

## FALL 2023 HOLISTIC DOULA CERTIFICATE SCHEDULE

Thursday	Friday	Saturday	Sunday
<b>Week 1</b>			
September 7 – ROOM	September 8 – ROOM	September 9 – ROOM	September 10 – ROOM
<b>Doula Training &amp; Ethics</b> 3:45pm - 7:00pm <i>Marika Hall</i>	<b>Fundamentals of Anatomy &amp; Physiology</b> 3:45pm - 7:00pm <i>Dr. Carrie Watkins</i>	<b>Research and Presentations</b> 9am - 12pm <i>Marika Hall</i>  <b>Yogatherapy</b> 1pm - 5pm <i>Alex Greenwood</i>	<b>Holistic Nutrition</b> 9am - 12pm <i>Amber Baker</i>  <b>Tai Qi For Doulas</b> 1pm - 5:30pm <i>Malcolm Clark</i>
<b>Week 2</b>			
September 14 – ROOM	September 15 – ROOM	September 16 – ROOM	September 17 – ROOM
<b>Fundamentals of Anatomy &amp; Physiology</b> 3:45pm - 7:00pm <i>Dr. Carrie Watkins</i>	<b>Doula Training &amp; Ethics</b> 3:45pm - 7:00pm <i>Marika Hall</i>	<b>Herbal Medicine</b> 9am - 5pm <i>Amy Klazek</i>	<b>The Energetics of Doula work</b> 9am - 5pm <i>Jennifer Apedaile</i>
<b>Week 3</b>			
September 21 – ROOM	September 22 – ROOM	September 23 – ROOM	September 24 – ROOM
<b>Fundamentals of Anatomy &amp; Physiology</b> 3:45pm - 7:00pm <i>Dr. Carrie Watkins</i>	<b>Doula Training &amp; Ethics</b> 3:45pm - 7:00pm <i>Marika Hall</i>	<b>Business Skills for Doulas</b> 9am - 5pm <i>Amber Thibault</i>	<b>Yogatherapy</b> 9am - 12pm <i>Alex Greenwood</i>  <b>Holistic Nutrition</b> 1pm - 5pm <i>Amber Baker</i>
<b>Week 4</b>			
September 28 – ROOM	September 29 – ROOM	September 30 – ROOM	Oct 1 – ROOM
<b>Fundamentals of Anatomy &amp; Physiology</b> 3:45pm - 7:00pm <i>Dr. Carrie Watkins</i>	<b>Doula Training &amp; Ethics</b> 3:45pm - 7:00pm <i>Marika Hall</i>	<b>No School</b> <i>Truth and Reconciliation Day</i>	<b>Doula Clinic</b> 9am - 12pm <i>Marika Hall</i>  <b>Yogatherapy</b> 1pm - 5pm <i>Alex Greenwood</i>

Thursday	Friday	Saturday	Sunday
<b>Week 5</b>			
October 5 – ROOM	October 6 – ROOM	October 7 – ROOM	October 8 – ROOM
<b>Fundamentals of Anatomy &amp; Physiology</b> 3:45pm - 7:00pm <i>Dr. Carrie Watkins</i>	<b>Tai Qi for Doulas</b> 3:45pm - 6:45pm <i>Malcolm Clark</i>	<b>Reading Break</b>	<b>Reading Break</b>
<b>Week 6</b>			
October 12 – ROOM	October 13 – ROOM	October 14 – ROOM	October 15 – ROOM
<b>Reading Break</b>	<b>Reading Break</b>	<b>Intro to Midwifery &amp; PHP</b> 9am - 5pm <i>Kaitlyn Whitworth</i>	<b>Doula Clinic</b> 9am - 12pm <i>Jennifer Apedaile</i>  <b>Yogatherapy</b> 1pm - 4pm <i>Alex Greenwood</i>
<b>Week 7</b>			
October 19 – ROOM	October 20 – ROOM	October 21 – ROOM	October 22 – ROOM
<b>Fundamentals of Anatomy &amp; Physiology</b> 3:45pm - 7:00pm <i>Dr. Carrie Watkins</i>	<b>Doula Training &amp; Ethics</b> 3:45pm - 7:00pm <i>Marika Hall</i>	<b>Acupressure for Pregnancy &amp; Childbirth</b> 9am - 12pm <i>Celina Lyons</i>	<b>Intro to Midwifery &amp; PHP</b> 9am - 5pm <i>Kaitlyn Whitworth</i>
<b>Week 8</b>			
October 26 – ROOM	October 27 – ROOM	October 28 – ROOM	October 29 – ROOM
<b>Fundamentals of Anatomy &amp; Physiology</b> 3:45pm - 7:00pm <i>Dr. Carrie Watkins</i>	<b>Doula Training &amp; Ethics</b> 3:45pm - 7:00pm <i>Marika Hall</i>	<b>The Energetics of Doula work</b> 9am - 5pm <i>Jennifer Apedaile</i>	<b>Doula Clinic</b> 9am - 12pm <i>Malcolm Clark</i>

