

Birth/Postpartum Doulas, Birth Classes, Placenta Encapsulation, Dance

Like travel guides in a foreign country, birth and postpartum doulas help support new families through the life-changing experience of having a baby. Whether it's a family's first baby or their tenth, a doula can help make the birth and postpartum experience better. Doulas provide non-medical support through labor and into postpartum. Today, a doula is defined as follows:



Doula: *a trained professional who provides continuous physical, emotional and informational support to a mother before, during and shortly after childbirth to help her achieve the healthiest, most satisfying experience possible.*

In a report by the American College of Obstetricians and Gynecologists, birth doulas are mentioned specifically, noting the mounting evidence regarding the benefits of continuous labor support. These benefits include

- shorter labors
- less need for epidurals
- fewer cesarean births
- fewer operative deliveries (forceps or vacuum extraction)
- higher 5 minute Apgar scores
- reduced cost of care

Doulas do not take the place of partners or family members. Instead, they help the partner and family to be a part of the labor and birth experience in a way that they are comfortable that also provides good support to the laboring mom. Doulas do not take the place of midwives or doctors. Doulas do not provide medical care. They can help you to form questions and understand the plan for your care, and work together with your provider to help you have the best birth possible.

Birth doulas have a flat fee that covers their visits with you prior to birth as well as all the time they spend with you during your labor and birth. They will frequently labor at home with you prior to heading to your birthplace or calling in the midwife. The cost of a doula is generally not covered by insurance, but many doulas will have a receipt with an insurance code you can submit to your insurance company. Many doulas also have payment plans so you can pay the fee prior to birth, in smaller amounts.

There are also postpartum doulas who specifically help families in the first days and weeks after bringing home a new baby. They provide evidence-based information on things such as breastfeeding, emotional and physical recovery from birth, mother-baby bonding, infant soothing and basic newborn care. They assist with household organization and refer to healthcare professionals when they observe that support requires clinical assessment. In short, they spend several hours a day (or night) in the role of mothering the mother, but with extra training for breastfeeding. They are hired on an hourly basis.

To find a doula that is the right fit for you, meet several for a free get-to-know-you conversation and find someone you feel very comfortable with before hiring her. All of the following doulas do attend births in Goshen, though their noted "home base" may be a nearby location.

This list is provided for information, without specific endorsements.

Birth/Postpartum Doulas, Birth Classes, Placenta Encapsulation, Dance

Birth Doulas - Labor Support

Aubrey Williams Certified Birth Doula Certified Bereavement Doula Childbirth Education Classes	260-571-8288	www.aubreythedoula.com
Supports women at births, women having a VBAC, teaches independent birth class. Wabash, Huntington, Fort Wayne, Warsaw, Logansport, Peru, Marion, Kokomo		
Cara Bandemer Birth Doula	caratyrrell@aol.com	FB: Graceful Birth Care Doula Services IG: @Gracefulbirthcare
I am a birth doula from Northwest Indiana. I have a passion and love for birth and helping moms experience the joy and excitement that comes alongside of that. Based in Goshen.		
Erica Nolt Birth Doula	574-596-0331	
Certified birth doula. Has spent time as an aide at Blessed Beginnings Care Center. Based in Nappanee area.		
Eva Monhaut-Jenkins Birth Doula Postpartum Doula	269-409-1269	lunanataldoulacare.com
Eva has been passionate about birth since she was a teenager, and has spent time helping women at Hannah's House. She became a certified doula in 2024 and serves women at births and postpartum. Based in Michiana.		
Hannah May Birth Doula	208-339-0198	birthshore.com birthshoredoula@gmail.com
Birth doula based in South Bend.		
Hannah Norton Birth Doula	269-362-4792	https://greatexpectationspho.wixsite.com/doula
I am a registered nurse and a certified doula. I have been passionate about birth for as long as I can remember! I am a mother of six boys, and I have experienced six unique, beautiful, peaceful and enjoyable births! I've discovered that birth is a whole-person experience, and in order to have the birth you've always dreamt of, you have to prepare your mind, body, and soul! Serving Berrien & Cass Co, MI; St. Joseph & Elkhart Co, IN		
Heather Grace Danae Birth Doula	719-419-1623	https://www.reverentbirthservices.com/
As a certified birth doula, Heather Grace works with parents through the journey of pregnancy, birth, and postpartum. She believes that you are capable of growing, birthing, and caring for your babies and she provides the information and support to help you thrive. Serving the South Bend / Goshen area.		
Jessica English Birth Doula	269-598-1488	http://birthkalamazoo.com https://www.facebook.com/birthkalamazoo/

