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.

MercyOne.
Des Moines Medical Center
1111 6th Ave., Des Moines
515-358-5060
MercyOne.org/desmoines
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.

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
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 massage 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
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, birthings 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

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

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; Maternal/Child Health Specialist; ICEA Director of Education; Outpatient Breastfeeding Champion Certification; ICEA International Approved Doula Trainer, postpartum doula training
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To contact Jenn with questions about doulas, please call 515-358-5060 or email 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.

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