

# Meet the Doulas

A spotlight on local Michigan Department of Health & Human Services (MDHHS) certified doulas who have committed to increasing equitable access to professional doulas and improving maternal and infant health outcomes in Antrim, Charlevoix, Cheboygan, Emmet, Otsego, and Presque Isle Counties.



**Charlevoix, Emmet,  
Northern Antrim Counties**  
[greatstartcollaborative.org](http://greatstartcollaborative.org)



# Note from the Great Start Collaborative

On January 1st, 2023, Michigan Medicaid approved reimbursement for doula services as a preventive care service. Committed to improving maternal and infant health, the Great Start Collaborative (GSC) aims to increase the likelihood of children being born healthy. With the statewide coverage of doula services by Medicaid, the GSC introduced DONA International Birth Doula and Postpartum Doula training to the area, broadening community access to Michigan Department of Health & Human Services (MDHHS) certified doulas.

The GSC engaged with the community, urging individuals interested in entering the birthwork profession to apply for the training. Scholarship funding was made available to support those who might otherwise have been unable to attend. Those accepted into the training pledged to serve individuals and families of all races, colors, religions, ages, sexes, national origins, sexual orientations, gender identities or expressions, and abilities. The birthworkers featured in this guide committed to becoming MDHHS certified doulas and accepting the Michigan Medicaid reimbursement rate as full payment for services provided to Michigan Medicaid recipients.

Beyond birth doula training, many of these birthworkers participated in postpartum doula training and additional components, including an introduction to Community Resources (led by the Health Dept. of Northwest Michigan), Supporting Survivors (led by the Women's Resource Center of Northern Michigan), and Working with 2SLGBTQIA+ Parents and Families (led by Planned Parenthood of Michigan). Some attended Resources for Indigenous Birth Equity (led by Miigwech Inc.), while others completed Lamaze Childbirth Educator training, Lactation Counselor training, and more.

The GSC recognizes the intimate relationship between a doula and their client. Each doula highlighted in this publication brings unique skills, knowledge, resources, personalities, life experiences, and practices to their offerings. Like any profession, each doula develops their model of care and practice. It's crucial for those seeking the support of a doula to meet several doulas to establish a relationship with a birthworker who will best meet their unique needs and desires.

We hope you take the time to get to know these doulas and feel comfortable reaching out to request services, knowing they are eager to support you and your growing family!

Funding for the project was provided by the Great Start Collaborative of Charlevoix, Emmet, and Northern Antrim Counties; Great Start Collaborative of Cheboygan, Otsego, and Presque Isle Counties; the Linda Sheppard Fund for Nurses, along with contributions from an anonymous donor via the Petoskey-Harbor Springs Area Community Foundation; Hestia Women's Giving Circle; and in-kind support from Boyne District Library and NoMiGetaways.

# What is a Doula?

Doulas are trained birthworkers who provide non-clinical emotional, physical, and informational support to pregnant people and their families before, during, and after birth. A doula is a birth professional whose goal is to help families have a safe, healthy and positive birth experience.

Countless scientific trials examining doula care demonstrate remarkably improved physical and psychological outcomes for both pregnant, birthing, and postpartum people and their baby. Doulas have a positive impact on the well-being of the entire family.

Insurance Coverage by Provider								
Doula Name	Blue Cross Complete	McLaren Health	Medicaid	Meridian	Molina	Priority Health	United Healthcare	Upper Peninsula Health Plan
Jamie Cutler			√	√				
Erin Fortune		√	√	√	√		√	
Jessica Gilbert			√					√
Diane Hague		√	√	√	√	√	√	√
Courtney Holbrook	√	√	√	√	√	√	√	
Lark MacLeod			√				√	
Hilary Lake		√	√		√			
Nakita Marihugh		√	√	√	√	√	√	√
AuBri Slain			√	√		√		



# Aleece Balchik


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## PHONE

231.881.0527

## SOCIAL MEDIA

 @arbalchik

 <https://www.facebook.com/aleece.balchik>

## SERVICES OFFERED

Birth Doula Services  
Pre/Post-natal Yoga  
Postpartum Pelvic Floor Training  
Bodywork  
Healing Arts Work

## COUNTIES OF SERVICE

Most of Northern Lower Michigan

## EDUCATION/TRAINING

DONA International Birth Doula  
Certified Bodywork Practitioner  
200RYT current 500RYT in process  
ADS Auricular Detoxification Specialist  
Mobility Specialist  
Stretch Therapist  
Sound Healer  
Reiki & Energy Worker  
Spinning Babies Training

## What led you to birthwork?

I have continued to learn and grow to serve my community in many ways. Becoming a doula was on my bucketlist for future certifications and it thankfully came sooner. The need for true connection to self (the human body) and to others (community and traditions) has rapidly increased. I knew that with my previous experience, this work would tie everything together in not only helping the birthing parents, but also the obstetrics parties. The want is fully supported birthing partners (before, during and after the birth) that can revel more in the magic of the birthing experience knowing we are all in this together: to bring babies earth side safely with the excitement and love of the birth parents. strongly that the birthing person should have as much support as possible, for their birthing experience to be as wonderful as they would like for it to be. I would have loved to have a doula present during my own childbirth experiences, but unfortunately that was not the case. I would be honored to be part of that support for someone else.



