

Birth Doulas Available for the Campbell River Area



Arva Nagy

My passion for birth education, birth itself, and postpartum care comes straight from the heart. I've always been a big fan of what we can do with our bodies, and of what our bodies can do for us (thanks, Ma). One of my goals as a doula is to hold space and support others as they work through their fears to build confidence and to realize their true capabilities. I am the helping

hand.

I believe that empowerment is reached through connection, and in the incredible power that a conscious mind-body connection holds, and so attuning people to what they already have inside of themselves is a big part of what I strive for. I feel sure of the potential in affirmations and mindfulness and that the better you feel, the more you allow.

Supporting people through these intimate times by offering physical comfort measures as well as emotional encouragement and assistance in a nurturing way can help create a positive experience. Having the resources to guide people to make informed decisions gives them trust in themselves and in their choices, whatever those may be. I love being a part of keeping these memories alive and to understand and advocate for your experience, your way. That's what Perla Doula Co. is all about.

Training & Education:

DONA Birth Doula Training – 2019 * DONA Postpartum Doula Training – 2019 * Lamaze Certified Childbirth Educator Training – 2019 * CPR for Healthcare Providers – 2019 * Stillbirthday Birth and Bereavement Doula Training - 2019-Present * Indigenous Cultural Safety Training for Birth Workers – 2020 * Evidence Based Birth, Live in BC! – 2020 * Supporting Neonatal Resuscitation for Doulas – 2020 * Slow Doula Method (DTI) – 2020 * MotherWit Holistic Postpartum Doula Training – 2020 * BCAPOP Perinatal Substance Use Training – 2020

Perla Doula Co. Campbell River, B.C., * Cell: (403) 464-4251 Email: info@perladoulaco.com

Website: www.perladoulaco.com

Note: Families that self-identify as Aboriginal can apply for funding for a doula through the Doulas for Aboriginal Families Grant Program (<https://www.bcaafc.com/index.php/initiatives/doula-support-program>). Your doula may be able to help you with this application process.

Doulas do charge fees for their services – usually between \$500 and \$1000 per birth. Some can provide support on a sliding scale – talk with the doula when you are meeting with her about the fees she charges.



Hello, I am **Jackie Jack**. I am a Birth, Post-Partum and End of Life doula. I have done Breastfeeding concepts and sleep support courses in addition to also being a Car Seat Technician. I can support families in various ways. I do have personal background with C-Section births and how to support families during these times, including during pregnancy loss. I have attended over 20 births to date and have been an active Doula for the last 10 years. I

also work for NTC as a Child and Youth Case Manager and can offer many various supports in various ways and link families to supports. Here is my business contact also my personal contact is mrsjack@me.com cell 250-204-7896 I live in Gold River can travel if needed on weekends or emergency supports.



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łeekoo = thank you
Jackie Jack
Child & Youth Case Manager, Co-Hi, Doula & Car Seat Tech.
Child & Youth Services, [Nuu-chah-nulth Tribal Council](#)
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Pamela Tessmann, CD(DONA), LC(CBI), PYT, ECE

I have 2 boys of my own - one born in hospital, one born at home. I devoured books on pregnancy and birth and before having my second, knew that I would someday become a birth professional.

I found my births to be incredibly empowering and exhilarating. However, because I hadn't hired a doula, I also found them very scary at times! I aspire to help other birthing people feel strong, capable, and fearless in whatever way they envision themselves birthing - using evidence-based techniques and information, along with genuine care

and guidance.

In 2015, I was trained and quickly certified by DONA International as a birth doula. I was trained and quickly certified as a Birth Doula CD(DONA). Training included physiology of pregnancy, labour, and birth; pain management techniques; supporting pregnant people and their partners in the emotional aspects of pregnancy and birth; meeting needs in the early postpartum weeks; and breastfeeding support.

