



## Kayla Olson

Vitality Doula Services

Kayla is certified through  
DONA and PALS

Kayla describes herself as an intuitive person. She brings a calm, nurturing, and caring presence to a birth space, and believes that a birthing person's body knows what it is supposed to do.

### Contact Information:

Phone: 425-280-6668

Email: [Vitalitydoula@gmail.com](mailto:Vitalitydoula@gmail.com)

Website: [Vitalitydoulaservices.com](http://Vitalitydoulaservices.com)

### Areas of Service:

King County

### Experienced in...

- Unmedicated Birth
- Medicated (Epidural) Birth
- Home Birth
- Birth Center Birth
- Hospital Birth
- Unplanned Cesarean

### And Comfortable Supporting...

- VBAC
- Planned Cesarean
- Rainbow Baby Birth
- High Risk Pregnancy
- Premature Birth
- Vaginal Breech Birth
- Multiples Birth
- Teen Parents
- Families Where the Baby is to be Adopted After Birth

### Types of Doula Support Provided:

Birth and Labor  
Postpartum  
Sibling Support

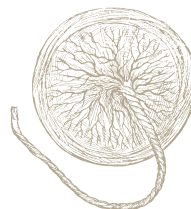
### Extra Training Skills, and Support from This Doula:

- TENS Unit
- Spinning Babies
- Rebozo
- Breastfeeding Support Training
- Trained in Perinatal Mood and Anxiety Disorders

*In addition, this doula provides...*



Photography



Placenta  
Services



This Doula  
Works With a  
Backup Doula

### Provides Care at...



Home



Birth Center



Hospital



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DONA and PALS

Kayla describes herself as an intuitive person. She brings a calm, nurturing, and caring presence to a birth space, and believes that a birthing person's body knows what it is supposed to do.

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Phone: 425-280-6668

Email: [Vitalitydoula@gmail.com](mailto:Vitalitydoula@gmail.com)

Website: [Vitalitydoulaservices.com](http://Vitalitydoulaservices.com)

### Areas of Service:

King County

### Experienced in...

- Unmedicated Birth
- Medicated (Epidural) Birth
- Home Birth
- Birth Center Birth
- Hospital Birth
- Unplanned Cesarean

### And Comfortable Supporting...

- VBAC
- Planned Cesarean
- Rainbow Baby Birth
- High Risk Pregnancy
- Premature Birth
- Vaginal Breech Birth
- Multiples Birth
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### Types of Doula Support Provided:

Birth and Labor  
Postpartum  
Sibling Support

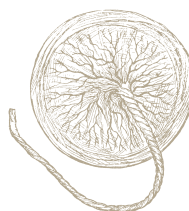
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- Spinning Babies
- Rebozo
- Breastfeeding Support Training
- Trained in Perinatal Mood and Anxiety Disorders

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Placenta Services



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### Provides Care at...



Home



Birth Center



Hospital



Alexis

Seed to Sprout Doula

Alexis is an independent doula.

### Contact Information:

Phone: 206-669-5424

Email: seed2sproutdoula@gmail.com

Website: seedtosproutdoula.com

### Areas of Service:

Greater Seattle Area

### Extra Training Skills, and Support from This Doula:

- TENS Unit
- Certified Lactation Educator
- VBAC Support Training
- Prenatal Yoga Instructor Training

### Experienced in...

- Unmedicated Birth
- Medicated (Epidural) Birth
- Inductions
- Hospital Birth
- VBAC
- High Risk Pregnancy
- POC Families
- Teen Parents

### And Comfortable Supporting...

- Birth Center Birth
- Home Birth
- Planned Cesarean
- Unplanned Cesarean,
- Rainbow Baby Birth
- Stillborn Baby or Baby With a Terminal Diagnosis
- Premature Birth
- Vaginal Breech Birth
- Multiples Birth
- Previous Traumatic Birth
- Parent is a Survivor of Sexual Trauma
- Surrogacy Birth
- Families Where the Baby is to be Adopted After Birth

### Types of Doula Support Provided:

Birth and Labor  
Postpartum  
Sibling Support



This Doula Works With a Backup Doula

Provides Care at...



Home



Birth Center



Hospital



# *Suzanne Deselms*

## Waiting With You

Suzanne is certified through  
DONA

Suzanne describes herself as a strait forward, tell it like it is kind of doula. She is passionate and excited about birth and families, offering support for up to a year postpartum. She has been attending birth since 2010, and is especially passionate about unmedicated birth.

