

## 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”<sup>SM</sup>  
Doula Service

### 2018 Dates

**Workshops:**

**March 9/10**

**June 15/16**

**September 14/15**

**Optional CB Intro:**

**March 3**

**June 9**

**September 8**

**Location:**

**Mid-Atlantic Mothers' Milk Bank  
3127 Penn Ave. Pittsburgh, PA 15201  
(free street and 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. Childbirth educators, nurses and others interested in being in service to pregnant women are invited to attend. The facility is handicapped accessible.

## 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

Young "babes in arms" may usually attend – discuss with Trainer.

## COURSE OUTLINE

### Day 1 – 8:30 am to 5:30 pm

Introduction to a Doula's roles  
Research & Responsibilities  
DONA Certification  
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  
Lunch 40 mins. - \$5 fee each day (optional)

## FEE

No cancellations but a substitution may be made. **Please send the registration form and check or money order for \$500 made out to:**

JAN MALLAK  
2244 Manordale Drive  
Export, PA 15632

**Early Registration to reserve a space and Payment plans are available. A \$50 late fee is applied if sent after 2 weeks prior to the workshop.**

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

## WAYS TO PREPARE

1. Read Jan's book.
2. Attend Jan's optional Intro to Childbirth Class (\$200: meets a certification requirement)
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 38 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 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 46 years, their grown children (Heather, her husband Dror and Frankie) and their only grandchild 9-year old Zeev. Jan was his birth doula!