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Week 9			
November 2 – ROOM	November 3 – ROOM	November 4 – ROOM	November 5 – ROOM
<b>Fundamentals of Anatomy &amp; Physiology</b> 3:45pm - 7:00pm <i>Dr. Carrie Watkins</i>	<b>Doula Training &amp; Ethics</b> 3:45pm - 7:00pm <i>Marika Hall</i>	<b>Herbal Medicine</b> 9am - 5pm <i>Amy Klazek</i>	<b>Acupressure for Pregnancy &amp; Childbirth</b> 9am - 5pm <i>Celina Lyons</i>

Week 10			
November 9 – ROOM	November 10 – ROOM	November 11 – ROOM	November 12 – ROOM
<b>Fundamentals of Anatomy &amp; Physiology</b> 3:45pm - 7:00pm <i>Dr. Carrie Watkins</i>	<b>Tai Qi for Doulas</b> 3:45pm - 6:45pm <i>Malcolm Clark</i>	<b>Intro to Family Support</b> 9am - 5pm Jennifer Apedaile Online	<b>Doula Clinic</b> 9am - 12pm <i>Marika Hall</i> <b>Holistic Nutrition</b> 1pm - 5pm <i>Amber Baker</i>

Week 11			
November 16 – ROOM	November 17 – ROOM	November 18 – ROOM	November 19 – ROOM
<b>Fundamentals of Anatomy &amp; Physiology</b> 3:45pm - 7:00pm <i>Dr. Carrie Watkins</i>	<b>Doula Training &amp; Ethics</b> 3:45pm - 7:00pm <i>Marika Hall</i>	<b>Herbal Medicine</b> 9am - 5pm <i>Amy Klazek</i>	<b>Holistic Nutrition</b> 9am - 12pm <i>Amber Baker</i>  <b>Tai Qi For Doulas</b> 1pm - 5:30pm <i>Malcolm Clark</i>

Week 12			
November 23 – ROOM	November 24 – ROOM	November 25 – ROOM	November 26 – ROOM
<b>Fundamentals of Anatomy &amp; Physiology</b> 3:45pm - 7:00pm <i>Dr. Carrie Watkins</i>	<b>Doula Training &amp; Ethics</b> 3:45pm - 7:00pm <i>Marika Hall</i>	<b>Intro to Midwifery &amp; PHP</b> 9am - 5pm <i>Kaitlyn Whitworth</i>	<b>Doula Clinic</b> 9am - 12pm <i>Jennifer Apedaile</i> <b>Holistic Nutrition</b> 1pm - 5pm <i>Amber Baker</i>

Thursday	Friday	Saturday	Sunday
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Week 13			
November 30 – ROOM	December 1 – ROOM	December 2 – ROOM	December 3 – ROOM
<b>Fundamentals of Anatomy &amp; Physiology</b> 3:45pm - 7:00pm <i>Dr. Carrie Watkins</i>	<b>Doula Training &amp; Ethics</b> 3:45pm - 7:00pm <i>Marika Hall</i>	<b>Infant Feeding</b> 9am - 5pm <i>Candice Wray</i>	<b>Infant Feeding</b> 9am - 5pm <i>Candice Wray</i>

Week 14			
December 7 – ROOM	December 8 – ROOM	December 9 – ROOM	December 10 – ROOM
<b>Fundamentals of Anatomy &amp; Physiology</b> 3:45pm - 7:00pm <i>Dr. Carrie Watkins</i>	<b>Doula Training &amp; Ethics</b> 3:45pm - 7:00pm <i>Marika Hall</i>	<b>Intro to Family Support</b> 9am - 5pm <i>Jennifer Apedaile</i>	<b>Doula Clinic</b> 9am - 12pm <i>Malcolm Clark</i> <b>Holistic Nutrition</b> 1pm - 4pm <i>Amber Baker</i>

Week 15			
December 14 – ROOM	December 15 – ROOM	December 16 – ROOM	December 17 – ROOM
<b>Fundamentals of Anatomy &amp; Physiology</b> 3:45pm - 7:00pm <i>Dr. Carrie Watkins</i>	<b>Doula Training &amp; Ethics</b> 3:45pm - 7:00pm <i>Marika Hall</i>	<b>Business Skills for Doulas</b> 9am - 5pm <i>Amber Thibault</i>	<b>Research and Presentations</b> 9am - 5pm <i>Marika Hall</i>

Program Total	
Doula Training & Ethics	39 hours
Intro to Midwifery and Primary Health Providers	21 hours
Fundamentals of Anatomy and Physiology for Doulas	45 hours
Intro to Family Support for Doulas	14 hours
Intro to Herbal Medicine for Doulas	21 hours
Tai Qi for Doulas	15 hours
Holistic Nutrition for Pregnancy and Childbirth	21 hours
Acupressure for Pregnancy and Childbirth	10 hours
Yogatherapy for Doulas	14 hours
The Energetics of Doula Work: A Hands-on Exploration of Holding Space for Birth	14 hours
Infant Feeding Foundations and Support	14 hours
Doulas Research and Presentations	10 hours
Business Skills for Doulas	14 hours
Doula Clinic	18 hours
<b>Total</b>	<b>270 HOURS</b>