Birth/Postpartum Doulas, Birth Classes, Placenta Encapsulation, Dance

<p>Childbirth classes, birth and postpartum doulas for St. Joe, Benton Harbor, Watervliet, and all areas between Michiana and Kalamazoo</p>		
<p>Jessica Stackowicz Birth Doula Placenta Encapsulation</p>	<p>574-344-8267</p>	<p>www.sacredbirthservices.com</p>
<p>Jessica is a DONA trained birth doula who has been serving the community for the last 10 years. She believes that birth is a sacred, transformative experience and as a doula, her hope is to nurture mothers and their partners through the birth journey that they choose. Serving the South Bend/Goshen/Warsaw areas</p>		
<p>Joy Moffit Czech Birth Doula Photograher Infertility Support Doula Placenta Encapsulation</p>	<p>219-228-1492</p>	<p>www.joyinbirthdoula.com</p>
<p>Birth Doula, birth photographer, infertility support doula, placenta encapsulation, postpartum doula, aroma touch certified, lactation support. Serves SW MI, South Bend, NW Indiana, Rensseler, Chicago Based in Hobart, IN</p>		
<p>Kimberly Masterson Breath of Life Doula</p>	<p>574-202-9759</p>	<p>jesusisone1@yahoo.com Facebook @BreathofLifeDoula</p>
<p>Supports birth at hospital, home and birth center.</p>		
<p>Lora Schnurr Birth & Postpartum Doula Bereavement Doula Lactation Bengkung Belly Binding</p>		<p>https://www.neidoula.com/ Northeast Indiana Doula Services</p>
<p>Lora is focused on knowledge and connection, emotional and physical needs, the self care and recovery of the mother, helping with newborn care, and lactation while also supporting husbands/partners, and the family unit. Serving Northeast Indiana, into Goshen, Nappanee, Warsaw areas. Based in Fort Wayne.</p>		
<p>Mallory Dull Birth Doula</p>		<p>https://ezerbirthservices.wixsite.com/website</p>
<p>I believe that every woman should have the opportunity to birth in the way that best suits her and her growing family, and my goal will always be to help you figure out what that means for you. Serves Noble, DeKalb, Allen, Whitley, Kosciusko and Elkhart counties Based in Albion</p>		
<p>Maryann Loveing Birth Doula</p>	<p>574-303-2800</p>	<p>MLovingDoula@gmail.com</p>
<p>Respectful emotional, physical, and informational support. Lower medical intervention rate (pitocin, c/s, epidurals). Committed to client's preferences. Based in Niles, travels to South Bend/Goshen area.</p>		
<p>Trinity Brinckman Birth Doula</p>	<p>574-312-3212</p>	<p>brinckmanbirth@gmail.com instagram.com/brinckmanbirth</p>
<p>I am passionate about bringing support during pregnancy, birth and postpartum to the women of Northern</p>		

Birth/Postpartum Doula, Birth Classes, Placenta Encapsulation, Dance

Indiana. Serving a 1-hour radius from Elkhart.

