



HeatherGail Lovejoy PDT/PCD(DONA) - [HeatherGail.com](http://HeatherGail.com)

With two decades of dedicated work in the postpartum doula field, I have provided invaluable support to a diverse range of families. These include single parents, LGBTQIA+ families, families with special needs children, and more, each with their unique needs, backgrounds, and parenting goals. My dedication to professional development is evident through my continued education, which includes a focus on perinatal mood and anxiety issues, family mental health, and the transformative journey of matrescence.

I have obtained education and certification in transformational life coaching, with a specialization in trauma-informed group facilitation, inclusivity, and anti-racism work. I am also a certified Mental Health First Aid initial responder.

In addition to my work as a doula trainer, I have shared my knowledge by conducting postpartum parenting classes and facilitating various support groups for new parents. A pivotal moment in my career occurred when I started volunteering with DONA International, serving on the board of directors for 10 years. Notably, I was the first solely PCD/PDT(DONA) president, a unique position that has allowed me to make significant contributions through the lens of postpartum doulas and families. Since 2014, I have had the privilege of being one of the very few approved and full-time active and mobile postpartum doula trainers. I have mentored and trained numerous aspiring doulas, sharing my passion for supporting families during the critical postpartum period.

My journey is a testament to my unwavering commitment to excellence, particularly in nurturing the growth and development of my students. These students, in turn, provide compassionate and professional support to families. I eagerly anticipate and appreciate the opportunity to continue positively impacting the lives of the students who enroll in my workshops, inspiring them to reach their full potential.