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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 will meet 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. It will be held at the Three Rivers Mothers’ Milk Bank (3127 Penn Ave., Pittsburgh 15201) where free on-street or lot parking is available. To register, please contact Jan at jan@heartandhandsdoula.com or 412/973-3521. Registration is limited.

The dates for 2017 and 2018 are:

2017 – Saturday, November 11th from 9am - 5pm for \$150 (special introductory fee)

****If 3 or more from an organization register, the fee drops to \$125 per person****

<u>2018</u> – March 3rd	Birth Doula Workshop – March 9th & 10th
(\$200) June 9th	Birth Doula Workshop – June 15th & 16th
September 8th	Birth Doula Workshop – September 14th & 15 th

Happy Birthing and Joyful Nursing!