

## What is Support?

Support is unconditional.  
It is listening, not judging...  
Not telling your own story.

Support is not offering advice.  
It is offering Kleenex, a touch, a hug... caring.

We are here to help women  
discover what they are feeling...  
Not make the feelings go away.

We are here to help a woman  
identify her options...  
Not tell her which options to choose.

We are here to discuss steps with a woman...  
Not to take the steps for her.

We are here to help a woman  
discover her own strength...  
Not to rescue her and leave her still vulnerable.

We are here to help a woman  
discover she can help herself...  
Not to take responsibility for her.

We are here to help a woman learn to choose...  
Not to make it unnecessary for  
her to make difficult choices.

For more information on our  
Doula Program, please contact  
Volunteer Resources by phone or e-mail:

**Rocky Mountain House  
Health Centre**  
**VOLUNTEER RESOURCES**  
(403) 844-5286  
kristen.vig@albertahealthservices.ca



**Health Link Alberta**  
Call toll free:  
1-866-408-LINK (5465)  
Edmonton: 780-408-LINK  
Calgary: 403-943-LINK



**Volunteer Resources  
Central Zone**

**DOULA  
PROGRAM**

*Doula...  
support from the Heart*

## Having a Baby? Get Informed.

Giving birth today involves making a variety of important choices. A doula can help.

### What is a Doula?

The Greek word “doula” means woman caregiver of another woman. Today, “doula” refers to a professional, experienced labor companion who provides the woman and her partner physical, emotional and informational support before, during and just after childbirth.

### Alberta Health Services Doula Program Consists Of:

- Recruitment and training of individuals who are interested in providing continuous physical, emotional and informational support, as part of a Maternity Care Team. The Doula Volunteer assists the laboring woman, but does not replace the woman’s family or clinical care providers.
- Matching women, who want the support of a doula, with a compatible volunteer.

### A Doula...

- Recognizes birth as a key life experience that the mother will remember all her life;
- Understands the physiology of birth and the emotional needs of a woman in labor;
- Assists the woman and her partner in preparing for, and carrying out, their plans for the birth;
- Stays by the side of the laboring woman throughout the entire labor;
- Provides emotional support, physical comfort measures, an objective viewpoint and assistance to the woman in getting the information she needs to make good decisions;
- Facilitates communication between the laboring woman, her partner and clinical care providers;
- Perceives her role as one who nurtures and protects the woman’s memory of her birth experience.

The acceptance of doulas in maternity is growing rapidly, with the recognition of their contribution to the improved physical and emotional well-being of the mother and infant.

### Volunteer Opportunity

Whether you want to volunteer a little or a lot, there is an important role for you as a doula. AHS Central Zone Volunteer Resources is looking for people who would like to help women through childbirth, along with some before and after care.

Doulas are provided with a two-day training session. Following training, volunteers are asked to commit to at least one year in the program. Participants will learn about the significance of birth in a woman’s life, the evolution of labor support, anatomy and physiology of labor and birth, relaxation and comfort measures, tour the labor and delivery rooms at the hospital and learn how to use the delivery bed.

### Doula Request

Are you interested in having a doula for your upcoming birth? Please contact the Volunteer Resources Office in your area to book your consultation for doula services.