### *Contact Information:*

Phone: 253-740-0380

Website: [www.waitingwithyou.com](http://www.waitingwithyou.com)

### **Areas of Service:**

Snohomish County  
King County

### **Extra Training Skills, and Support from This Doula:**

- Postpartum Training
- Emergency Childbirth Training
- VBAC Training

### *Types of Doula Support Provided:*

Birth and Labor & Sibling Support

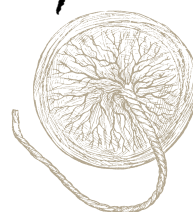
### **Experienced in...**

- Unmedicated Birth
- Medicated Birth (eg. epidural)
- Inductions
- Hospital Birth
- Birth Center Birth
- Home Birth
- VBAC
- Planned Cesarean
- Unplanned Cesarean
- Rainbow Baby Birth
- High Risk Pregnancy
- Premature Birth
- Multiples Birth
- POC Birth
- Teen Parents
- Families Where the Baby is to be Adopted After Birth

### **And Comfortable Supporting...**

- Vaginal Breech Birth
- Previous Traumatic Birth
- Parent is a Survivor of Sexual Trauma
- POC Birth
- Surrogacy Birth,

### *In addition, this doula provides...*



Placenta  
Services



Free Services  
for Teen  
Parents and  
Families  
Where their  
Partner is  
Deployed.

*Provides  
Care at...*



Home



Birth Center



Hospital



This Doula  
Works With a  
Backup Doula



## Chloe Wilcox

### Snohomish County Doula

Chloe is certified through  
DONA

Chloe sees birth and labor support as a two sided coin. On one side is the mental, emotional factors, and the other the physical act of labor. She comes equipped to help families with both of those factors. She considers being a doula one of the most amazing things she has done, next to birthing her own babies.

#### Contact Information:

Phone: 425 359 9661

Email: [chloe.wilcox@gmail.com](mailto:chloe.wilcox@gmail.com)

Website:

<https://snohomishcountydoula.blog/>

#### Areas of Service:

Snohomish County and  
Northern King County

#### Experienced in...

- Unmedicated Birth
- Medicated Birth
- Inductions
- Hospital Birth
- Birth Center Birth
- Home Birth
- VBAC
- Planned Cesarean
- Unplanned Cesarean
- Rainbow Baby Birth
- High Risk Pregnancy
- Premature Birth
- Previous Traumatic Birth
- POC Birth

#### And Comfortable Supporting...

- All kinds of birth

#### Extra Training Skills, and Support from This Doula:

- Hypnobabies
- Spinning Babies
- Educator for "The Better Baby Class"
- Postpartum Support Training
- Breastfeeding Basics Training
- Perinatal Mood and Anxiety Disorders Training

#### Types of Doula Support Provided:

Birth and Labor  
Postpartum

*In addition, this  
doula provides...*



Photography

*Provides  
Care at...*



Home



Birth Center



Hospital



This Doula  
Works With a  
Backup Doula



# Rachael Menehan

## Growing Peace Doula

Rachel is certified through  
DONA

### Contact Information:

Phone: 425.770.6708

Website:  
growingpeacedoula.com

### Areas of Service:

Snohomish, King, and Island  
Counties

### Experienced in...

- Unmedicated Birth
- Medicated Birth
- Inductions
- Hospital Birth
- Center Birth
- Home Birth
- Free Birth
- VBAC
- Planned Cesarean
- Unplanned Cesarean
- Stillborn Baby or Baby With a Terminal Diagnosis
- High Risk Pregnancy
- Premature Birth
- Multiples Birth
- Previous Traumatic Birth
- Parent is a Survivor of Sexual Trauma
- POC Birth
- Teen Parents

### And Comfortable Supporting...

- All birth types with the exception of incarcerated birth.

"Giving birth is a profound experience. One that changed my life. Even though I was a Doula for years before I had my own two kids, once I had gone through it myself I realized how vital a doula's support really was. I felt called to serve others in hopes that more and more people can look back at their experience and cherish their birthing memories."

