

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 Coordinators 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, and to sign up for classes, contact the Doula Coordinators Jennifer Anderson RN and Jill Judd RN at: SDHDoula@sutterhealth.org



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