsburgh 15201) where free on-street or lot parking is available. To register or for more information, contact Jan at 412/973-3521 or jan@heartandhandsdoula.com. Registration is limited, and the fee is \$200. No refunds but a substitution may be made. **Please fill out the information below and send it at least two weeks before the class** with a check or money order made out to:

Jan Mallak 2244 Manordale Dr. Export, PA 15632

The dates for 2019 are:

2019 – January 5th	Birth Doula Workshop – January 11th & 12th
April 27th	Birth Doula Workshop – May 3rd & 4th
October 5th	Birth Doula Workshop – October 11th & 12th

Name _____ Cell _____

Address _____

Email _____ Intro to CB Class Date _____

Workshop Date _____ Workshop Trainer _____

Special Needs _____