-Rachel

### Extra Training Skills, and Support from This Doula:

- Massage Therapy
- Rachel is a student midwife

*Types of Doula  
Support Provided:*  
Labor and Birth

*In addition, this  
doula provides...*



Photography

*Provides  
Care at...*



Home



Birth Center



Hospital



This Doula  
Works With a  
Backup Doula





# Marika Clymer

## Miyoka Birthkeeping

Marika is certified through  
Cornerstone Doula Training

### Contact Information:

Phone: (425) 419-6325

Email:

[info@miyokabirthkeeping.com](mailto:info@miyokabirthkeeping.com)

Website:

<https://www.miyokabirthkeeping.com/birthkeeping>

### Areas of Service:

Whatcom ans Skagit  
Counties

### Experienced in...

- Unmedicated Birth
- Medicated Birth
- Out of Hospital Birth Center Birth
- Home Birth
- Free Birth
- POC Birth
- Teen Parents

### And Comfortable Supporting...

- Births of wide varieties in out of hospital settings only.

"My practice is focused on holistic reproductive health through plant medicine, bodywork, and emotional/spiritual intuitive healing. As a traditional birth attendant, I do not seek to 'save' the laboring person, but rather hold sacred space and to remind & reflect back to them their innate wisdom and power."

Marika

### Extra Training Skills, and Support from This Doula:

- Student at Radical Birth Keeper School from the organization Free Birth Society. (2020)
- Herbalist
- Family Development Specialist
- Traditional Japanese Bodywork
  - Reiki
  - Ampuku abdominal & womb massage
- Vaginal Steam Facilitator

### Types of Doula Support Provided:

Labor and Birth  
Postpartum

*Provides Care at...*



Home



Birth Center



Catherine

6 Arrows LLC

Catherine is certified  
through ProDoula

### Contact Information:

Phone: 360-472-1693

Email: 6arrowsdoula@gmail.com

Website: www.6arrowsllc.com

### Areas of Service:

Snohomish and Skagit  
Counties

### Experienced in...

- Unmedicated Birth
- Medicated Birth
- Inductions
- Hospital Birth
- VBAC
- Planned Cesarean

### And Comfortable Supporting...

- Most any birth type.

I am a momma of 6 and I have personally been induced, had a planned c section, and had 4 VBACs unmedicated. Birth is a beautiful thing and should be celebrated! I am here to support women by educating them, giving them guidance and tools, through prayer and boosting their confidence, and overall to empower them. My philosophy is this: I have a passion for teaching and birth. Sharing resources and educating families on how to have a successful birth and understanding the birth process is a goal of mine. I feel every woman should be empowered to have a successful birth by whatever means she sees fit for herself and her baby. We all have different ideals when it comes to birth and I think it is important to honor those feelings and be supportive to whatever that may be. Birth will change a woman forever for the better and truly appreciating that is important.

### Extra Training Skills, and Support from This Doula:

- Experience! (Mother of 6)
- Childbirth Educator
- Provides Virtual Support  
Anywhere

### Types of Doula Support Provided:

Labor and Birth  
Sibling Support



This Doula  
Works With a  
Backup Doula

### Provides Care at...



Home



Birth Center



Hospital





## Ame Solomon

### Peaceful Postpartum and Lactation Services

Ame is an independent Doula

Ame brings a wealth of knowledge and experience to her clients. She has been practicing as a doula for over 20 years. Her main focus is postpartum care and lactation.

#### Contact Information:

Phone: (802) 461-7857

Email: amesolomon5@gmail.com

Website:

<https://doulamatch.net/profile/7528/ame-solomon-rn-clc-cbe>

#### Areas of Service:

South Snohomish County

#### Experienced in...

- Unmedicated Birth
- Medicated Birth
- Inductions
- Hospital Birth
- Birth Center Birth
- Home Birth
- VBAC
- Planned Cesarean
- Unplanned Cesarean
- Rainbow Baby Birth
- Stillborn Baby or Baby With a Terminal Diagnosis
- High Risk Pregnancy
- Premature Birth
- Vaginal Breech Birth
- Multiples Birth
- Previous Traumatic Birth
- Parent is a Survivor of Sexual Trauma
- POC Birth
- Surrogacy Birth
- Teen Parents
- Families Where the Baby is to be Adopted After Birth

#### And Comfortable Supporting...

- All types of birth except Freebirth

#### Extra Training Skills, and Support from This Doula:

- Registered Nurse
- Certified Lactation Consultant
- Newborn Care Specialist
- LGBTQ Healthcare Ally

