

WINTER 2021 HOLISTIC DOULA CERTIFICATE SCHEDULE

Thursday	Friday	Saturday	Sunday
Week 1			
January 7 – ROOM	January 8 – ROOM	January 9 – ROOM	January 10 – ROOM
Doula Training & Ethics 3:30 pm - 6:30 pm <i>Michelle Maclean</i>	Fundamentals of Anatomy & Physiology 3:30 pm - 6:30 pm <i>Dr. Carrie Watkins</i>	Herbal Medicine 9:00 am - 5:00 pm <i>Amy Klazek</i>	Research & Presentations 9:00 am – 1:00 pm <i>Laura Interlandi</i> Acupressure for Pregnancy & Childbirth 2:00 pm - 5:00 pm <i>Celina Lyons</i>
Week 2			
January 14 – ROOM	January 15 – ROOM	January 16 – ROOM	January 17 – ROOM
Fundamentals of Anatomy & Physiology 3:30 pm - 6:30 pm <i>Dr. Carrie Watkins</i>	Doula Training & Ethics 3:30 pm - 6:30 pm <i>Michelle Maclean</i>	Doula Training & Ethics 9:00 am - 12:00 pm <i>Michelle Maclean</i> The Energetics of Doula work 1:30pm-5:30pm <i>Julia Stolk</i>	Intro to Family Support 9:00 am – 12:30 pm <i>Laura Interlandi</i> Yogatherapy for Doulas 1:30 pm - 5:30 pm <i>Alyssa Klazek</i>
Week 3			
January 21 – ROOM	January 22 – ROOM	January 23 – ROOM	January 24 – ROOM
Fundamentals of Anatomy & Physiology 3:30 pm - 6:30 pm <i>Dr. Carrie Watkins</i>	Doula Training & Ethics 3:30 pm - 6:30 pm <i>Michelle Maclean</i>	Intro to Family Support 9:00 am - 12:30 pm <i>Laura Interlandi</i> The Energetics of Doula work 1:30pm-5:30pm <i>Julia Stolk</i>	Holistic Nutrition 9:00 am - 1:00 pm <i>Dr. Carrie Watkins</i> Tai Qi for Doulas 2:00 pm - 5:00 pm <i>Malcolm Clark</i>
Week 4			
January 28 – ROOM	January 29 – ROOM	January 30 – ROOM	January 31 – ROOM
Fundamentals of Anatomy & Physiology 3:30 pm - 6:30 pm <i>Dr. Carrie Watkins</i>	Doula Training & Ethics 3:30 pm - 6:30 pm <i>Michelle Maclean</i>	Acupressure for Pregnancy & Childbirth 9:00 am - 5:00 pm <i>Celina Lyons</i>	Intro to Midwifery & Primary Health Providers 9:00 am - 5:00 pm <i>Angela Schaerer</i>

Thursday	Friday	Saturday	Sunday
Week 5			
February 4 – ROOM	February 5 – ROOM	February 6 – ROOM	February 7 – ROOM
Fundamentals of Anatomy & Physiology 3:30 pm - 6:30 pm <i>Dr. Carrie Watkins</i>	Doula Training & Ethics 3:30 pm - 6:30 pm <i>Michelle Maclean</i>	Introduction to Herbal Medicine 9:00 am - 5:00 pm <i>Amy Klazek</i>	Introduction to Herbal Medicine 9:00 am - 5:00 pm <i>Amy Klazek</i>
Week 6			
February 11 – ROOM	February 12 – ROOM	February 13 – ROOM	February 14 – ROOM
Fundamentals of Anatomy & Physiology 3:30 pm - 6:30 pm <i>Dr. Carrie Watkins</i>	Doula Training & Ethics 3:30 pm - 6:30 pm <i>Michelle Maclean</i>	<i>Reading Break</i>	<i>Reading Break</i>
Week 7			
February 18 – ROOM	February 19 – ROOM	February 20 – ROOM	February 21 – ROOM
<i>Reading Break</i>	<i>Reading Break</i>	<i>No Class</i>	Tai Qi for Doulas 9:00 am – 12:30 pm <i>Malcolm Clark</i> The Energetics of Doula work 1:30pm – 5:30 pm <i>Julia Stolk</i>
Week 8			
February 25 – ROOM	February 26 – ROOM	February 27 – ROOM	February 28 – ROOM
Fundamentals of Anatomy & Physiology 3:30 pm - 6:30 pm <i>Dr. Carrie Watkins</i>	Doula Training & Ethics 3:30 pm - 6:30 pm <i>Michelle Maclean</i>	Yogatherapy for Doulas 9:00 am – 5:30 pm <i>Alyssa Klazek</i>	Research & Presentations 9:00 am – 1:00 pm <i>Laura Interlandi</i> Holistic Nutrition 2:00 pm - 5:30 pm <i>Dr. Carrie Watkins</i>