## Hello, I'm Aleece!

I was born and raised in Petoskey and lived enough city and island life to know that Petoskey would be forever home. I've been teaching yoga over 7yrs and my hunger for knowledge, yoga and the healing arts hasn't stopped. I have had a profound connection of the mind, body & soul over the 14+ certifications I have attained over the years. My way of life has improved and helped me cope with everyday stresses as well as deep losses. I want to reciprocate that to others what it has done for me: be vulnerable enough to feel and be aware of those deep connections, and be strong and empowered to use not only my body but my voice to demand the best in life. I always find a bit of myself in other clients so I advocate almost more for them than I would for even myself, so I take care of each client with the utmost respect for their individualized needs. I might not have every answer but I will most definitely find it. As some have said, "her (my) insatiable hunger for knowledge feeds into her (my) magnetic generosity."

So, let me support you. If we don't fit in whatever capacity, I can guide you to someone who might!



# Sandra Bedell

## EMAIL

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850.417.9246

## SERVICES OFFERED

Birth Doula Services

Postpartum Doula Services

## COUNTIES OF SERVICE

Antrim & Surrounding

## EDUCATION/TRAINING

DONA International Birth Doula Training

DONA International Postpartum Doula Training

## What led you to birthwork?

I have had 4 childbirths of my own, and I feel strongly that the birthing person should have as much support as possible, for their birthing experience to be as wonderful as they would like for it to be. I would have loved to have a doula present during my own childbirth experiences, but unfortunately that was not the case. I would be honored to be part of that support for someone else.



## Hello, I'm Sandra!

I am originally from Sweden, and married my husband, who was in the US Navy, 25 years ago. We have 4 children, and have been fortunate to live in, and experience many cultures, around the world. When my husband retired we had the opportunity to move to Bellaire, where we now live on a small family farm. I have worked in the medical field as an ob/gyn medical assistant, and many years in childcare where I have mainly provided care for infants and toddlers.

I speak fluent English and Swedish, and some Spanish.



# Waja Berarducci

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## PHONE

231.675.7004

## SERVICES OFFERED

Birth Doula Services

Trauma-informed Yoga

## COUNTIES OF SERVICE

Charlevoix

Emmet

## EDUCATION/TRAINING

DONA International Birth Doula Training

## WHAT LED YOU TO BIRTHWORK?

Everyone needs a strong, supportive village that surrounds them in love. Becoming a parent is one of the most pivotal transitions in a person's life. Births are magical, amazing, and unpredictable, it is a sacred time of transformation that requires birth families to be surrounded in safety. My life's work is supporting people through connection and safety. I look forward to adding birthwork on my journey.



## Hello, I'm Waja!

I am a mom of five and have lived in this beautiful area my whole life. Although my chosen path was elementary education, my passion led me to early education. I continued to lead with my heart and pursued a degree in Leadership followed by a well-timed degree in Trauma and Resilience Curriculum. My passion is to support teachers, families, and children through a trauma lens and to create ripples that encourage others to do the same. I take a neuroscience approach to teaching people how to recognize physiological states in their body, to become the drivers of their emotions instead of sitting in the backseat. Yoga has become a wonderful new tool that I love to incorporate in my teachings and personal life.

Becoming a parent, whether it is for the first time or the tenth time, is transformational. Pregnancy is a mixture of unpredictability, wonder, and love, so much love. I look forward to supporting my clients through all the feels, doing my best to ensure they feel safe and supported through their birth experience and beyond.



# Blair Cole

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947.957.4421

## SERVICE OFFERED

Birth Doula Service  
Postpartum Doula Services

## COUNTIES OF SERVICE

Emmet

## EDUCATION/TRAINING

DONA International Birth Doula Training  
DONA International Postpartum Doula Training

## What led you to birthwork?

The birth experience is beautiful and I want to help support families in using their voice to get what they need throughout the process. I also want to share all of the many resources our community has to offer.



## Hello, I'm Blair!

I am a proud mom of four children and live in Emmet County. Some of my hobbies include reading, watching movies, and spending time with my cat and dog.