#### Types of Doula Support Provided:

Postpartum  
Sibling Support  
Bereavement

*In addition, this doula provides...*



Photography

*Provides Care at...*



Home



Birth Center



Hospital



# Anita Ortega

Anita Doula

Anita is certified through  
DONA and ProDoula

## Contact Information:

Phone: 425-280-6668

Email: Vitalitydoula@gmail.com

Website: Vitalitydoulaservices.com

## Areas of Service:

Snohomish, Skagit, and  
Island County

## Experienced in...

- Unmedicated Birth
- Medicated Birth
- Inductions
- Hospital Birth
- Birth Center Birth
- Home Birth
- VBAC
- Unplanned Cesarean
- Rainbow Baby Birth
- High Risk Pregnancy
- Premature Birth
- Previous Traumatic Birth
- Parent is a Survivor of Sexual Trauma
- POC Birth
- Surrogacy Birth
- Teen Parents

## And Comfortable Supporting...

- All types of birth but is hesitant about freebirth.

Anita is an experienced doula and mother as well. She offers support before and after baby, as well as childbirth education. She served as a volunteer for 4 years in South Africa with an organization called Baby Safe working with pregnant mothers and babies.

"My heart is for the birthing person to feel fully seen, valued and heard throughout pregnancy, birth and postpartum."

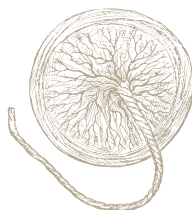
## Extra Training Skills, and Support from This Doula:

- TENS Unit
- Spinning Babies
- Rebozo
- Infant Feeding Specialist

## Types of Doula Support Provided:

Labor & Birth  
Postpartum

*In addition, this doula provides...*



Placenta  
Services

*Provides Care at...*



Home



Birth Center



Hospital



This Doula  
Works With a  
Backup Doula



# Lauren Gates

## Marigold Doula

Lauren is certified through  
DONA and ProDoula

"So much comes with having a baby, whether it's your first or fifth, no matter how they're birthed or who is raising them, every family is different and deserves all the love and support they can get. Don't know where to start or who to turn to? Need a helping hand? You're in the right place, I am here to walk this journey with you." -Lauren

### Contact Information:

Phone: (425)-754-0307

Email: [lauren@marigolddoula.com](mailto:lauren@marigolddoula.com)

Website:

<https://www.marigolddoula.com/>

### Areas of Service:

Greater Seattle Area

### Experienced in...

- Unmedicated Birth
- Medicated Birth
- Inductions
- Hospital Birth
- Birth Center Birth
- Home Birth
- VBAC
- Planned Cesarean
- Unplanned Cesarean
- High Risk Pregnancy
- Premature Birth
- Multiples Birth
- POC Birth

### And Comfortable Supporting...

- All types of birth

### Extra Training Skills, and Support from This Doula:

- Childbirth Education
- Childcare
- Babywearing Education

### Types of Doula Support Provided:

Labor & Birth  
Postpartum  
Sibling Support  
Bereavement

*Provides Care at...*



Home



Birth Center



Hospital



This Doula  
Works With a  
Backup Doula



# Carolynn M. Slocum

## Birth By Design Doula Services

Carolynn is certified through  
ICEA

### Contact Information:

Phone: (360)393-0210  
Email: mommyslocum@hotmail.com  
Facebook: Birth By Design Doula  
Services

### Areas of Service:

Whatcom and Skagit  
County

### Experienced in...

- Unmedicated Birth
- Medicated Birth
- Inductions
- Hospital Birth
- Birth Center Birth
- Home Birth
- VBAC
- Planned Cesarean
- Unplanned Cesarean
- Rainbow Baby Birth
- Stillborn Baby or Baby With a  
Terminal Diagnosis
- High Risk Pregnancy
- Premature Birth
- Multiples Birth
- Previous Traumatic Birth
- Parent is a Survivor of Sexual  
Trauma
- Teen Parents
- Families Where the Baby is to be  
Adopted After Birth

### And Comfortable Supporting...

- All types of birth except free birth

My goal as a doula is to help my clients get the kind of birth that they want. I don't have an agenda as far as what birth should look like. I will take pictures if they want, but they are not professional, just snapshots of the experience. I think it is an honor to attend a birth and be part of the process.

-Carolynn

### Extra Training Skills, and Support from This Doula:

- Midwifery Assistant
- Childbirth Educator
- Carolynn will spend extra time  
prenatally developing a birth  
plan for hospital births.

