

WINTER 2018 HOLISTIC DOULA CERTIFICATE SCHEDULE

Thursday	Friday	Saturday	Sunday
Week 1			
January 4 – ROOM 4	January 5 – ROOM 4	January 6 – ROOM 5	January 7 – ROOM 1
Doula Training & Ethics 3:30pm-6:30pm <i>Michelle Maclean</i>	Fundamentals of Anatomy & Physiology for Doulas 3:30pm-6:30pm <i>Dr. Carrie Watkins</i>	Thai Massage for Doulas 9:00am-5:30pm <i>Erica Fritch</i>	Research & Presentations 1:00pm-5:00pm <i>Amy Klazek</i>

Thursday	Friday	Saturday	Sunday
Week 2			
January 11 – ROOM 4	January 12 – ROOM 4	January 13 – ROOM 1	January 14 – ROOM 1
Fundamentals of Anatomy & Physiology for Doulas 3:30pm-6:30pm <i>Dr. Carrie Watkins</i>	Doula Training & Ethics 3:30pm-6:30pm <i>Michelle Maclean</i>	Thai Massage for Doulas 9:00am-5:30pm <i>Erica Fritch</i>	Holistic Nutrition 9:00am-12:00pm <i>Dr. Carrie Watkins</i> Intro to Family Support 1:00pm-5:30pm <i>Malcolm Clark</i>

Thursday	Friday	Saturday	Sunday
Week 3			
January 18 – ROOM 4	January 19 – ROOM 4	January 20 – ROOM 5	January 21 – ROOM 5
Fundamentals of Anatomy & Physiology for Doulas 3:30pm-6:30pm <i>Dr. Carrie Watkins</i>	Doula Training & Ethics 3:30pm-6:30pm <i>Michelle Maclean</i>	Acupressure for Pregnancy & Childbirth 9:00am-5:00pm <i>Celina Lyons</i>	Yogatherapy for Doulas 9:00am-5:30pm <i>Alyssa Klazek</i>

Thursday	Friday	Saturday	Sunday
Week 4			
January 25 – ROOM 4	January 26 – ROOM 4	January 27 – ROOM 5	January 28 – ROOM 5
Fundamentals of Anatomy & Physiology for Doulas 3:30pm-6:30pm <i>Dr. Carrie Watkins</i>	Doula Training & Ethics 3:30pm-6:30pm <i>Michelle Maclean</i>	Acupressure for Pregnancy & Childbirth 9:00am-12:00pm <i>Celina Lyons</i>	Tai Qi for Doulas 9:00am-12:00pm <i>Malcolm Clark</i> Holistic Nutrition 1:00pm-5:30pm <i>Dr. Carrie Watkins</i>

Thursday	Friday	Saturday	Sunday
Week 5			
February 1 – ROOM 4	February 2 – ROOM 4	February 3 – ROOM 1	February 4 – ROOM 1
Fundamentals of Anatomy & Physiology for Doulas 3:30pm-6:30pm <i>Dr. Carrie Watkins</i>	Doula Training & Ethics 3:30pm-6:30pm <i>Michelle Maclean</i>	Intro to Midwifery & Primary Health Providers 9:00am-5:00pm <i>Patti Thompson</i>	Research & Presentations 1:00pm-5:00pm <i>Amy Klazek</i>

Thursday	Friday	Saturday	Sunday
Week 6			
February 8 – ROOM 4	February 9 – ROOM 4	February 10	February 11
Fundamentals of Anatomy & Physiology for Doulas 3:30pm-6:30pm <i>Dr. Carrie Watkins</i>	Doula Training & Ethics 3:30pm-6:30pm <i>Michelle Maclean</i>	<i>Reading Break</i>	<i>Reading Break</i>

Thursday	Friday	Saturday	Sunday
Week 7			
February 15	February 16	February 17 – ROOM 5	February 18 – ROOM 1
<i>Reading Break</i>	<i>Reading Break</i>	Tai Qi for Doulas 9:00am-12:00pm <i>Malcolm Clark</i> Intro to Family Support 1:00pm-5:30pm <i>Malcolm Clark</i>	Intro to Herbal Medicine 9:00am-5:00pm <i>Amy Klazek</i>

Thursday	Friday	Saturday	Sunday
Week 8			
February 22 – ROOM 4	February 23 – ROOM 4	February 24 – ROOM 1	February 25 – ROOM 1
Fundamentals of Anatomy & Physiology for Doulas 3:30pm-6:30pm <i>Dr. Carrie Watkins</i>	Doula Training & Ethics 3:30pm-6:30pm <i>Michelle Maclean</i>	Intro to Midwifery & Primary Health Providers 9:00am-5:00pm <i>Patti Thompson</i>	Intro to Herbal Medicine 9:00am-5:00pm <i>Amy Klazek</i>

