

Doulas and Birth Assistants

GROUPS AND SERVICES

B*E*S*T Doula Service

877-1-DOULA-U www.bestdoulas.com

B*E*S*T (Birth Empowerment Support Team) Doula Service has supported hundreds of birthing families through pregnancy, labor, childbirth and postpartum since 1996. A group of experienced, certified doulas with a wide variety of credentials, including Hypnobirthing, Reiki, Birthing From Within, Spinning Babies, newborn care and more.

Birth Partners & Birth and Beyond

310-837-5686 www.birthandbeyond.net

Birth and Beyond is a childbirth education center with experienced instructors in all areas of pre-and post-natal education. The doulas have attended over 800 births collectively and are the most caring women to help with labor and postpartum care.

Blessed Baby Doula Services

949-235-9834 www.blessedbabydola.com

Birth is a beautiful and life changing event in a woman's life, and should be treated with joyful respect. Allow me to help you celebrate the arrival of your blessed baby! I also offer Childbirth Education Classes, focusing on relaxation, meditation and visualization methods for a Calm & Gentle Birth.

Chapman Family Center

310-453-5144

Chapman doulas undergo rigorous training at our center for 21 hours before earning certification as a labor or postpartum doula. Unlike sole practitioners, our doulas attend monthly educational meetings to continuously learn, exchange information and offer one another support. There is a wide range of fees.

Doula Care

760-228-1011

I have been a doula for 9+ years, attended more than 30 births. I am the mother of six children: 1 vaginal birth, 2 cesarean sections and 3 VBAC's. I am also CA State Coordinator for Operation Special Delivery.

Doula Association of Southern California (DASC)

www.dascdoulas.org

Nonprofit professional community of doulas. Check our website for doulas in your area.

Full Moon Childbirth Education and Doula Services

626-388-2191 <http://www.support4birth.com>

Cordelia Satterfield Hanna, BA, CCE, CBA. Certified Childbirth Educator. Certified Birth Assistant

Gentle Choice Birth & Parenthood Support

949-300-0291 www.ocdoulas.com

Gentle Choices Childbirth and Parenthood Support is operated by a group of passionate women who are committed to providing you with the best service you can find including birth and postpartum doula services, childbirth education, lactation education and infant massage instruction.

Head First-Doula Services

323-240-6002 www.headfirstdoulas.net

A West Los Angeles based company, offering a birth and postpartum doula registry, classes (Child birth prep, Breastfeeding, Newborn Care, Happiest Baby and C-Part Prep) and Support Group. Been in business since 2003 and growing.

Joy In Birthing

310-435-6054 joynbirthing.com

We provide birth and postpartum doula services with emphasis on painless childbirth through hypnosis. We are lactation specialists, massage therapists and gourmet chefs-live in and night.

Moon Cycle Arts

323-899-7396 www.mooncyclearts.com

I am a massage therapist, placenta encapsulation specialist and aromatherapist in addition to being a doula (DONA cert pending). I teach prenatal massage at IPBS in Culver City. This means that I have a very hands on approach to birth support.

The Sanctuary Birth & Family Wellness Center

310-566-7690 www.birthsanctuary.com

Providing birth and postpartum doulas to meet your needs. Our doulas are all well trained and work in a network to offer you a wider support system while you transition into parenting. Please call us to attend one of our free birth choice classes.

Serenity Birth

310-749-2636 www.serenitybirth.com

I am a certified birth doula for 3 years and attend hospital and homebirths. I have attended 87 births to date. I am trained as a Hypnobirthing doula and Pregnancy Yoga teacher.

Supportive Doula Services

818-994-6800 supportivedoula.com

Hypnosis, Reiki, and massage are all included in labor support services. Margie has attended over 60 births and has been in practice for three years.

INDIVIDUALS

Taffy Allen 562-826-9883 www.cedarbirthservices.com

IDONA Certified Birth Doula with Early Childhood Education background. I am also a La Leche League Member and support women on getting a good start on breastfeeding.

Andrea Armstrong 818-880-1504 [Sacrafmly@aol.com](mailto: Sacrafmly@aol.com)

I have been practicing for 9 years as a doula. I have attended over 50 births. I specialize in the whole experience from prenatal all the way until the first birthday.

