

# Volunteer birth doulas



## AMANDA ABICHAR

**Accepts private clients**



### Background/

**Credentials:** DONA

Certified Birth Doula, Bachelor of Science Degree in Kinesiology and Health, ACSM Certified Exercise Physiologist, Prenatal and Postpartum Exercise Specialist, CPR Certification, Professional Member of Evidence Based Birth, working toward ICEA certification for Professional Childbirth Educator, Founder and President of Empower Birth Collective.

**Areas of Expertise:** Providing emotional, physical, and educational support during pregnancy, birth, and postpartum. I give evidence based information to help birthing person and partner make informed choices for their care in order to create the birth experience they desire. I support medicated and non-medicated births, by providing comfort measures such as massage, breathing techniques, labor positions (spinning babies), counterpressure, rebozo, water therapy and more. I support home and hospital births, LGBTQIA, VBAC, cesareans, multiple births, and adoption. My goal is to help all birthing persons, and partners have an enjoyable birth

experience, while working with your birth team to help create the best health outcomes for birthing person and baby. I provide virtual doula services, and postpartum care.

**Phone:** 515-250-7103

**Email:** amanda@amesbirthcoach.com

## RHILEY BINNS

**Accepts private clients**

**Background/Credentials:** DONA certification; BA in Biology; CPR certified (pediatric and adult)

**Areas of expertise:** Emotional, physical, and evidence-based informational support for birthing person and partner; comfort measures including massage, birth positions, breathing/relaxation techniques, and rebozo; birth photography

**Phone:** 515-218-2482

**Email:** rhiley@rbdoula.com

## JENN CALLAHAN

**Accepts private clients; also bereavement**



### Background/

**Credentials:** Manager of Childbirth Education and Doula Services; Count the Kicks Medical Advisory Board; bachelor's in Family and Consumer Sciences and Health Education; master's in Educational Policy and Leadership Studies; ICEA certified professional childbirth educator; ICEA certified professional doula; Maternal/Child Health Specialist; ICEA Director of Education; Outpatient Breastfeeding Champion Certification; ICEA International Approved Doula Trainer, postpartum doula training

**Areas of expertise:** Areas of expertise: childbirth education, aromatherapy, hydrotherapy, Hypnobirthing terminology, prenatal education, post-partum care, working with younger and older mothers, high-risk pregnancies, medicated and non-medicated births while incorporating skilled comfort measures, child development education, home birth, vaginal birth after cesarean (VBAC), birth photography, perinatal hospice and bereavement, outpatient breastfeeding education, infertility, IVF

To contact Jenn with questions about doulas, please call 515-358-5060 or email [jcallahan@mercydesmoines.org](mailto:jcallahan@mercydesmoines.org).

## JULIE CRAVEN

### Accepts private clients

**Background/Credentials:** I am a retired RN with more than 40 years of experience in all areas of Maternal/Child Nursing as well as teaching Creighton Model FertilityCare/NaProTechnology for 33 years. Working towards ICEA Birth Doula Certification.

**Areas of expertise:** My husband and I are the parents of five adult children (one with Down Syndrome). It would be my privilege to help you with the birth of your child. I especially welcome families with special needs babies, preemies, and any family who wants to have a great birthing experience.

**Email:** naproworks@msn.com

## SYDNEA EMBRY

### Accepts private clients

**Background/Credentials:** I am a highschool graduate with Junior level college experience. I've completed my doula training with Rae Davies, who is DONA certified. I am in the process of becoming DONA certified as well. In addition to being a doula, I am also an ABA behavioral therapist and a former Massage Therapist.

**Areas of Expertise:** Birth Doula, Prenatal massage.

**Email:** neadoula@gmail.com

## MISH HALL

### Accepts private clients

**Background/Credentials:** Working towards DONA birth doula certification, basic breastfeeding support, CPR certified, mother of 4 with a passion to serve and support mamas in all types of labor

**Areas of Expertise:** My heart is to serve families and offer physical and emotional support during labor with the use of positioning, massage, essential oils, breathing/relaxation techniques, rebozo, and positive

encouragement to reach desired birth plan goals. I believe every mother deserves someone in her corner supporting her through one of the most sacred times in her life.

