



HEART & HANDS POSTPARTUM DOULA TRAINING

April 4, 11, 18 & 25, 2025 | 8:30 am-5:30 pm | Pasadena, CA



In this 4-day training, held over a month each Friday, you will learn the art and science of mother-baby care from two experienced course leaders who have 70 years combined experience in maternity care as midwives, doulas, health and human service and public health pros.

Key components of the training program include:

- ✓ Emotional Support of New Moms
- ✓ Supporting Mom's Recovery After Childbirth
- ✓ Recognizing Depression & Anxiety
- ✓ Addressing Breastfeeding Challenges
- ✓ Cultural Awareness & Anti-Racism
- ✓ Newborn Appearance, Behavior & Care
- ✓ Fostering Maternal-Infant Attachment
- ✓ Communication & Counseling Skills

Contact Us



(626) 388-2191



motherbabysupport.net