Elizabeth Bachner 310-704-3500 [livinglarge10@hotmail.com](mailto: livinglarge10@hotmail.com)
I am a doula acupuncturist and apprentice midwife. I believe that the intimacy that conceived the baby should bring the baby into the world. I view birth to be a team effort including the doctor and partner. I have a lot of respect for doctors and hospitals and makes sure every choice during childbirth is an empowered choice.

Quincy J Bates 760-228-1011 [DoulaCareQ@aol.com](mailto: DoulaCareQ@aol.com)

I have been a doula for 9+ years. See "Doula Care Services" for more info.

Debi Benton 818-850-2478 www.youridealbirth.com

10 years experience as a Midwife Assistant and Master Doula. I offer prenatal, labor and postpartum support, childbirth education, and more. I believe in supporting the family to have the best birth experience possible!

Amanda Blake 310-383-9038 [amanda@greenark.org](mailto: amanda@greenark.org)

BFA, Certified birth doula, certified lactation educator (UCLA), Certified prenatal yoga instructor (Golden Bridge), Midwife assistant experience in birth in all settings. Calming and gentle guidance to help you tap into your inner well of timeless wisdom.

Carmen Borrn-Gilman 818-344-1551 Doula/Massage/Monitrice Services

I have 17 years experience as a Doula, and have attended hundreds of births. I am a certified Pregnancy Massage Instructor. Birthing From Within & Hypnosis For Birth Classes

Darla Burns 661-294-5009 www.douladarla.com

I have 15 years experience. I am also a postpartum doula. Infant Massage Instructor and Happiest Baby on the Block Instructor. I am passionate about birth and babies!

Keri Clausen 323-371-2787 [keri_clausen@sbcglobal.net](mailto: keri_clausen@sbcglobal.net)

I have been a DONA trained birth doula for just under a year and have attended 8 births. I am also a postpartum doula and am honored and proud to be able to provide uninterrupted support to the new families I serve. In addition, I am a massage technician and am also trained in HypBirth method.

Sue Coffman 714-337-4331 [doulasue@yahoo.com](mailto: doulasue@yahoo.com)

CD (DONA), IAHC. Empowered Woman Support Services, Certified Birth Doula, Childbirth Educator of The Bradley Method®, Membership Director of CEACG. Providing labor support since 1993, certified in 1996, became a Bradley instructor (along with my husband Ron) in 2000, and have a Bachelor's Degree in Sociology (Chapman 2007).

Tabare Depaeq, J.D., Esq. 818-679-0947 www.doublebirth.com

I am a certified labor doula and attorney working on informed consent and refusal issues for pregnant moms. [doublebirth@gmail.com](mailto: doublebirth@gmail.com). Free consultations.

Shelia C. Feldman 818-346-2467 lotusmoonbirth.com

I am a DONA Int. certified birth doula. I have had two beautiful birth experiences of my own and I have been helping families with their births since 2002. I have training in massage, breastfeeding, and hypnosis for childbirth.

Laura Fonts 909-717-3879 [jfdoula@aol.com](mailto: jfdoula@aol.com)

I have been a doula for five years. I feel that empowerment is most important. If I can help in anyway I will.

Barbara Joan Grubman 818-884-6236 [bgrubman@sbcglobal.net](mailto: bgrubman@sbcglobal.net)

During ten years as a doula, I have loved being a constant support for a birthing woman and her family. My business name, CALMING Presence Doula Service says it all.

Mireille Halley Ordinary Miracles 562-537-9442

[birth@ordinary-miracles.com](mailto: birth@ordinary-miracles.com)

Offering Breastfeeding and Childbirth Classes, Birth Doula Services, belly casting and Aquadola birth tub rental in LA. & Orange Counties.

Veronica Hinojosa-Stang 310 365 8042 www.LosangelesDoulaservices.com

Veronica certified birth doula, working actively as a postpartum doula, willing to extend my services for 8000. Providing information, emotional and physical support, child birth education, and pre- post natal therapy sessions. Serving as a Birth Doula in Los Angeles area only.

Terri-Leigh Huleis 818.519.5064 www.doula.org

Birth Doula and Postpartum Aide. She is the founder of Better Off Read - A virtual book club for doulas. Originally from South Africa, Terri-Leigh is very excited to be apart of the "better birth movement," here in the United States.

