

## How to find a volunteer doula:

1. Contact the Volunteer Project Coordinator at the beginning of your third trimester to discuss availability.
2. Complete and submit the application form to the Volunteer Project Coordinator.
3. Work with the Coordinator providing pregnancy/birth details. Project clients choose their doulas based upon availability.



All members of the Kootenay Doula Project have formal doula training. They all abide by the Standards of Practice and Code of Ethics as outlined by Doulas of North America (DONA) International.

There are a limited number of volunteer doulas available each year. When families who can afford a doula pay for one, they help us serve families who cannot.

## The Kootenay Doula Group Volunteer Project

*Birth Choices – for Everyone*

“Birth is not only about making babies. Birth is about making mothers – strong, competent, capable mothers who trust themselves and know their inner strength.”

Barbara Katz-Rothman

For more information about accessing barrier-free birth support and our referral process:

Click on *Volunteer Project* at  
**[www.kootenaydoulagroup.org](http://www.kootenaydoulagroup.org)**

E-mail us at  
**[kootenaydoulaproject@gmail.com](mailto:kootenaydoulaproject@gmail.com)**

Contact  
**Meghan Paterson**  
Volunteer Project Coordinator

(250) 448-6498  
1057 Doukhobour Rd.  
Castlegar, BC  
V1N 4P2



Kootenay  
Doula Group

# Volunteer Support Project

*Barrier-free birth support  
for women-in-need.*

## What is a Birth Doula?

A birth doula is a trained and experienced professional who offers emotional, physical and informational support to a woman and her partner before, during and just after birth.

## Why Invite a Doula to Your Birth?

*Studies have shown that when doulas attend births:*<sup>1</sup>

- \* Labours are shorter with fewer complications and interventions.
- \* The cesarean rate is reduced.
- \* Babies are healthier and breastfeed more easily.

*4-8 weeks after birth, women who had a birth doula:*

- \* Experience less postpartum depression and anxiety.
- \* Report greater self-esteem.
- \* Exhibit better maternal-infant interaction.
- \* Express deeper satisfaction with the birth experience.

<sup>1</sup> Simikin, Penny, "Benefits of a Continuous Doula," DONA International, 2006.

For more information about  
Doula care, please visit  
[www.kootenaydoulagroup.org](http://www.kootenaydoulagroup.org)  
[www.dona.org](http://www.dona.org)

# Free Birth Doula Service for Women-in-Need

The Volunteer Project provides barrier-free doula services for low-income women. While having a birth doula is valuable, some families cannot afford the fee. Please contact the Coordinator once you've begun your third trimester to ensure availability and proper support.

We want every mother in the Kootenays who wants a birth doula to be supported by one.

## Application

### Applicant

Name

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Address

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Phone

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E-mail

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Due Date

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Birth Location (hospital/home, town)

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Caregiver

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Briefly, why would you like a volunteer doula at your birth?

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### Sponsor

To be completed by a community member who knows you and can attest to your financial need. Cannot be a family member or close friend.

Name

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Phone

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How do you know the applicant?

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Can you attest to the applicant's financial need for free volunteer birth doula support?

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Are you willing to be contacted should we need to confirm this information?

YES NO

Signature

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