

East Bay Doula Circle

Updated: August 06

www.eastbaydoulas.org

Doula Name	Phone	E-mail	Fee	Area Served	Services Offered & Other Experience
Samantha Arner	510-655-9200	samthedoula@comcast.net	\$750/sliding \$25/hr	East Bay, SF, CCC	Birth & Postpartum Doula
Amanda Etain Adamah	510.595.0806	birthing-etain@excite.com	\$200	Everywhere	Birth & Postpartum Doula, student midwife, twins, massage
Judy Ballinger	510-236-1543	aksharadoula@mac.com	\$900	East Bay, Marin, SF, Vallejo	RN, Birth & Postpartum Doula (over 90 births), Acupressure/Jin Shin Jyutsu
Stacia Biltekoff	510-543-8411	staciadoula@yahoo.com	\$800	East Bay	Birth Doula, Massage Therapist
Amy Blackshaw	510-531-6555	Amybshaw@pacbell.net	Sliding	East Bay	Birth Doula
Mary Blyth	925-837-5898	Mary@mothertomothers.com	\$700	East Bay	Birth & Postpartum Doula, Birthing from Within Childbirth Educator
Nicki Bonfilio	415.558.8471	nbonfilio@att.net www.unraveling.com	\$900	East Bay, SF, Marin	Birth Doula, Medical Intuitive, Lactation Educator, Assistant Doula Trainer
Christine Braunohler	510.383.9940	christinecb@fastmail.fm			New doula working on certification
Joan Bryant	925-947-1938	doulaioan@earthlink.net	\$800-900	East Bay, CCC, SF, Marin	Birth Doula, Private Childbirth Educator, Lactation Educator
Gina Buonpane	510-464-4518	gina@lmi.net	N/A	Berkeley, Oakland, SF	Massage Therapist (pre/postnatal), Aromatherapy
Anna Bahnson	510-459-7673	familydoula@comcast.net	\$700.00	East Bay, Marin	Birth Doula
Janaki Costello	510-525-1155	janakicostello@gmail.com	Call for fee	East Bay	International Board Certified Lactation Consultant, Childbirth Educator, Birth Doula
Michlene Cotter-Norwood	510-547-1910	birthspirit@prodigy.net	\$1,000	SF, East Bay	Birth Doula, Postpartum, experience with herbs, homeopathy, nutrition counseling, newborn care, apprentice midwife
Sharon Craig	510-812-4738	moshdeh@yahoo.com	\$700	East Bay	Birth & Postpartum Doula
Kathleen Curry-Sparks	510-525-9342	kcurrysparks@hotmail.com	N/A	N/A	Midwife in training
Susan Cortez	510-483-5831	info@birthwonders.com	\$650 and up	Bay Area	Birth Doula, Childbirth Ed, Hypnotherapy, Reiki, Pre/Postpartum massage, CPR, Belly Casting Financial Planning Assistance
Ladi Dell'aira	510-840-4611	ladi@ladidell.com	\$65/hr (mas)	East Bay	Prenatal and Postpartum massage, Childbirth Education
Anne Delp	510-482-1557	Annedelp@earthlink.net	\$400-600	East Bay, SF	Birth Doula

Tracy Dillen	415-205-1357	Tracydillen@yahoo.com	\$500-700 \$15-20/hr	SF, East Bay, Marin, SF Peninsula	Birth & Postpartum Doula
Makini Duewa	510-625-1395	birth_rite@netzero.com	Sliding	East Bay, SF	Birth Doula, Prenatal & Labor Massage, Nutritional Coach, HypnoBirthing Practitioner, Lactation Counselor
Virginia Duplessis	510.932.5283 510.287.8789	Virginia@mostformoms.com	\$500.00	East Bay, CC County	Birth doula, pregnancy group facilitator, new moms group facilitator
Margo Dunlap	510-339-7533	getmargo@comcast.net	Sliding	East Bay	Birth Doula
Alice Elliott	510-653-2831	aelliott44@hotmail.com	\$25/hr	East Bay	Postpartum Doula, Childbirth Educator
Mary Escalante	707-246-5720	Escalante7@prodigy.net	Sliding Fee	Bay Area including North Bay	Birth & Postpartum Doula, Acupressure, Labor Massage
Elena Faircrest	604/941-3171	islenafaircrest@hotmail.com		Vancouver, BC, Canada	Birth Doula, Pre/postnatal Yoga, Hatha & Ashtanga Yoga, Childbirth Education Instructor, Massage Therapist
Karen Fleischer	510-233-2190	karenmetta@aol.com	\$30/hr, \$700-1,000	PP Doula: East Bay only; Births: EB, SF, Marin, Sonoma	Postpartum & Birth Doula (specialized in Twins), Massage
Olivia Ford	510.595.1541	ogford@hotmail.com			New doula, speaks Spanish
Momina Foster (Mona)	510-471-4057	Doula_mona@yahoo.com	Sliding	Entire Bay Area (except Marin)	Birth & Postpartum Doula, Nutrition & Lactation Support, Chi Nei Tsang massage for mother and child
Christine Gonzales	510-881-5410	r6kids@prodigy.net	\$850	East Bay, Tri-Valley	Birth Doula, Bradley Instructor
Jenny Goyne	510-685-4009	jgoyne@sbcglobal.net	\$25 - \$30 hr	East Bay	Postpartum Doula, Breastfeeding Support, Twins, Days
Jennifer Heystek	510-357-6910	jenheystek@sbcglobal.net	Free	East Bay, Palo Alto	Student doula
Beth Hammond	925-377-0800	Jb-hammo@pacbell.net	\$850 \$30-33/hr	East Bay	Birth & Postpartum Doula, Overnights & days, Twins & triplets
Ann Hayman	415-826-7121	Misslotus@comcast.net	\$600-\$800	SF, Marin, East Bay	Birth Doula, Pre & Postnatal Massage Therapist
Ann Haynes	510-847-9743	anndoula@Yahoo.com		East Bay	Birth & Postpartum Doula, Infant Massage, multiples,nights
Christie Hubbard	571-278-7494	Christie@ christiehubbard.com	Sliding scale		Birth Doula

