

# Community Doula List

Open Arms is connected to a wide network of experienced doulas. Below is a list of Doulas in our community open to supporting families who we are unable to enroll. Please contact them directly using the information provided to see if they are available during the time of your estimated due date.

*\*Doulas may provide in-person or virtual support or both, some may offer pro-bono or sliding scale services. Please discuss your preferences & needs with your doula. We cannot guarantee their availability.*

**[Aijanae Young](#) | 206-822-7935 | [aijanae@beautifulbeginningwa.com](mailto:aijanae@beautifulbeginningwa.com)**

**Serves: Snohomish County**

My sole purpose for parents-to-be is to create a supportive environment to assist on the journey of a lifetime.

**[Alisha Miller](#) | 360-510-3862 | [lishmiller917@gmail.com](mailto:lishmiller917@gmail.com)**

**Serves: Whatcom county**

I am a DONA-trained Birth Doula. I have a passion for educating and supporting pregnant and birthing people and their partners.

**[Angela Hodge](#) | 503-200-9256 | [angelahodgedoula@gmail.com](mailto:angelahodgedoula@gmail.com)**

**Serves: South Seattle, Burien, West Seattle, Vashon Island**

I am a birth doula, as well as a mother to three sweet children, who believes passionately that everyone who wants a doula should have access to one.

**[Ayanna Massey](#) | 412-694-2523 | [bettertogetherbirths@gmail.com](mailto:bettertogetherbirths@gmail.com)**

**Serves: Pierce County, Federal Way, Lacey, Olympia, Port Orchard, Bremerton, Gig Harbor**

Birth Doula, Virtual Doula, Sibling Doula Support, Hypnobirthing Childbirth Education Series

**[Briana Singh](#) | [Beehearddoula@outlook.com](mailto:Beehearddoula@outlook.com)**

**Serves: South Seattle to Tacoma**

I am a POC full spectrum doula offering birth, postpartum, and abortion support to all families.

[info@openarmsps.org](mailto:info@openarmsps.org)

TEL: (206) 723-6868

FAX: (206) 257-4146

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**[Charmian Toh](#) | 206-606-3196 | [melliferapnoe@gmail.com](mailto:melliferapnoe@gmail.com)**

**Serves: Whatcom, Skagit**

An herbalist and natural healer who is a trained birth and postpartum doula. I believe in the power of peer-to-peer support and in reaching out to pregnant women to provide doula services during the critical times of pregnancy, birth, and postpartum/early parenting.

**[Chelsea Staples](#) | Phone: 206-850-5426 | [moonhandzdoula@gmail.com](mailto:moonhandzdoula@gmail.com)**

**Serves: King County**

I empower families who are expecting by giving them options and a voice for what they want.

**[Dannah Norris](#) | 206-817-5241 | [dannahnorris@douladannah.com](mailto:dannahnorris@douladannah.com)**

**Serves: Seattle**

I want to do everything I can to help parents in the community in achieving what they envision, the experience that gives them confidence and strength to raise their families independent and interconnected.

**[Eli Seibel](#) | 206-245-5040 | [ombligobirthkeeping@gmail.com](mailto:ombligobirthkeeping@gmail.com)**

**Serves: Greater Seattle Area and South King County**

**[Fernanda Lopes Correa](#) | 425-516-8014 | [fernanda.lopescorrea@gmail.com](mailto:fernanda.lopescorrea@gmail.com)**

**Serves: North King County, Seattle, Eastside**

I believe that birth with respect is the first step to building stronger connections between parents and their children, and that way we can be a community with deep solidarity.

**[Giselle Teston](#) | 917-557-6632 | [giselle.teston@gmail.com](mailto:giselle.teston@gmail.com)**

**Serves: Greater Seattle Area & King County**

I am a trauma-informed Registered Nurse, postpartum doula, and abortion doula. During the COVID-19 pandemic, I have expanded to provide virtual postpartum doula services as well. I focus on postnatal recovery, new mom/parent support, and mindfulness techniques. Populations that I have a special interest in working with are BIPOC and LGBTQIA+ communities.

