



# Monthly Newsletter

November <https://thedoulaassociationofvirginia.org>

2025

## BIG CONGRATULATIONS



from left: President Nataki Hill, graduates and new DAVA members, Vice President Zina Brockman, & Jackie August

The Doula Association of Virginia congratulates the Virginia Community Health Workers Association on its first Community Doula training, which is also a State Certification Board-recognized training program. The Community Doula training was a collaboration in which DAVA leadership taught the CHWofVA curriculum. Graduate, George Authur Brockman Jr., made history by completing this class and becoming the first male state-certified doulo!

## Another group of community doulas !

### The Power of WE Conference!

Another huge success: The Doula Association of Virginia and the Community Health Workers of Virginia Association's inaugural joint conference took place Oct 9-11, 2025, with a focus on Doulas Oct 11. We send a special thank you to Power 100.5 for keeping us on our toes, and shout out to the Daddy Doulas that came out to represent.



Waffle house with the Prenatal Resource Collaborative's Founder Nicole Harlet(front), and her Resource Officer Aneesha Smith, Daddy Doula Josh Linton-Zawaldi, Zina Brockman, & Nataki Hill

# Inaugural Fred Hill Skilled Trade Doula Scholarship Awardees

We celebrated phenomenal doulas at the Power of We Conference for their contributions to the community and for being trailblazers.





## Uniting for Maternal Health, American Heart Association Event.

In October, the American Heart Association hosted a half-day symposium bringing together doulas, clinicians, and community leaders to explore innovative strategies for improving maternal health outcomes. Sentara Health, a co-sponsor of the event, welcomed attendees to Sentara Norfolk General Hospital. Prior to the symposium, Chief Nursing Officer Amber Price guided the Doula Association and graduates of the inaugural cohort through a tour of the Family Maternity Center.



Price—who began her journey as a doula before becoming a nurse-midwife and later a healthcare administrator—offered a candid and deeply informed perspective on the care families receive in the hospital setting and the essential role doulas play in perinatal support. During the tour, doulas engaged with nursing staff and received detailed information about the amenities and services available to birthing families at Sentara Norfolk General, from antepartum care through postpartum recovery. Hospital leadership emphasized their commitment to welcoming birthworkers as vital members of the care team.

Price also highlighted her work founding the Birth Training Doula Program at Sentara Williamsburg, where doulas train alongside hospitalists to better understand clinical procedures and workflows. This collaborative model allows both doulas and physicians to gain shared, intersectional knowledge and fosters deeper mutual respect. Participating doulas are issued hospital recognition badges, symbolizing their valued presence in the birthing environment. Together, these efforts reflect a growing regional commitment to building meaningful partnerships between hospitals and community birthworkers—relationships that are not just beneficial, but essential. By opening doors, sharing knowledge, and honoring the expertise doulas bring, institutions like Sentara are helping lay the groundwork for more integrated, culturally congruent, and family-centered maternity care. And as these collaborations deepen, they hold the potential to reshape maternal health across Hampton Roads by centering the people who have always been at the heart of birthwork: the families and the communities that support them.

# Doula Birthwork Resources

## Mental Health Training

Have you ever wanted more information to support moms and birthing parents through emotional and mental health challenges? You're invited to learn about a new state-wide initiative providing mental health therapy for pregnant and postpartum Virginians from the Virginia Health Care Foundation.

Upcoming dates:

Thurs, Nov 20 12:00PM – 12:30PM

[Register](#)

Fri, Nov 21 12:00PM – 12:30PM

[Register](#)

## Calling Spanish Speaking Doulas!

Minus 9 to 5 has been working to establish a supportive network of Spanish-speaking professionals to better serve our Spanish-speaking community. Join the conversation on Wednesday, November 18, from 11:00 AM - 12:30 PM via Zoom for the first South Hampton Roads Hispanic Family Resources Network Meeting: Community Health & Wellness Virtual Information Session, led by Elizabeth Claudio, Community Health Coordinator at [Bon Secours](#). (Note: This session will be in Spanish). Register here: <https://forms.office.com/r/jMGDXgbRaM>

## First Ride Safe Ride

resumes training in January. Sign up to learn more on how you can provide education on child passenger safety to new parents and help prevent misuse and unsafe newborn travel.

Jan 8, 2026 from 3pm-5pm. Register at <https://bit.ly/3WqmWei>

• Jan 21, 2026 from 10am-12pm. Register at <http://bit.ly/46N8uBS>

## New Maternal Health Website!

The Virginia Department of Health has launched a new website dedicated to Maternal Health. Take advantage of the information and resources here, and share it with your clients.