Independent Birth Classes

Deanna Marken, RN, CBE	dmarken@embarqmail.com	260-503-5088
Deanna is a registered nurse with OB experience since 1993. She has worked in all three birth settings: hospital, birth center, and home. She currently runs her own business and offers doula nurse services, natural childbirth classes scheduled as a one time 7-hr weekend class, breastfeeding consults in the home, pregnancy positioning bodywork in the home, and also assists the area midwives with homebirths and occasionally provides educational training for birth centers, hospitals, and nursing students.		
Hoosier Mama Childbirth Ed South Bend		www.HoosierMamaCBE.com
Every other month. 4 sessions		
Jessica Stackowicz The Birth Class	574-344-8267	https://www.sacredbirthservices.com/birth-classes
Where evidence-based wisdom meets whole-body preparation. 4 sessions, group class every other month. Meets in Goshen or South Bend.		
Kim Ferguson Blissful Birth Services	Hypnobirth	269-208-7823 kakferguson42@gmail.com
Kim has been a birth and postpartum doula for about 10 years. She has also been teaching Childbirth education for about 5 years. She recently became a Hypnobirthing instructor as well. Kim believes in empowering women to have the birth THEY desire.		
Marathon Birth Training Berrien Springs		www.GreatExpectationsMichiana.com
Offered quarterly. 4 sessions		
Teresa Edwards		574-325-0636
Teresa comes to your home with an individualized birthing class tailored to meet your needs and schedule. You will leave more confident and more prepared physically, emotionally, and intellectually for your upcoming birth.		

Other Birth/Postpartum Services!

Brittini Whetstone Postpartum doula	574-366-2265	brittiniwhetstone.com hellobrittini@gmail.com
Customizable in-home postpartum support as you transition into this exciting but sometimes intimidating, next life stage.		
Emily Toney	901-303-6371	https://www.facebook.com/tendingthenestdoula/

Birth/Postpartum Doulas, Birth Classes, Placenta Encapsulation, Dance

Postpartum Doula		Tending the Nest Postpartum Doula Services
Postpartum doula; new parent educator. Based in Granger, IN		
Eva Monhaut-Jenkins Postpartum Doula	269-409-1269	lunanataldoulacare.com
Eva has been passionate about birth since she was a teenager, and has spent time helping women at Hannah's House. She became a certified doula in 2024 and serves women at births and postpartum. Based in Michiana.		
Heather Shank Placenta encapsulation	nineshanks@gmail.com	540-383-4700
Placenta encapsulation		
Jessica Stackowicz Placenta Encapsulation	574-344-8267	www.sacredbirthservices.com
Serving the South Bend/Goshen/Warsaw areas		
Kristina Collier Warsaw	Dancing for Birth dancingforbirth.com	574-267-7055 info@collierdance.com
Dance your way to a happier and healthier pregnancy, a quicker and easier birth, and a more content baby! Kristina has been a dance instructor for years, and became interested in natural childbirth with the birth of her first child. She found the concept of teaching various dance movements to help women through the time of the childbearing year, resonated with her. Weekly classes are offered for dancing prior to and through pregnancy, as well as after the birth with your baby secured in a sling or a wrap. Join us for a positive, uplifting hour that will help improve your balance, reduce your stress and tension, increase your stamina and flexibility and so much more! Babies welcome!		
Lora Schnurr Postpartum Doula Bereavement Doula Lactation Bengkung Belly Binding		https://www.neidoula.com/ Northeast Indiana Doula Services
Lora is focused on knowledge and connection, emotional and physical needs, the self care and recovery of the mother, helping with newborn care, and lactation while also supporting husbands/partners, and the family unit. Serving Northeast Indiana, into Goshen, Nappanee, Warsaw areas. Based in Fort Wayne.		
Kristina Collier Warsaw	Dancing for Birth dancingforbirth.com	574-267-7055 info@collierdance.com
Dance your way to a happier and healthier pregnancy, a quicker and easier birth, and a more content baby! Kristina has been a dance instructor for years, and became interested in natural childbirth with the birth of her first child. She found the concept of teaching various dance movements to help women through the time of the childbearing year, resonated with her. Weekly classes are offered for dancing prior to and through pregnancy, as well as after the birth with your baby secured in a sling or a wrap. Join us for a positive, uplifting hour that will help improve your balance, reduce your stress and tension, increase your stamina and flexibility and so much more! Babies welcome!		

Birth/Postpartum Doula, Birth Classes, Placenta Encapsulation, Dance

Other resources:

Michiana Birth Facebook Page, Doulamatch.net

Updated 10/2021, 8/22, 2/24, 7/24, 10/25