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In 2019 I set out to become a Certified Lactation Counselor LC(CBI) with Childbirth International to meet the needs of more families. After over a year of extensive on-line training in communication, counseling and lactation skills and knowledge, I am proud to be certified and am providing in-home consultations for those in need.

I have been a certified Early Childhood Educator (ECE) since 2003 with extensive experience supporting and guiding families of young children according to their needs. In 2019 I was certified as a Prenatal Yoga Teacher (PYT) and teach classes on a regular basis.

I have experience with and am comfortable supporting pregnant people and their partners in both home and hospital settings - including cesarean sections. I welcome all expectant parents, including LGBTQ and teens.

Birth is a powerful, life-changing event. I am continually in awe of the strength and natural birthing instincts pregnant people have during their labour and birth. My goals as your birth and lactation support person are to help you achieve your most desired and positive experiences as possible by helping you and your partner tap into your strengths and natural abilities. I nurture and encourage you, and help you become as informed as you feel necessary, leaving you feeling supported, listened to, and empowered.

It is my personal and professional goal to maintain your well-being and privacy throughout our time together. I conduct my professional doula services in the utmost confidential and ethical manner. This continues even after you are no longer in need of my services.

CD(DONA), LC(CBI), PYT, ECE

www.soundbirths.ca



Kerry Collier, CD(DONA) DONA Certified.

Almost 8 years of experience with hospital and home birth.

Experience with Cesarean birth, VBAC, and teen birth.

Cultural Competency Training Certificate for supporting Indigenous Women.

Experienced and on file with the B.C. Association of Friendship Centers for Aboriginal women. Excellent

connections with midwives and other service departments. Non-judgmental maternity care.

I live in Black Creek and serve both Campbell River and Courtenay areas.

Find me on Facebook www.facebook.com/KerrysDoulaCare

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"I love the miracle of childbirth and how unique each birth is. I like to empower women and their partners to have the most positive birth experience they can have. I bring a strong calm presence to birth. Part of my service that mothers enjoy is a birth story/photobook of their birth."



My name is **Montah Nadine McGee**, I work at Laichwiltach Family Life Society as an AIDP Consultant and Indigenous Doula.

Are you an Indigenous woman? Or have an Indigenous partner?
"Being asked to be a family's doula is a privilege and an honor."

During these NEW NORMAL times, COVID has thrown us some curve balls. I am available for support and pre- and post-partum doula care, however you would like it to look for your family. We can still go over birth plans, wishes, needs, and wants, even if you chose to not have a doula in the room with you, I can still support you before, during and after.

I am a helper in pregnancy and birthing, and early parenting. Indigenous Doulas/Birth workers have an important role in supporting families in navigating their life changes and the medical system. As culturally safe and culturally sensitive Indigenous Doulas, we help take care of the non-medical aspects of your experience, such as:

- keeping you informed and comfortable
- honouring any tradition or ceremony you would like to have for your birth
- Helping you to make decisions. Doulas are support people for the whole family circle, and they can help your loved ones feel more included in your care.

Please feel free to call me and discuss your unique situation!

Laichwiltach Family Life Society * 441 4th Ave Campbell River, BC * Office: (250) 286-3430 Ext. 132
Cell:(250) 203-2485 *Email: aidp_two@lfls.ca

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Molly Schwarz, Merkaba Doula, BCAAFC qualified

I am a certified Birth Doula serving the greater Campbell River area. I am the mother of two young children, and I became passionate about birth after delivering my firstborn at home in 2015. I have been a Licensed Practical Nurse (LPN) since 2011 and have been teaching Standard First Aid with Red Cross since 2010 (I offer infant CPR to all my clients). I believe in informed choice for all women and autonomy over our own bodies, especially during the birthing process. I aim to serve my clients in a non-judgmental way that empowers them and ensures their wishes are heard throughout the birthing process.

Phone: 250-895-9850

Email: molly@merkabadoula.ca

Website: www.merkabadoula.ca

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