

Volunteer Doula Program



Would you like to make a difference in the lives of a birthing person's labor and delivery experience?

Dignity Health Sacramento is recruiting volunteers for our Doula Program at Mercy Hospital of Folsom for day or night shifts.

What is a doula?

A doula is a trained professional that provides physical, emotional, and informational support to a parent and their support team during labor and birth. Doulas recognize that birth is a beautiful experience that will be valued for a lifetime.

Who can be a doula?

A doula is someone with a desire to help support laboring parents during this wonderful time of their lives. Experience supporting laboring parents is helpful, but not required. Selected doulas must pass a medical screening and background check. We are looking for a diverse group of volunteers to support the families in our community.

What is the commitment for a volunteer doula?

Volunteers agree to be on-call 16 hours per month. Additionally, they must attend a two-day orientation and training, as well as monthly meetings. Our doulas will also have the opportunity to participate in outreach events in the community. Doulas make an 12-month commitment to working as a volunteer doula, although we hope that many will continue in the program and potentially serve as mentors to new doulas.



How do I apply?

Download and complete the application by scanning the code, and submit via email to sarah.thiel@commonspirit.org