WINTER 2021 HOLISTIC DOULA CERTIFICATE SCHEDULE

Thursday	Friday	Saturday	Sunday
Week 9			
March 4 – ROOM	March 5 – ROOM	March 6 – ROOM	March 7 – ROOM
Fundamentals of Anatomy & Physiology 3:30 pm - 6:30 pm <i>Dr. Carrie Watkins</i>	Doula Training & Ethics 3:30 pm - 6:30 pm <i>Michelle Maclean</i>	Holistic Nutrition 9:00 AM– 12:30 PM <i>Dr. Carrie Watkins</i> Intro to Family Support 1:30 pm – 5:30 pm <i>Laura Interlandi</i>	Intro to Midwifery & Primary Health Providers 9:00 am - 5:00 pm <i>Angela Schaeerer</i>
Week 10			
March 11 – ROOM	March 12 – ROOM	March 13 – ROOM	March 14 – ROOM
Fundamentals of Anatomy & Physiology 3:30 pm - 6:30 pm <i>Dr. Carrie Watkins</i>	Doula Training & Ethics 3:30 pm - 6:30 pm <i>Michelle Maclean</i>	Business Skills for Doulas 9:00 am – 5:30 pm <i>Arwen Brenneman</i>	Holistic Nutrition 9am-12:00pm <i>Dr. Carrie Watkins</i>
Week 11			
March 18 – ROOM	March 19 – ROOM	March 20 – ROOM	March 21 – ROOM
Fundamentals of Anatomy & Physiology 3:30 pm - 6:30 pm <i>Dr. Carrie Watkins</i>	Doula Training & Ethics 3:30 pm - 6:30 pm <i>Michelle Maclean</i>	<i>No Class</i>	Tai Qi for Doulas 9:00 am - 1:30 pm <i>Malcolm Clark</i> The Energetics of Doula work 2:30pm – 5:30 pm <i>Julia Stolk</i>
Week 12			
March 25 – ROOM	March 26 – ROOM	March 27 – ROOM	March 28 – ROOM
Fundamentals of Anatomy & Physiology 3:30 pm - 6:30 pm <i>Dr. Carrie Watkins</i>	Doula Training & Ethics 3:30 pm - 6:30 pm <i>Michelle Maclean</i>	Infant Feeding 9:00 am - 5:00 pm <i>Laura Interlandi</i>	Infant Feeding 9:00 am - 5:00 pm <i>Laura Interlandi</i>
Week 13			
April 1 – ROOM	April 2 – ROOM	April 3 – ROOM	April 4 – ROOM
Fundamentals of Anatomy & Physiology 3:30 pm - 6:30 pm <i>Dr. Carrie Watkins</i>	Doula Training & Ethics 3:30 pm - 6:30 pm <i>Michelle Maclean</i>	Holistic Nutrition 9:00am-12:30pm <i>Dr. Carrie Watkins</i>	Intro to Midwifery & Primary Health Providers 9:00 am - 5:00 pm <i>Angela Schaeerer</i>

Thursday	Friday	Saturday	Sunday
Week 14			
April 8 – ROOM	April 9 – ROOM	April 10 – ROOM	April 11 – ROOM
Fundamentals of Anatomy & Physiology 3:30 pm - 6:30 pm <i>Dr. Carrie Watkins</i>	Doula Training & Ethics 3:30 pm - 6:30 pm <i>Michelle Maclean</i>	Intro to Family Support 9:00 am – 1:00 pm <i>Laura Interlandi</i> Yogatherapy for Doulas 2:00 pm - 5:30 pm <i>Alyssa Klazek</i>	Holistic Nutrition 9:00 am - 12:30 pm <i>Dr. Carrie Watkins</i> Tai Qi for Doulas 1:30 pm - 5:30 pm <i>Malcolm Clark</i>
Week 15			
April 15 – ROOM	April 16 – ROOM	April 17 – ROOM	April 18 – ROOM
Fundamentals of Anatomy & Physiology 3:30 pm - 6:30 pm <i>Dr. Carrie Watkins</i>	Doula Training & Ethics 3:30 pm - 6:30 pm <i>Michelle Maclean</i>	Business Skills for Doulas 9:00 am - 5:30 pm <i>Arwen Brenneman</i>	Research and Presentations 9:00 am - 5:00 pm <i>Laura Interlandi</i>
Week 16			
April 22 – ROOM	April 23 – ROOM		
Fundamentals of Anatomy & Physiology 3:30 pm - 6:30 pm <i>Dr. Carrie Watkins</i>	Doula Training & Ethics 3:30 pm - 6:30 pm <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 The Energetics of Doula Work: A Hands-on Exploration of Holding Space for Birth Infant Feeding Foundations and Support Doulas Research and Presentations Business Skills for Doulas Total			48 hours 21 hours 45 hours 15 hours 21 hours 15 hours 21 hours 10 hours 15 hours 15 hours 15 hours 14 hours 15 hours 15 hours 270 HOURS