

Doula Recommendations for NWO & SEM (updated 12/2022)

Created by Shelly Varelli Holistic Therapy & Birth Services

www.shellyvarelli.com

Shelly Varelli Doula Service Update: I will no longer be offering Doula support services. If you are interested in working with me and are looking for a homebirth midwife in the NWO or SEM area, please reach out. Schedule a visit or a consultation on my website www.shellyvarelli.com, or call/text me at 419.699.2279

This list is intended to promote individual self-employed doulas. This list is not fully comprehensive as there are some doulas I do not know, or who have asked to be removed from the directory -if you are an independent doula and would like to be added please email me at shellyvarelli@gmail.com. I hope this list is helpful in your search of finding the right Doula for you! I encourage you to look at any FB, IG, or website pages offered to see who is actively engaged in their business, ask about their experiences, and find someone that aligns with your values and preferences.

Doulas serving NWO and SEM (in alphabetical order by first name)

Amanda Dix, *Birth Doula* <https://www.facebook.com/EileithyiaBirthServices/>

Email: Eileithyiabirthservices@gmail.com

Phone: 419.344.3471

Amber Harmon- Northwest Ohio Doula
Birth, Postpartum, and Infant Care Doula

Serving NWO, Northern Central Ohio

Email: northwestohiodoula@gmail.com

Phone: 419.307.4944

Anita Foreman, MOL, CFD Birth, Postpartum, and Bereavement Doula, Adult and Pediatric
First Aid/CPR/AED Instructor, and Childbirth Educator

The Doula Xperience-serving NWO, SEM, NEO

Website: www.thedoulaxperience.com

Email: info@thedoulaxperience.com

Phone: 419-279-1474

Ashley Short, *Birth & Bereavement Doula/ Birth Photographer*

Ashley Short Photography and Birth Services- serves NWO, SEM, and NEI

Website: Ashleyshortphotography.com

Email: info@ashleyshortphotography.com

Phone: 419-231-1174

Ellie Risher, *Birth Doula*

Serves: NWO & SEM
Email: birthwithellie@gmail.com
Phone: 419-508-1470

Kaitlyn Hoyer, *Birth & Postpartum Doula*
Bowling Green
Phone: 419.979.5057

Kate Hayfield, *CD(DONA), Birth Doula, Lactation Counselor*
Website: www.facebook.com/KateHayfieldBirthDoula
Email: kate.hayfield@gmail.com
Phone: 419-429-9163 NW Ohio (based in Findlay)

Khadijah Bansfield, *Birth Doula, Student Midwife*
Serves SEM -Ann Arbor Area
Instagram: [@doula_k_birthservices](https://www.instagram.com/@doula_k_birthservices)
Phone: 734.757.7897

Kim Pohlman, *Birth Doula & Childbirth Educator (hospital only -no homebirths)*
Phone: 419.704.5890

Lauren Motsinger, *Birth Doula, Placenta Encapsulation*
Serving NWO
Website: nwobirthservices.wix.com/birth
Email: nwobirthservices@gmail.com
Phone: 419.308.2753

Meredith Edwards, *CD(DONA), Birth Doula*
Serving Toledo and NWO area
Website: www.birthwithmeaning.com
Email: birthwithmeaning@gmail.com
Phone: 419.606.5537

Mahogoney Allen, *Full Spectrum Doula*
Serving Toledo and NWO area
Phone: 419.392.1252

Morgan Bartell, *Birth Doula*
The Compassionate Doula
Email: morggbeth789@yahoo.com
Facebook: <https://www.facebook.com/The-Compassionate-Doula-108942728093047>
Phone: 517.499.5719

Morgan Mainous, *Certified Birth & Postpartum Doula*
Serving the Greater Toledo & Elmore Ohio area
Email: morganmainous@yahoo.com
Facebook: ohio <https://www.facebook.com/loveyourlabordoulaservices/>
Phone: 419-450-7887

Natasha Vitte, *Doula, Placenta Encapsulator, Birth Photographer*
Serving Northwest/North Central Ohio
Facebook: <https://www.facebook.com/ConsciousCareDoula/>
Phone: 567-356-1948

Nicole Daley, *Doula of NWO*
Sunstone Birth Doulas- servicing Toledo and surrounding areas
Website: sunstonedoulas.com
Email: nicoled@sunstonedoulas.com

Northwest Ohio Birth Services -Doula Service
Owner: Jennifer Moyer, CPM, inquire about contracted Doulas
Website: www.nwobirthservices.wix.com/birth
Email: nwobirthservices@gmail.com
Phone: 567-376-5262

Rachel Mackay, *Birth & Postpartum Doula, Placenta Encapsulator*
Sun Stand Still Doula, LLC - Serves SEM
Website: Sunstandstilldoula.com
Phone: (734)776-6334

Renee Zimmerman, *Postpartum & Birth Doula*
Serving NWO and Northeast IN
Email: rzimmerman82@hotmail.com
Phone: (419) 789-9348

Ruth Kreager, *Birth Doula*
Birth Doula serving NWO
Email: Ruthkreager@gmail.com
Phone: 419-344-0561

Tiana Taylor, *Birth Doula*
Birth Doula serving NWO
Website: <https://doulatiana.com/>
Email: DoulaTiana@gmail.com
Phone: 567-694-4586

Tiffany Storrer, *Midwife Assistant/ Birth Doula*

Wildflower Birth and Doula Services

Services: NWO, SEM, and NEI

Website: wildflowerbirthing.com

Email: Wildflowerdoulaohio@gmail.com

Phone: 419-350-8795

Tyann Sanchez

Allen County, Indiana and Ohio counties Van Wert, Defiance, western Putnam, & Paulding

Email: Lotusandbloom@gmail.com

Phone: 260.449.5211