

Local Rural Health Council Opens Registration for a Doula training in Madison County

The Madison County Rural Health Council in Morrisville, NY has been working in collaboration with Cayuga Community Health Network and Seven Valleys Health Coalition to bring a Doula Partnership to Cayuga, Cortland and Madison counties to promote and provide doula services for pregnant persons who qualify as low-income and/or may have challenges accessing prenatal, birth, and postnatal support. There is “overwhelming evidence that demonstrates the benefits of having a doula, which include reduced likelihood of cesarean section and improved postpartum mental health” states Dona International, one of the primary organizations that certifies and supports doulas in the United States.

A doula is a trained, non-clinical professional who provides physical, emotional, and informational support to a pregnant person before, during, and after childbirth.

The three-day comprehensive training is the foundation toward certification as a birth doula. This training will prepare participants to support pregnant persons at all stages: pre-natal, labor and delivery, and post-natal.

The training will be held in-person on **November 11th, 12th, and 13th, 2022 from 8:00 AM – 6:00 PM** at The Hampton Inn in Cazenovia. This is a DONA-approved birth doula training will be led by Beautiful Birth Choices. Attendance all three days is required. A light breakfast, snack, lunch, and beverages will be provided each day.

Additionally, the Madison County Rural Health Council seeks to secure support and partnership from community medical practices and local human support organizations to improve maternal and infant health outcomes through the proven strategy of increasing doula-attended births for low-income residents. Please contact (315) 825-9233 or email henry.s@mcruralhealthcouncil.org if you or your organization are interested in learning more.

Register today to become trained as Birth Doula and support pregnant persons in Madison County! The training is offered at no-cost to you! Space is limited. There are three ways to register:

- Online: <https://form.jotform.com/222023480605142>
- Phone: (315) 313-4399
- Email: henry.s@mcruralhealthcouncil.org ➡