

Doula Recommendations for NWO and SEM (updated 8/2023)

Created by Shelly Varelli Holistic Therapy & Birth Services

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This list is not fully comprehensive as there are some doulas I do not know, or who have specifically 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 (in alphabetical order by first name)

Amber Harmon- Northwest Ohio Doula
Birth, Postpartum, and Infant Care Doula
Serving NWO, Northern Central Ohio
Website: www.northwestohiodoula.com
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)

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

Phone: 419.704.5890

Lauren Motsinger, *Birth Doula, Placenta Encapsulation*

Serving NWO

Phone: 419.957.9538

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 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

Northwest Ohio Doulas

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 Doulas -a doula partnership between Amber Harmon & Natasha Vitte

Website: www.northwestohiodoula.com

Phone: 419.307.4944

Morgan Ringger, *Birth doula*

Sweet Peach Doula Care LLC
Serving NWO & SEM
Email: sweetpeachdoula@gmail.com
Phone: 678-428-6867
Website: <https://www.meetyourdoula.com/ohio/swanton/doulas/morgan-ringger>

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
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