**Phone:** 641-203-3260

**Email:** mish.hall3@gmail.com

## TAMELA HATCHER

### No private clients; also bereavement

**Background/Credentials:** Masters in Education with a published research study on the impact of doulas and improved birth outcomes, International public speaker and birthing education workshop facilitator. Retired coordinator of Childbirth Education and Doula Services. Certified through Lamaze International (LCCE) and the International Childbirth Education Association (ICCA). Served as the ICEA Director of Education (2016-2018).

**Areas of expertise:** I believe in caring for others by creating a warm, culturally sensitive, family-centered birth environment. With birthing experience and influences from around the globe, I work with you to bring excitement and pleasure to this life changing time. Transforming your space to look and smell amazing by incorporating candles and aromatherapy is just one of the small things I can do. I have had the honor and privilege of supporting busy families, single families, and working couples. I also provide specialized medical related support for those with unexpected outcomes or specific conditions, such high-risk births and perinatal hospice birth.



## ANNA HINES

### No private clients; also bereavement

**Background/Credentials:** RN, BSHA, MPH; ICEA certified birth doula

**Areas of expertise:** I am an older volunteer doula with 20 years labor and delivery experience as a registered nurse. My philosophy for labor is this "you can anticipate discomfort and pain but you choose to suffer". Please let me help you not to suffer but to birth your baby using techniques from my doula bag. I am a huge believer in message techniques, activity during labor, support from loved ones and water massage using jets from the bathtub. I will support you through this very special event.



## CAROLYN ISRAEL

### No private clients

**Background/Credentials:** working towards ICEA birth doula certification

## DANETTE KOBOLT

### Accepts private clients

**Background/Credentials:** Trained birth doula, actively working toward ICEA Doula Certification

**Areas of Expertise:** Currently, I work full-time in the insurance industry. I love being a support to mamas and their families so I feel extremely blessed to be a part of this journey.

**Phone:** 515-238-9633

**Email:** danette\_kobolt@hotmail.com

**Patients who are in active labor can request a doula from their nurse. Doulas are received on a first-come, first-served basis at no additional cost. Not knowing demand, there will not be a guarantee of no-cost doula services; however, if you would like to guarantee a doula, you may contract with a doula and pay out of pocket.**

## PAM MORRISON

### Accepts private clients

**Background/Credentials:** I am a retired RN with 25 years of experience in the Neonatal Intensive Care Unit (NICU). Babies and childbirth are my passion. I will help you put together a birth plan with your preferences as our guide then advocate for you to follow the plan as much as possible.

**Areas of Expertise:** We will use my knowledge of labor and delivery positions to maximize the labor process. I am also able to help decrease pain naturally by the use of lighting, aromatherapy, positioning, hydrotherapy, and massage. This is such a special time for you and your family and I would be honored to help you through this miracle of birth.

**Phone:** 515-205-9611

**Email:** pam@breathoflifedoula.com

## AMANDA PUDERBAUGH

### Accepts private clients during summer

**Background/Credentials:** Bachelor of Liberal Arts in Elementary Education; working toward ICEA birth doula certification.

**Areas of expertise:** Because every birth and every mama is different, my goal as a doula is to help you find what works for you and your unique body through each stage of your labor, delivery and postpartum period. Trained in the use of massage, essential oils, movement, positioning and visualization. Interested in birth in a variety of settings.

**Phone:** 515-205-3022

**Email:** Amanda.puderbaugh@gmail.com

## HEATHER ROUSH

### Accepts private clients

**Background/Credentials:** Working towards Birth Doula certification with DONA International; Bachelor of Liberal Arts Degree, Infant Care and Breastfeeding Training

**Areas of expertise:** Medicated and non-medicated births, VBAC, birthing at home, water birth, relaxation for labor techniques, aromatherapy, prenatal nutrition, breastfeeding, postpartum counseling and infant massage.

**Phone:** 515-865-5565

**Email:** heatherbyers19@msn.com

## JULIE SPARKS

### No private clients

**Background/Credentials:** active doula working toward ICEA certification

**Areas of expertise:** physical comfort and emotional support for mother (and partner) during labor and delivery; passionate about helping mothers from all walks of life navigate this milestone event and experience the best birth possible.

**Phone:** 515-710-4185

## TAMMY SPENCER

### Accepts private clients

**Background/Credentials:** ICEA Certified Birth Doula; volunteered at a crisis pregnancy center; received an Associate of Arts degree with an emphasis on counselling. Having experienced hospital and homebirths with our eight children, "motherhood" has granted me a wealth of knowledge and experience.

