

# PENOBSCOT AND HANCOCK COUNTIES

**Courtney Campbell, Trained Doula.**

(MAID MEMBER)

Pursuing certification through DONA

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Serving: Bangor, Ellsworth, Blue hill, Waterville

**Evelyn Conrad, ICCE, CD(DONA), HBCE, CLC (MAID MEMBER)**

Your Birth Connection

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[www.yourbirthconnection.com](http://www.yourbirthconnection.com)

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Evelyn Conrad has been working with birthing families since 1985 as a certified birth doula, childbirth educator, hypnobirthing practitioner, and lactation counselor. In 1996, Evelyn began Your Birth Connection a perinatal service that offers many different services for the birthing woman and her family.

Ever since her own transforming birth experiences in 1983 and 1985 Evelyn has been passionate about birth and empowering women to have a positive experience as they see it. Through education women can reclaim their birth as their own with confidence and use this amazing journey of pregnancy and birth to discover their own power.

In 2002, HypnoBirthing was added to Evelyn's repertoire of services. Since then, Evelyn has utilized hypnosis to prepare her clients for birth and has seen the incredible difference that confidence and self-esteem can make during the birth process and beyond.

It was HypnoBirthing that inspired Evelyn to increase her knowledge and help all people realize their potential and enhance the quality of their lives. In 2007 she attended and graduated from the New England School of Hypnotherapy and became a Certified Hypnotherapist. She is certified with the National Guild of Hypnotists and opened Absolute Hypnotherapy in January of 2008.

**Nancy E Graves CD(DONA) CLC, HBCE**

(MAID MEMBER)

**Island Birth Doula**

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I am a DONA International certified birth doula (2005) and have been providing labor support to birthing families since 2003. As the mother of twins, I have a special interest in supporting families expecting twins or multiples.

As a birth doula, the woman and her partner employ me. I support them in their choices, help them to create the perfect atmosphere for the birth they want, I also provide physical and emotional support and educate parents about procedures and interventions. Studies show how great and a lasting impact birth has on the mother, partner and baby.

I support women and their families at births both at home and in the hospital in Hancock, Washington and Penobscot counties.

Also in 2005, I became a certified Lactation Counselor. I successfully nursed twins and know first hand how challenging early breastfeeding can be. I am available to provide lactation counseling in your home, hospital or at my office.

In 2006 I received certification through The HypnoBirthing® Institute. Island Birth Doula offers HypnoBirthing® Classes both in group and private sessions. Other classes include Successful Breastfeeding, Labor Comforts Class, and Basic Childbirth all options are available upon request.

**Paula Holland, CD(DONA), CLC, CE**

(MAID MEMBER)

**Natural Beginnings**

**373 White Point Estates Rd**

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**Janel Worcester, CD(DONA)**

(MAID MEMBER)

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**Serving: Bangor, Ellsworth, Blue Hill**

Janel Worcester is a mother of two wonderful children and, in addition to being a certified doula, she is a licensed social worker who has worked with families since 1994. Her experience includes supporting children and families with various challenges: mental health diagnoses, homelessness, physical and developmental disabilities, and primarily with children in foster care. Her most recent experience has been supporting children and families affected by Autism Spectrum Disorders. Her entire career has focused on developing and strengthening family attachments.

Janel has always been fascinated with pregnancy and birth and that, coupled with her innate desire to help others, brought her to explore being a doula. She strives to bring a positive, reassuring presence to every birth. Her job is to ensure that the mother's experience meets her expectations while making every effort to have a safe and speedy delivery. It is important for Janel to feel she has included the birth partner (if there is one) in the birth process as fully as they desire. Janel, depending on the mother and birth partner's personalities and communication styles, will be hands-on with emotional and physical comfort measures or more on the sidelines providing suggestions. In all cases she will make certain that the mother and her birth partner are aware of their options and their effects.

Janel believes an essential component of a doula's role is to confirm to a mother the magical connection, physically and emotionally, she has already has with her baby during pregnancy. This bond is then intensified dramatically during the birth process. This attachment will continue for life - even for those who chose not to raise their child. For this reason, she has named her service "Roots & Wings" to demonstrate the *roots* children need to be grounded and the *wings* they need to be happy, successful adults. It all begins with being empowered as a parent, which starts with birth.

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## MID-COAST AREA

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