



Do you have a calling to work with women and their families during their childbearing year, informing, comforting, and supporting them as they grow, birth, and breastfeed their babies? Are you looking for more out of your doula training experience, one that will nourish you as you learn how to do the immensely rewarding but often challenging job of a birth doula?

MotherWit Doula Care provides one of the most comprehensive birth doula trainings in North America. We believe there is so much involved in doula work that a one weekend workshop alone will not prepare the novice doula adequately. Not only will you learn about birth and how to support it, but how to promote healing in your own authentic loving way of our challenged Western birth culture through service to families. Many women finish their doula trainings feeling unprepared for dealing with birth in a hospital setting. There is little follow up support and they feel overwhelmed in trying to deal with the ins and outs of a busy hospital system on their own. We want you to feel confident as embark upon this journey.

At MotherWit, we believe in the more traditional model of how women learn...in community, sharing meals, amidst the noise of babies, and with the freedom to explore our own personal growth as we resonate with different aspects of doula work. The doula is an ancient role, and it really has not changed that much as we continue to offer non-clinical, nurturing support to the ladies in our care, building their confidence, listening, promoting bliss in motherhood. The course reflects this grassroots nature of our work. This is a very intense training, and you will be immersed in learning about birth, pushing yourself the way doulas do when supporting long labours. Even after the classroom hours, you will still be in community with other participants, continuing to share your stories and learning from each other.

After your intensive 6 day/3 evening (60 classroom hours) we recommend whenever possible you seek mentorship with an experienced doula for several births. There is no better way to learn than to watch an experienced doula in action while you observe, take on challenges with supervision, receive critical feedback, and most importantly receive the nurturing support of a "big sister" doula. MotherWit continues to provide support as well as encourages you to form your own community of doula sisters, which is crucial to our emotional health and your continual learning.

The cost for the MotherWit Birth Doula Training Intensive is \$975. . Included in this cost is MotherWit's 200 page training manual, written by Lesley Everest.

As there is no licensing for doulas anywhere, as we are not medical/clinical professionals, certification is given by private organizations only, completing your training requirements means you are certified by MotherWit. We are not a large organization, and in fact prefer not to be, as we want to have continued contact with our students.

For and information/application package, please contact us at info@motherwit.ca

What previous trainees have said about our training:

“This week has truly been a gift for me. I would never have been satisfied with any other doula training. The manner in which you share your wisdom with us is humble, practical, and incredibly empowering. Thanks for everything!” - L.F.

“I could not have picked a better guide to lead my journey into finally claiming my life’s work: empowering women in their birth choices....I thank you from the bottom of my heart for sharing your work and your heart with all of us this week.” – M.T.

“Thank you for sharing your incredible gift with all us women. You are enriching so many womens’ experiences and opening the doors which enable women to find their truths” – K.J.

“I’ve been so incredibly INSPIRED by everything you’ve shared with us this week. I’m truly blessed that the fates brought to this retreat. Thank you for being our teacher, our mentor, and our healer.” – L.T. (now a full time member of MotherWit Doula Care Montreal)

About MotherWit Doula Care:

MotherWit Doula Care is a doula collective, founded by Montreal doula Lesley Everest. Lesley has been a doula for over 17 yrs and has attended hundreds of births. She has been training birth and postpartum doulas for the last 8 yrs. Lesley is also an accomplished writer, having had articles published in magazines such as The Birth Project and has had many of her blog posts featured on several websites, including My Best Birth, where she is also a featured member. Lesley is currently finishing her first book: Choosing Wisely, A Doula’s Guide to a Happy Birthday. MotherWit Doula care provides Birth and Postpartum support to families in the Montreal area, as well as offering Prenatal education, in both private and group formats. MotherWit also provides mentorship programs for apprentice doulas, providing a community of support for new and experienced doulas alike. MotherWit also provides doula Mentor training as well as Childbirth Educator Training.

<http://motherwit.ca/>

<http://motherwitdoula.blogspot.com/>

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