

# 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 General, Mercy, Mercy San Juan, Methodist, and Sierra Nevada Memorial, 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 for a minimum of 8 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 18-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?**

Please contact us by emailing [dignityhealthdoula@commonspirit.org](mailto:dignityhealthdoula@commonspirit.org).