Sandra Sohn Jaffe 323-939-0340

Teaching since 1971 (33 years); approx. 100 births; started Lamaze classes program at Cedar-Sinai in 1971; strive to provide most supportive environment for the mother; facilitate with the least intervention to support a healthy child; proficient and familiar with hospital procedures.

Jody Jenson 949-369-7607 www.dreamdeliveries.com

I am a (CPSS) Certified Prenatal Support Specialist trained by Birth Wisdom, as well as a Childbirth Educator through the Best Birth Childbirth Educator Program. I've been in practice for five years and have attended 53 births.

Helga Kaltenbrunner 805-217-1127 www.softouchdoula.com
DONA certified birth doula in Thousand Oaks. She has been a doula for 3 years, and has experience with high risk pregnancy, VBAC, Hypnobabies, Spinning Babies, infertility, home-birth and twins. [helgakalt@verizon.net](mailto: helgakalt@verizon.net)

Beverly Keye 323-630-2911 [compassionatesoul@gmail.com](mailto: compassionatesoul@gmail.com)

DONA certified. This is a dedication to my mom. I am a doula because I love the female spirit and love to support and help women. I have a holistic loving approach

Julie Knaack 818-784-3700 [jknaack@earthlink.net](mailto: jknaack@earthlink.net)

I'm a UCLA CLE, CD (DONA) & LVN. Have attended more than 50 births and helped more than 120 new parents transition into parenthood with PP care. I offer experience, mature judgement and a quirky sense of humor.

Rena Koerner (Ward) Integrative Childbirth Services

562.925.6948 www.integrativechildbirth.org

Bringing Knowledge and Compassion to the Birthing Place
Providing Childbirth Education, Happiest Baby on the Block Classes, Labor Doula Support for over 8 years and Labor Doula Trainer (www.cappa.net).

Candace Leach, LM, CPM 562-272-4541

www.birthgoddess.com [jknaack@earthlink.net](mailto: jknaack@earthlink.net)

A Licensed Midwife and Certified Doula with over 11 years experience attending 400+ births.

Renee Mandala 310-729-4542 fullcirclebirth.com

Providing newborn lactation support-trained with UCLA lactation program. Postpartum doula for 8 years. Also certified as birth doula (currently not accepting births).

Ana Markel 818-822-9568 [apmarkel@aol.com](mailto: apmarkel@aol.com)

I am a mother of 4 children, first 2 born by cesarean followed by 2 VBAC's. I believe in giving parents information to make their own decisions. I provide labor support for the birth that they chose. I am also a childbirth educator

Cheri Masek, CD (DONA) 818-273-9156 [aperfect10doula@earthlink.net](mailto: aperfect10doula@earthlink.net)

Birth doula since 2000, 300+ births, lactation support, "welcoming life gently"

Kimberly Mathews 661-547-0130 [mathewseven@msn.com](mailto: mathewseven@msn.com)

I am a mother of five, a certified doula (DONA)

Lindsey Matthews 949-300-0291 www.ocdoulas.com

I am a DONA certified doula, a certified childbirth educator and will be an international board certified lactation consultant in July. I feel that any woman who is given courage and encouragement will have a truly satisfying birth experience.

Madalyn Morris, ICCF, CLEEC 323-244-3912 www.OneWithChild.com

Lamaze- Bradley, ICEA Certified. Personable, compassionate and reliable service focused on your individual needs.

Yana Katzap-Nackman 323-240-6002 www.headfirst.info

For the past two years I've been very busy with creating my own company Headfirst. I am a certified DONA birth doula and I am in the process of completing my postpartum doula certification. I am SoCal's State Rep for DONA. I am a midwife assistant and a certified Happiest Baby Instructor.

Rebecca Noel 760-486-4298 www.wombtowalk.com

My goal is to fully support you through pregnancy and childbirth by providing information, physical comfort and encouragement. I have been a Doula for one year. I have attended ten births. I offer belly casting, infant massage and private childbirth education sessions in your home.

Yvonne Novak 626-768-0704 www.doulawithlove.com

CD, CCCC Birth Doula, Childbirth Educator, Lactation support, Happiest Baby on the Block instructor. I have been involved in the birthing community since the early 80's.