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**India Posner** | 206-819-1766 | [hello@dearcadamom.com](mailto:hello@dearcadamom.com)

**Serves: Seattle + 10 miles**

I am a non-judgmental and flexible doula, offering support to families on their birth journey.

**Jeremy Bowen** | 206-708-5976 | [Jeremybowendoula@gmail.com](mailto:Jeremybowendoula@gmail.com)

**Serves: U District to Kent**

**Linda Reyes Songer** | 206-849-8305 | [lindasonger@gmail.com](mailto:lindasonger@gmail.com)

**Serves: Virtual**

I am a bilingual (Spanish) retired Clinical Social Worker with extensive experience working with families, women, and teens. The focus of my work has been with high-risk populations.

**Montana Tucker** | 503-407-5981 | [montanatuc@gmail.com](mailto:montanatuc@gmail.com)

**Serves: Whatcom and Skagit County**

I offer birth doula services and perinatal massage therapy. I am a licensed massage therapist, and a birth doula trained by DONA. I also hold active Wilderness First Responder, CPR, and Infant CPR certifications. I am new to birth work and excited to contribute to my communities through this work.

**Nelly Rabinowitz** | 203-668-7410 | [nellyrabinowitz@gmail.com](mailto:nellyrabinowitz@gmail.com)

**Serves: Virtual**

Experienced doula.

**Olivia Godby** | 916-716-2321 | [ogodby@alumni.nd.edu](mailto:ogodby@alumni.nd.edu)

**Serves: King County**

**Randi Allred** | 206-427-0225 | [7allreds@gmail.com](mailto:7allreds@gmail.com)

**Serves: Greater Highline area -Normandy Park, Des Moines, SeaTac, Tukwila, Burien**

I am a mother of 7 children offering compassionate, skilled birth doula services.

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**Rocio Carranza | 425-280-8549 | [roseveln.rc@gmail.com](mailto:roseveln.rc@gmail.com)**

**Serves: Snohomish County, King County**

I am a POC Doula that is focused on the birth person's desires and needs. Bilingual in Spanish and English.

**Rosalba Vazquez | 425-443-6391 | [Rosalba\\_vazquez@hotmail.com](mailto:Rosalba_vazquez@hotmail.com)**

**Serves area codes: 425, 253, 206**

I've attended 3 births only 1 one as a professional doula and I really love it. I have worked with kids and families for over 17 years and I'm really happy to help someone.

**Ruth Njenga | 253-397-8602 | [njenga\\_2005@icloud.com](mailto:njenga_2005@icloud.com)**

**Serves Seattle, Eastside, and King County**

I love doula work after being a therapist for 11 years.

**Samantha Fonteyne | 763-285-2828 | [samantha@samanthafonteyne.com](mailto:samantha@samanthafonteyne.com)**

**Serves: Virtual**

I am a queer writer, doula, and perinatal educator who supports folks throughout the threshold of life transitions.

**Suzanne Ledbetter | [Suzanne@thedoulaphotographer.com](mailto:Suzanne@thedoulaphotographer.com)**

**Serves: Tacoma to North Seattle, Eastside**

**Tatiana Ponomar | [tatisg@mail.ru](mailto:tatisg@mail.ru) | 469-999-7524**

**Serves: Eastside and 30 miles radius of Kirkland**

My doula services are mostly focused on women with Slavic cultural backgrounds (former USSR countries, Romania, Moldova). Women from these communities are very vulnerable, often if they don't speak English and have little or no support. I understand their mentality, their needs, and cultural aspect of childbirth and parenting. I am trained and certified by Instituted of Perinatal Support, which is a member of the European Doula Network. I am an aspiring doula and attended only one birth but I have the knowledge and experience to work with women and how to support them.

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