### Types of Doula Support Provided:

Labor & Birth



This Doula  
Works With a  
Backup Doula

*Provides  
Care at...*



Home



Birth Center



Hospital



## Berkana Glick

### Madrone Birthways

Berkana is certified through  
DONA

#### Contact Information:

Phone: 360-359-2411

Email: Berkana.glick@gmail.com

Website: www.mothermadrone.com

#### Areas of Service:

Whatcom, Skagit and Snohomish  
Counties

#### Experienced in...

- Unmedicated Birth
- Home Birth
- Birth Center Birth
- Free Birth
- Transgender Birth

#### And Comfortable Supporting...

- All types of birth

My philosophy stems from trusting the body, knowing that birth is something we have been doing for as long as humans have walked this earth. Using breathwork and meditation to help remember this through labor, along with supporting any personal practices, I strive to have each birth be as natural as possible, with the birthing person only having to concentrate on being present in their experience!

#### Extra Training Skills, and Support from This Doula:

- Educated in Herbalism

#### Types of Doula Support Provided:

Labor & Birth  
Postpartum

*In addition, this  
doula provides...*



Photography

*Provides  
Care at...*



Home



Birth Center



Hospital



This Doula  
Works With a  
Backup Doula



# Mukisa Mulumba

## Blessing Births Doula Services

Mukisa has been trained through Tiny Love Doula Training

Kayla describes herself as an intuitive person. She brings a calm, nurturing, and caring presence to a birth space, and believes that a birthing person's body knows what it is supposed to do.

### Contact Information:

Phone: 425-280-6668

Email: Vitalitydoula@gmail.com

Website: Vitalitydoulaservices.com

### Areas of Service:

Marysville to Seattle and the Eastside from Snohomish to Bellevue

### Experienced in...

- Medicated Birth
- Inductions
- Hospital Birth
- Rainbow Baby Birth
- High Risk Pregnancy
- POC Birth

### And Comfortable Supporting...

- VBAC
- Planned Cesarean
- Rainbow Baby Birth
- High Risk Pregnancy
- Premature Birth
- Vaginal Breech Birth
- Multiples Birth
- Teen Parents
- Families Where the Baby is to be Adopted After Birth

### Extra Training Skills, and Support from This Doula:

- Labor pain management training
- Pandemic Response Doula
- Hypnobirthing Training
- Infant & Child CPR
- Safe Sleep Training
- Medical Management

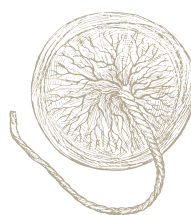
### Types of Doula Support Provided:

Labor & Birth  
Postpartum  
Sibling Support

*In addition, this doula provides...*



Photography



Placenta Services

*Provides Care at...*



Home



Birth Center



Hospital



This Doula Works With a Backup Doula





# Melissa Stork

## Simply Stork Services

Melissa is certified through  
New Beginnings

### Contact Information:

Phone: (425-350-0770)  
Email: [simplystork@gmail.com](mailto:simplystork@gmail.com)  
Website: [simplystorkservices.com](http://simplystorkservices.com)

### Areas of Service:

Snohomish County

### Experienced in...

- Unmedicated Birth
- Medicated Birth
- Inductions
- Hospital Birth
- Birth Center Birth
- Home Birth, Free Birth
- VBAC
- Planned Cesarean
- Unplanned Cesarean
- Rainbow Baby Birth
- Stillborn Baby or Baby With a Terminal Diagnosis
- High Risk Pregnancy
- Vaginal Breech Birth
- Previous Traumatic Birth
- Parent is a Survivor of Sexual Trauma
- Teen Parents

### And Comfortable Supporting...

- All types of birth

"I believe a birth doula's presence can be very helpful during the labor and delivery of babies. By offering ongoing support, guidance and help to alleviate fear. Birth can be a beautiful experience. I believe that anyone who would like a birth doula should be able to afford one. By offering various price points and payment plans many issues can be avoided. Birth should be a time of excitement, love, beauty and peace in the process. I would love to be a part of your birthing experience."

### Extra Training Skills, and Support from This Doula:

- Midwife Assistant
- Former CNA
- Early Childhood Development Education
- Flexible Pricing/ Payment Plans

### Types of Doula Support Provided:

Labor & Birth  
Postpartum  
Bereavement

*In addition, this doula provides...*



Photography

*Provides Care at...*



Home



Birth Center



Hospital



This Doula  
Works With a  
Backup Doula