**Areas of expertise:** I have learned to hone my skill of being sensitive to the emotional and physical needs of a mother during labor and delivery. This entails using a variety of positive laboring and birth positions while enhancing what a woman's body is designed to do with massage and hydrotherapy. Birth is an optimum

time to learn and it is my pleasure to teach mothers (and their support partner) in the areas of labor, birth, breastfeeding, postpartum and beyond!

**Phone:** 515-442-6561

**Email:** 9spencerkids@gmail.com

## SAMANTHA WOOLMAN

### Accepts private clients

**Credentials/Background:** Certified Nursing Assistant (CNA), BLS and CPR certified, Patient Care Technician (PCT), Professional birth doula

**Phone:** 515-321-9880

**Email:** Samantha.woolman1@gmail.com

## JO WESSELMANN

### Accepts private clients during summer

**Background/Credentials:** BA in Education from University of Northern Iowa. Veteran teacher with experience teaching/coaching all ages of students from Preschool to Post Secondary. ICEA Certified Professional Childbirth Educator at MercyOne since 2017, teaching Prenatal series, Sibling, Grandparent, Multiples, and Fast Track classes. Attended ICEA Doula course toward becoming a certified Doula. American Red Cross certified in First Aid and CPR training.

**Areas of Expertise:** It is my wish to help moms throughout their laboring and delivery process by providing physical, mental, and emotional support. I have knowledge and teach how to use comfort measures (aromatherapy, massage, lighting, sound, hydrotherapy, breathing techniques, etc.) along with helping partner to support the mother. I encourage the use of a variety of positions and movement for both medicated and nonmedicated births. Every mom, pregnancy, and labor are unique; it is my purpose as your doula to support parents on an incredible life journey and to the ultimate goal of a healthy baby and healthy mom.

**Phone Number:** 515-494-3541

**Email:** vmcheer@hotmail.com



# Bereavement doulas

## Jenn Callahan

### Background/

**Credentials:** Manager of Childbirth Education and Doula Services;

Count the Kicks Medical Advisory Board; bachelor's in Family and Consumer Sciences and Health Education; master's in Educational Policy and Leadership Studies; ICEA certified professional childbirth educator; ICEA certified professional doula; Maternal/Child Health Specialist; ICEA Director of Education; Outpatient Breastfeeding Champion Certification; ICEA International Approved Doula Trainer, postpartum doula training

**Areas of expertise:** childbirth education, aromatherapy, hydrotherapy, Hypnobirthing terminology, prenatal education, post-partum care, working with younger and older mothers, high-risk pregnancies, medicated and non-medicated births while incorporating skilled comfort measures, child development education, home birth, vaginal birth after cesarean (VBAC), birth photography, perinatal hospice and bereavement, outpatient breastfeeding education, infertility, IVF

To contact Jenn with questions about doulas, please call 515-358-5060 or email [jcallahan@mercydesmoines.org](mailto:jcallahan@mercydesmoines.org).



## Anna Hines

### Background/

**Credentials:** RN, BSHA, MPH; ICEA certified birth doula

**Areas of expertise:** I am an older volunteer doula with 20 years labor and delivery experience as a registered nurse. My philosophy for labor is this "you can anticipate discomfort and pain but you choose to suffer". Please let me help you not to suffer but to birth your baby using techniques from my doula bag. I am a huge believer in message techniques, activity during labor, support from loved ones and water massage using jets from the bathtub. I will support you through this very special event.



## Tamela Hatcher

### Background/

**credentials:** Masters in Education with a published research

study on the impact of doulas and improved birth outcomes, International public speaker and birthing education workshop facilitator. Retired coordinator of Childbirth Education and Doula Services. Certified through Lamaze International (LCCE) and the International Childbirth Education Association (ICCA). Served as the ICEA Director of Education (2016-2018).

**Areas of expertise:** I believe in caring for others by creating a warm, culturally sensitive, family-centered birth environment. With birthing experience and influences from around the globe, I work with you to bring excitement and pleasure to this life changing time. Transforming your space to look and smell amazing by incorporating candles and aromatherapy is just one of the small things I can do. I have had the honor and privilege of supporting busy families, single families, and working couples. I also provide specialized medical related support for those with unexpected outcomes or specific conditions, such high-risk births and perinatal hospice birth.

