

What is a Doula? Where can I find one?

Doula is a Greek word meaning “a woman who serves.” She is a labor support companion, professionally trained in childbirth. She offers physical, emotional, and educational support to expectant, laboring, and new mothers.

The following are some of our most recommended doulas, and the groups they are associated with. You can find more information about our local doulas, and additional services/classes they offer at our front desk.

For more information, visit www.Doulamatch.net

Local Area

Clarissa Brown • Northeastalabamafamilybirth.com • 256-447-5160

Birthsong Doulas • www.Facebook.com/Birthsongdoulas

Birmingham Area

Gentle Childbirth Services • Gentlechildbirth.org • 205-514-4874

Fredia@gentlechildbirth.org

Huntsville Area

Hannah Ellis • Happyhelperdoula.wix.com/Alabamadoula

Happyhelperdoula@gmail.com

Tracy Abney • tracyabneybirthdoula.weebly.com

Tracyabneybirthdoula@gmail.com