Thursday	Friday	Saturday	Sunday
Week 9			
March 1 – ROOM 4	March 2 – ROOM 4	March 3 – ROOM 1	March 4 – ROOM 1
Fundamentals of Anatomy & Physiology for Doulas 3:30pm-6:30pm <i>Dr. Carrie Watkins</i>	Doula Training & Ethics 3:30pm-6:30pm <i>Michelle Maclean</i>	Homeopathy for Pregnancy, Birth & Postpartum 9:00am-5:00pm <i>Aditi Holden</i>	Holistic Nutrition 9:00am-4:00pm <i>Dr. Carrie Watkins</i>

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Thursday	Friday	Saturday	Sunday
Week 10			
March 8 – ROOM 4	March 9 – ROOM 4	March 10 – ROOM 1	March 11 – ROOM 5
Fundamentals of Anatomy & Physiology for Doulas 3:30pm-6:30pm <i>Dr. Carrie Watkins</i>	Doula Training & Ethics 3:30pm-6:30pm <i>Michelle Maclean</i>	Homeopathy for Pregnancy, Birth & Postpartum 9:00am-5:00pm <i>Aditi Holden</i>	Intro to Family Support 9:00am-12:00pm <i>Malcolm Clark</i> Tai Qi for Doulas 1:00pm-5:30pm <i>Malcolm Clark</i>
Week 11			
March 15 – ROOM 4	March 16 – ROOM 4	March 17 – ROOM 1	March 18 – ROOM 1
Fundamentals of Anatomy & Physiology for Doulas 3:30pm-6:30pm <i>Dr. Carrie Watkins</i>	Doula Training & Ethics 3:30pm-6:30pm <i>Michelle Maclean</i>	Business Skills for Doulas 9:00am-5:30pm <i>Arwen Brenneeman</i>	Holistic Nutrition 9:00am-12:00pm <i>Dr. Carrie Watkins</i> Tai Qi for Doulas 1:00pm-5:30pm <i>Malcolm Clark</i>
Week 12			
March 22 – ROOM 4	March 23 – ROOM 4	March 24 – ROOM 1	March 25 – ROOM 1
Fundamentals of Anatomy & Physiology for Doulas 3:30pm-6:30pm <i>Dr. Carrie Watkins</i>	Doula Training & Ethics 3:30pm-6:30pm <i>Michelle Maclean</i>	Intro to Midwifery & Primary Health Providers 9:00am-5:00pm <i>Patti Thompson</i>	Intro to Herbal Medicine 9:00am-5:00pm <i>Amy Klazek</i>
Week 13			
March 29 – ROOM 4	March 30	March 31	April 1 – ROOM 5
Fundamentals of Anatomy & Physiology for Doulas 3:30pm-6:30pm <i>Dr. Carrie Watkins</i>	<i>Good Friday - No Classes</i>		Intro to Family Support 9:00am-12:00pm <i>Malcolm Clark</i> Holistic Nutrition 1:00pm-5:30pm <i>Dr. Carrie Watkins</i>

Thursday	Friday	Saturday	Sunday
Week 14			
April 5 – ROOM 4	April 6 – ROOM 4	April 7 – ROOM 3	April 8 – ROOM 3
Fundamentals of Anatomy & Physiology for Doulas 3:30pm-6:30pm <i>Dr. Carrie Watkins</i>	Doula Training & Ethics 3:30pm-6:30pm <i>Michelle Maclean</i>	Doula Training & Ethics 10:00am-5:00pm <i>Michelle Maclean</i>	Yogatherapy for Doulas 9:00am-5:30pm <i>Alyssa Klazek</i>
Week 15			
April 12 – ROOM 4	April 13 – ROOM 4	April 14 – ROOM 1	April 15 – ROOM 1
Fundamentals of Anatomy & Physiology for Doulas 3:30pm-6:30pm <i>Dr. Carrie Watkins</i>	Doula Training & Ethics 3:30pm-6:30pm <i>Michelle Maclean</i>	Business Skills for Doulas 9:00am-5:30pm <i>Arwen Brenneeman</i>	Research & Presentations 9:00am-5:00pm <i>Amy Klazek</i>
Week 16			
April 19 – ROOM 4	April 20 – ROOM 4	April 21	April 22
Fundamentals of Anatomy & Physiology for Doulas 3:30pm-6:30pm <i>Dr. Carrie Watkins</i>	Doula Training & Ethics 3:30pm-6:30pm <i>Michelle Maclean</i>		
Program Total			
Doula Training & Ethics Intro to Midwifery and Primary Health Providers Fundamentals of Anatomy and Physiology for Doulas Intro to "Family Support" for Doulas Intro to Herbal Medicine for Doulas Tai Qi for Doulas Holistic Nutrition for Pregnancy and Childbirth Acupressure for Pregnancy and Childbirth Yogatherapy for Doulas Thai Massage for Doulas Homeopathy for Pregnancy, Birth and Postpartum Doulas Research and Presentations Business Skills for Doulas			48 hours 21 hours 45 hours 15 hours 21 hours 15 hours 21 hours 10 hours 15 hours 15 hours 14 hours 15 hours 15 hours
Total			270 HOURS