Rebecca Husband	510-524-7231	rebeccahusband@hotmail.com		East Bay, Marin	Birth & Postpartum Doula, Newborn Massage Instr Birthways Board Member, Certified Massage Ther Childbirth Educator
Linda Jones-Mixon	510-232-7678	fst6wks@aol.com		East Bay	Birth Doula, Night Postpartum, multiples, Owner of Waddle & Swaddle
Shaana Keller	707-558-9271	Shaanakeller@Hotmail.com	\$500	East Bay, Napa, North Bay	Birth Doula
Jane Kitchel	510-549-0706		Sliding	East Bay	Doula in training
Tomi Knutson	510-502-5799	dancingdoulabirthservices@gmail.com	\$600.00 \$20 hr postpartum	East Bay, SF	Birth & Postpartum Doula, Massage Therapist
Jenny Kepler	510.472.8280	Jenny_kepler@yahoo.com www.jennykepler.com	\$700.00	Berkeley/East Bay	Birth Doula, Belly casting
Kelly Keller	510.526.0672	kelzbk@aol.com			New doula fluent in Spanish and Italian
Peggy Hinkle	510.504.9413	peggyhinkle@yahoo.com		East Bay, SF, CCC, Pennins	Overnight PP Doula
Nikki Helms	415-939-1588	birth_journeys@yahoo.com	\$600/sliding	SF, East Bay, Marin, Peninsula	Birth Doula, Family & Birth Photography
Meghan Lewis, CMT, PhD	510-869-1330		\$600-800	East Bay, SF	Birth & Postpartum Doula, Counseling, Massage T Birth Photographer, Preconception Services, Appro Midwife
Patty Lipinska	510-849-1082		\$600-\$800	East Bay, SF, W.C. area	Birth Doula
Sandra Lloyd	415-522-0716	lloydlibra@yahoo.com	\$850	SF	Birth Doula
Kim Lyons	510-798-3089	birthmate@yahoo.com www.movingfromwithin.com	Call for fee	East Bay	Birth Doula, Massage Therapist, Pre & Post Natal Infant Massage, Cranio-Sacral therapist, Kids Clas
Ellen Lewis	510-450-0370	yerbasanta@gmail.com	\$800 sliding	East Bay	Birth Doula
Patricia Madden	408-978-2587	patriciam@mac.com	\$750-1000	South Bay	Birth Doula
Barbara Marden	510-534-2616	bbbarbara@sbcglobal.net	\$25/hr, \$30/hr mults	East Bay, Marin, CCC, SF	Postpartum Doula, multiples, nights
Treesa Mclean	510-581-1013	treesakm@aol.com	Sliding	East Bay, SF, Peninsula	Birth & Postpartum Doula, specilizing in multiples, breastfeeding & cooking; Doula Trainer
Jacqui McClure	510-814-0232	Douladoula@sbcglobal.net	\$600	East Bay, SF	Birth Doula, Massage, Reflexology
Carolynn Melchert	510-654-2384	Devidreams@Earthlink.net	\$600, \$20/hr	East Bay, Marin	Birth & Postpartum Doula, Reiki Practitioner, Bach & Moxa
Pat Mullarkey	510-236-9633	pamullarkey@hotmail.com	\$20/h	East Bay, SF, Marin	Twin Night Postpartum Doula, Breastfeeding supp
Caitlin Miller	510.425.7300	clmiller@oberlin.edu	Call for	East Bay	Birth Doula
Trina Mackie	510-540-7262	trinamackie@hotmail.com	No Fee	Oakland, Berkeley, SF	Student doula working towards certification
Octavia Owens	510-295-7830	mynewbaby@aol.com		Greater Bay Area	Lactation Consultant, Postpartum doula