<https://www.vdh.virginia.gov/maternal-health/>

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**The Doula Association of Virginia**

**LUNCH & LEARN**

**THE FLOURISH PROJECT**

**Thursday 11/20/25 @ 12 noon**

This Lunch & Learn session we will be discussing the Flourish Project. Flourish is designed to address maternal and infant health disparities across our largely rural service area. Many expectant mothers in our region face challenges with accessing affordable healthcare, reliable transportation, and critical financial, social, and emotional support. This project aims to increase access to prenatal and postnatal care, strengthen support systems, and create a comprehensive, community-driven model that helps mothers and infants move from simply surviving to truly thriving.

**WHAT TO EXPECT**

- ✓ Learn more about United Way's new Maternal and Infant Pilot
- ✓ Maternal care deserts in Southwest Virginia
- ✓ Project goals and strategies
- ✓ How to get involved
- ✓ Question & answer session

Register at [www.thedoulaassociationofvirginia.org/events](http://www.thedoulaassociationofvirginia.org/events)

Contact Us: [admin@thedoulaassociationofvirginia.org](mailto:admin@thedoulaassociationofvirginia.org) | 1-844-DOULA (368-5282)

## Lunch & Learn

Join us November 20 @ 12 noon for a discussion with Megan Parks, Executive Director of the United Way Southwest Virginia and Jessica Burke, Flourish Project Coordinator. They will be discussing the new grant they received to foster the Flourish Project. The Flourish Maternal and Infant Health and Well-Being Project. This project aims to increase access to prenatal and postnatal care, strengthen support systems, and create a comprehensive, community-driven model that helps mothers and infants move from simply surviving to truly thriving.

## Updates

### Doulas in the News: DAVA has been spotted, check out the recap:

The Power of We Media coverage: Channel 13 The Power of We Conference video 10-1-25

Oct 1, 2025 [13 News Now](#)  
[Spanish Radio/Facebook](#)

[WHRO / NPR News 10-10-25](#)

[WHRO / NPR News 10-16-25](#)

[WTKR Channel 3 | 10-19-25](#)



Need to receive your CEU's from the Power of We conference? [Fill out this form](#) [2025 Conference Evaluation & Transcript Request](#)

## Welcome!

We would like to welcome our newest members

Erika Nunez

Marisol Arispe

Fernández

Graciela Abigail

Vasquez Paul

Maria Esther

Eugenio Puma

Eymar Yepez Ardila

Maricela Claudia

Gonzales

Gina Garciaps

Úrsula Alvarado

Laura Melisa Velez

Rodriguez

July nunez

Ana Maria Eugenio

Puma

Iris yajaira Gil

Sotomayor

Laura Patricia Rhoa

Omega Boone

Jada Gregory

Angel Cook

Daveen McIntosh

David Davis-Hill

Taja Brockman

George Arthur

Brockman

Kimberly Dyke-

Harsley

DeShayla Rivers

Anna McEachern

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### **The Doula Association of Virginia Honoring the Life of Candis and Standing with Delegate Candi Mundon King**

The Doula Association of Virginia extends our deepest condolences to Delegate Candi Mundon King and her family on the passing of her beloved daughter, Candis, who transitioned at the age of 15 after living courageously with Sickle Cell Disease. Our hearts are with Delegate King, her loved ones, and all who were touched by Candis's light and strength.

Delegate King has long been a powerful advocate for maternal and family health in Virginia. Her leadership was instrumental in the passage of the Virginia Momnibus Bill, and she has been a steadfast supporter of the Doula Association of Virginia and our mission to advance equitable, culturally grounded care for families across the Commonwealth.

In honor of Candis's life, a scholarship has been established to support Norfolk State University students living with Sickle Cell Disease and to expand awareness and education surrounding the condition. This scholarship reflects Delegate King's continued commitment to improving health outcomes and supporting young people impacted by Sickle Cell Disease.

We invite you to scan the QR code to contribute to the scholarship established in Candis's name.

May Candis's legacy continue to inspire compassion, advocacy, and community care throughout Virginia and beyond.

## **Coming up...**

### **Share Your Birthwork with Us**

We'd love to highlight your incredible work! Each month, we'll be celebrating the births you've supported—please send us the number of births you've witnessed, and the general area you supported each birth in.

We will also hold space by lighting a candle for every loss, honoring the truth that every month is Fetal and Infant Loss Awareness Month.

Share your numbers along with the area here:

[rabiayah@thedoulaassociationofvirginia.org](mailto:rabiayah@thedoulaassociationofvirginia.org)



## **Enjoy Family Time**

Celebrate and honor the needs of Indigenous birthing traditions and lives everywhere



# *Giving Tuesday*

The global day of generosity where people come together to support causes that make a difference.

December 02, 2025



GivingTuesday is a global day of generosity where people come together to support causes that make a difference.

It's a celebration of kindness, community, and collective impact—reminding us that even small acts of giving can create meaningful change. This year, we're raising funds to support the doulas who uplift families across Virginia.

Let's give together.

Learn more:

<https://givingtuesdaydava.my.canva.site/>  
#GivingTuesday2025 #DoulasOfVirginia