Aileen Perez 310-547-0989 www.gentlebirthsdoula.com

DONA trained Birth Doula, trained Hypnobirthing doula. I offer caring, compassionate and continuous labor support, breastfeeding support, lending library and photography of labor and birth. Hablo Español.

Claudia Perez 213-537-7102 818-271-9737

www.enlightenedbirthservices.com

ACHI Certified Advanced Doula & Midwifery Assistant & Student Midwife. I have been attending births since 1994, both as a Doula/Labor Coach/Patient Advocate as a Midwife assistant when needed. Playing an important part of the liaison between doctors and patients. I believe in natural births.

Caitlin Meg Philips 310-838-8399 www.changeworld.com

72 Births. Certified Doula w/ Doula Birth Partners of Los Angeles, Certified Hypnotherapist, Certified Hypnobirthing, Childbirth Educator, Certified Massage Therapist. Teach Hypnobirthing Childbirth Prep Group Classes-for five weeks, three hours a week.

Lysa Quealy 310-831-5700 www.Beachcitydoula.com

CD (DONA), MT, HCHO I am a trained massage therapist (since 1994), and offer pregnancy massage. My service is focused on support and the individual needs of each person. At LA Harbor Health Group we also offer chiropractic services. www.LAharborHealthGroup.com

Linda Rose 818-994-7809 [bonsucklewear@aol.com](mailto: bonsucklewear@aol.com)

"The Baby Guru" DONA certified postpartum doula and newborn and infant specialist. BA degree in Early Childhood Education. Also teach pre and post natal yoga classes.

Rita L. Sbertick, RN, BSN 562-299-2022 [rsbertick@aol.com](mailto: rsbertick@aol.com)

Rita L. Sbertick, RN, BSN, A staff nurse at Downey Regional Medical Center's Family Birth Center. Lamaze certified childbirth educator and a certified lactation educator. Bilingual Spanish

Bunny Slaughter 714-220-0968 bunnythedoula.com

Bunny's Postpartum Doula Care, North Orange County/LongBeach. DONA certified 2000. Specializing newborn care & assisting families during the first weeks home. Providing both emotional support, practical advice, breastfeeding help. Specialize twins, triplets. Preparing meals and light household needs. Happiest Baby Educator. bunnythedoula@yahoo.com

Tara Strivers 805-504-3920 www.intuitiondoula.com

I have been a birth doula since 2005 and also teach prenatal yoga classes. I support women in achieving their definition of a positive birth experience.

Carole Thorpe 949-380-1681 [caroletborpe@cox.net](mailto: caroletborpe@cox.net)
Mother of 4, Hypnobabies Childbirth Hypnosis instructor, certified hypnotherapist, doula (DONA), lactation educator/counselor(UCSD), CPR-professional rescuer, neonatal resuscitation certified, assisted at 350 births-home, birth center and hospitals.

Rená Ward 562-925-6948 www.integrativechildbirth.com

"Bringing Knowledge and Compassion to the Birthing Place" Providing Childbirth Education, Happiest Baby on the Block Classes, Labor Doula Support for over 8 years and Labor Doula Trainer (www.cappa.net)

Michele Weatherford 661-713-1256 yourbirthyourway@aol.com
I have been practicing since 2001. I am a certified Birth and Postpartum Doula, Childbirth and Lactation Educator and a team support specialist.

Jerry Whiting 909-553-5344 www.homebirth-only.com

Six years as a homebirth midwife, 400 homebirths. I do VBAC's breeches and twins.

Anna Quinn Wilson 310-372-3737 [anna@annadoula.com](mailto: anna@annadoula.com)

Birth and postpartum doula, certified childbirth and lactation educator, Reiki practitioner, diploma in homeopathy with 30 years labor and delivery experience as a Registered Nurse.

Carolyn Wolfberg 310-923-8444 [carolylna@earthlink.net](mailto: carolylna@earthlink.net)

10 years experience. Worked 1 years at Cedars-Sinai in the nursery. I am " in love " and passionate about my Birth, Babies and Beyond, therefore the name of the business. Births -over 30.

Leticia Yuzepolsky 818.482.0919 www.primadoula.com

Offering birth and postpartum support. I am a DONA trained birth doula. A CAPPA certified postpartum doula and have over 15 years of infant/childcare experience. I would be honored to assist, support, educate, guide and empower you during this most special time in your life.