

Studies conducted by Dr. John Kennell and Dr. Marshall Klaus reveal that women who utilize the services of a trained doula have:

- 25% shorter labors
- 50% less chance of a Caesarean section
 - Higher breastfeeding success rates
 - Lower postpartum depression rates
- An emotionally healthier birth experience



presented by

9 MONTHS & BEYOND, LLC



**Directions to Bldg. 320 at
Daytona State College, Daytona Beach**

From International Speedway Blvd. turn north onto Clyde Morris Blvd. to Dunn Avenue. Turn East onto Dunn. and go four blocks to Heineman Street. Turn right onto Heineman Street. Go several blocks to the stop sign. Building 320 is on your left (the 5-story tan brick building). Park in any lot surrounding the building. A Daytona State College decal is not required for these workshops. Plan to allow 15 minutes to park and walk to Building 320. Registration begins 30 minutes before the workshop.

(GPS does not work, as the building has no address)

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Institute for Health Services
1200 W. International Speedway Blvd.
Daytona Beach, FL 32114
Address Service Requested

**Classes Held in: Building 320
(The five-story Health Sciences Hall
behind Halifax Hospital and next to WDSC-TV)**

Visit our Web site: www.DaytonaState.edu/ihs

Institute for Health Services
Continuing Education for Health Occupations

Coming in January 2012!

Doula Workshop



*Be a part of a fast growing
service industry in the
Volusia / Flagler county area!*



**DAYTONA
STATE COLLEGE**

www.DaytonaState.edu/ihs

For more information or to register for all classes, call the Institute for Health Services

(386) 506-3522

Do you love working with mothers and babies?

Start the New Year off by supplementing your income with a new career/calling. Be self-employed and find personal fulfillment in serving mothers, babies and families. Begin the steps needed to become a doula. Attend three workshops that have been approved by DONA International. Health care professionals welcome but no previous medical training is required. Open to interested public. Continuing education is available for nurses. Workshops sponsored by **9 Months & Beyond** and **Daytona State College Institute for Health Services**.



family's involvement in the birthing process, allowing them to more fully participate in and enjoy the birth of their child.

Although a doula is trained and experienced in childbirth, her role is not a medical one. She is not a nurse, a doctor, or a midwife, and therefore does not perform any clinical tasks. Doulas are knowledgeable about comfort measures during all stages of labor, including favorable positions, breathing and relaxation techniques, and most importantly, how to provide emotional support. This knowledge is gained through a certification process that enables birth doulas to effectively serve birthing mothers while helping them make informed decisions for their growing family.

Sign up for these three workshops held at Daytona State College to get started on a new career!

Breastfeeding Basics

- Date & Time: 1-4 p.m., Thursday, January 26, 2012
- Location: Building 320, Room 541
- Fees: \$50
(\$55 for 2 hours of continuing education for nurses)

Introduction to Childbirth and the Newborn

- Date & Time: 9 a.m. - 6 p.m., Friday, January 27, 2012
- One hour lunch break
- Location: Building 320, Room 519
- Fees: \$100
(\$110 for 4 hours of continuing education for nurses)

Birth Doula Workshop

- Date & Time: 8 a.m. – 7 p.m., Saturday, January 28, 2012, and 8 a.m. - 5:30 p.m., Sunday, January 29, 2012
- One hour lunch break each day
- Location: Building 320, Room 541
- Fees: \$300
(\$320 for 10 hours of continuing education for nurses)

Presenters:

- Micky Jones, CD (DONA), IBCLC
- Sarah McKay, CD (DONA), IBCLC

Both Micky and Sarah are DONA approved birth doula trainers and International Board Certified Lactation Consultants.

Any number of workshops can be attended, while those who register for **all three** workshops will receive a **\$25 discount** off the total registration, for a total of \$425 for the general public, and \$460 for continuing education credit.



Registration Information

Prepayment required

The first 10 registrants who prepay for all three workshops get a FREE gift to start your doula bag!

All supplies, manuals and handouts are included in the price. Completing these four days of training fulfills all of the education requirements for DONA Certification. After these workshops, you can finish your certification by paying annual membership, doing self-study reading and observing three births.

For more information regarding completing your DONA certification, go to the DONA International website at www.dona.org, or contact the Director of **9 Months & Beyond Daytona**, Dee Mixer, at (615) 417-3321, or dee@deethedoula.com.

To register and pre-pay, or for more information, please call Daytona State College Institute for Health Services at (386) 506-3522 (Monday - Friday) from 9 a.m. to 5 p.m. Please leave a detailed message if calling after office hours. **If you would prefer to register in person**, please visit the Institute for Health Services office in Building 320, Room 540B.



Register early, as space is limited!

Forms of payment accepted include cash, check or credit card. If paying by check, please include your driver's license number on the check, and make the check payable to:

Daytona State College
Institute for Health Services
P.O. Box 2811
Building 320, Room 540B
Daytona Beach, FL 32120-2811

*From the first prenatal visit,
to the last postpartum visit, a doula's role is
powerful and significant.*