Estrella Phegan	415.722.0820	Estrella3210@yahoo.com		Berkeley, Oakland	Birth Doula
Candace Palmerlee	510-917-7175	Candacep@Sbcglobal.net	\$800	East Bay	Birth Doula, Prenatal/Postpartum Massage
Sue Proctor	510-531-3764	suzproct@ix.netcom.com	No Fee	Oakland, Berkeley	Student doula working towards certification
Ashley Parker	510-654-4546	Paintelevendors@hotmail.com	\$15 - \$25 hr	East Bay, SF, Peninsula, Marin	Postpartum doula
Angela Popova	925-230-2360	angy@bayareadoula.com	\$300.00 \$20/hr postpartum		Birth and postpartum doula, days & nights, Belly casting
Arlena 'Lina' Paraschak	510-295-5290	lina@islanddoulaservices.com www.islanddoula.com		SF, East Bay	Doula and postpartum doula, child safety, nutritional consultant
Mariaelena Quale	510.769.7549	eastbaydoula@gmail.com	\$700	East Bay	Birth Doula services & Birth tub rentals
Nicole Reeder	510-520-9533	Ncreeder@yahoo.com	\$300/sliding	East Bay, SF, South Bay	Birth Doula
Evy Rich	510-237-5479	kittylovrainbow@yahoo.com	sliding	Greater SF Area	Birth Doula, Acupressure, Postpartum Care www.birthdoulaevy.com
Felicia Roche	510-864-8480	www.feliciaroche.com doula@att.net	\$1100	SF, East Bay	Certified Birth Doula, Doula Trainer, Newborn Mas Instructor, Lactation Counselor, DONA No Ca Rep
Orit Rumstein	510-644-2524	rumstein@mail.com	sliding	East Bay, SF	Birth Doula, Nutrition Counseling, Bilingual-Hebrew
Paula Santi	925-933-5002	Doulapaulasanti@yahoo.com	\$700	East Bay, CCC	Birth Doula
Carol Shattuck-Rice	510-527-7210	Carolshattuck-rice@comcast.net	\$25/hr	East Bay	Postpartum Doula, Child Birth Educator, Infant Mas Classes, DONA Doula Trainer
Chaka Smith	510-689-3656	chakasian@hotmail.com	\$400	East Bay	Birth & Postpartum Doula
Jessica Soto	415-401-0323	Earthblrth@aol.com	\$750	Greater Bay Area	Birth Doula, Childbirth Educator, HypnoBirthing, Pr Yoga
Kenda Stewart Anvari	510-468-8798	Awaken2grace@Yahoo.com	Sliding	East Bay, CCC	Birth & Postpartum Doula, Massage Therapy, Life
Lynn Sutliff	415-517-3941	lynnsf@hotmail.com			Birth & Postpartum Doula (on hiatus)
Amanda Salzman	510-292-7649	asalzy@yahoo.com	Sliding	East Bay, SF	Pre-natal sessions, Birth Doula, Postnatal support, Nutritional Counseling, Sex Therapy
Joan Taylor	510-482-8927	jthealing@yahoo.com		East Bay, SF	Birth & Postpartum Doula, Yoga Instructor, Reiki Master/Teacher
Cherie Trombley	415-459-7798	Cherietrombley@sbcglobal.net	\$1,000	SF, Marin, East Bay	Birth Doula – twin specialist, Childbirth Educator
Kristy Vicari	707-373-2404	Kmia_butterfly@Yahoo.com		East Bay	Birth doula in training, Postpartum doula, Certified Nutritionist & Yoga Instructor, Moxa treatment
Holly Wiersma	925-947-5874	hdwiersma@hotmail.com	\$900	East Bay	Birth Doula, Lactation Educator, Newborn Massage
Constance Williams	510-558-7121	mydoula@igcc.org	\$800–1000	East Bay, SF, Marin,	Birth & Postpartum Doula, Childbirth & Newborn C

			\$30/hr	CCC	Instructor, night baby care multiples experience
Beverly Young-Reed	408-271-9225	SanJoseDoula@Aol.com	\$900/sliding \$25-30/hr	Greater Bay Area	Birth & Postpartum Doula