# Jamie Cutler

## EMAIL

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## PHONE

231.330.0990

## SERVICES OFFERED

Birth Doula Services

Postpartum Doula Services

## COUNTIES OF SERVICE

Charlevoix

Emmet

Cheboygan

## EDUCATION/TRAINING

DONA International Birth Doula Training

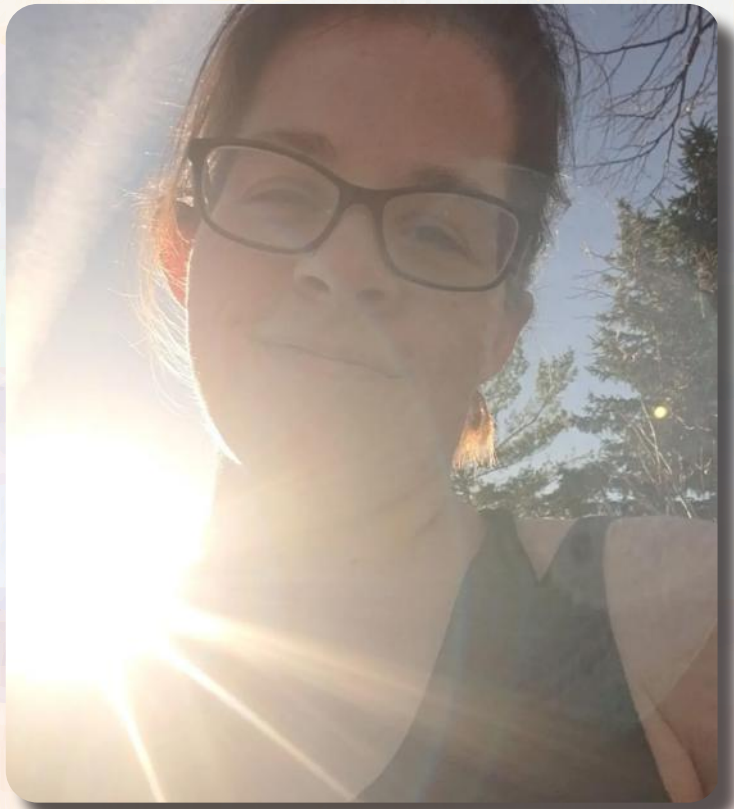
DONA International Postpartum Doula Training

Spinning Babies Training

## What led you to birthwork?

Personal experience and hearing from friends and family about their experiences.

More tenderness, support, and education is desperately needed.



## Hello, I'm Jamie!

I'm a 34 year old single mother of two. I am very excited about bridging the gap for disempowered birthing people of all backgrounds, and holding sacred space for a gentle entrance for all.

## INSURANCE ACCEPTED

Medicaid

Meridian



# Megan DeHoog

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517.331.4314

## SERVICES OFFERED

Birth Doula Services

## COUNTIES OF SERVICE

Charlevoix

Otsego

Parts of Antrim

## EDUCATION/TRAINING

DONA International Birth Doula

MSW

## WHAT LED YOU TO BIRTHWORK?

Finding my own voice and amplifying the voices of others is what led me to birthwork. I want to empower others to find and have a voice that is heard across our region.



## Hello, I'm Megan!

My name is Megan (she/her) and I hope to meet you wherever you are at in your journey. I'm a human parent, dog parent, and a novice plant parent. I love good conversation, the outdoors, popcorn, and reading. I work full time, but I'm really called to create spaces that are empowering and educational for others. I'm particularly interested in supporting first time birthers, the 2SLGBTQIA+ community, and those with substance use disorder.



# Joelle Drader

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## PHONE

231.838.4227

## SERVICES OFFERED

Birth Doula Services  
Postpartum Doula Services  
Counseling

## COUNTIES OF SERVICE

Emmet  
Cheboygan

## EDUCATION/TRAINING

LPC  
DONA International Birth Doula Training

## What led you to birthwork?

My first professional career was as a physician delivering babies. Becoming a doula will allow me to return to birth work and support birthing parents in our area in this very unique and important role!



## Hello, I'm Joelle!

I have been fortunate to live and serve in Northern Michigan for over 20 years. I currently work primarily as a Licensed Professional Counselor but began my professional career as a physician delivering babies and providing women's health. I look forward to serving birthing parents to support them before, during and after their birthing experience. I truly believe we were not meant to go through this important and transformative stage of life alone and with support we will strive towards more positive outcomes for all!



# Megan Fenstermaker

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## PHONE

989.306.3452

## SERVICES OFFERED

Birth Doula Services

Postpartum Doula Services

## COUNTIES OF SERVICE

Cheboygan

Otsego

Presque Isle

Emmet

## EDUCATION/TRAINING

DONA International Birth Doula Training

## What led you to birthwork?

The journey through pregnancy and birth has always been incredibly intriguing to me. The transition into motherhood or becoming a mother again is one of the most critical roles to our future that begins with pregnancy and birth to begin the journey. Becoming a Doula and helping people through their journey and helping to make it as positive as a memory as possible has always been a dream of mine. I think it is important to set and try to achieve goals and visions that people have set for themselves through the birthing process and with more support the better chance for that to be a possibility.



## Hello, I'm Megan!

I am an advocate for empowering women in many different aspects of life. My world spins around my four beautiful children, Aidan, Adisyn, Skylar, and Dain. I specialize in children's behavior health and have been actively involved in many aspects with children of the community for several years, from coaching sports, working in the school system, and building a good rapport for a positive influence in our society. My hobbies include capturing moments into memories, being involved in sports, appreciating the outdoors, and embracing the optimistic forms of life.



# Erin Fortune

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## PHONE

231.675.1866

## SERVICES OFFERED

Birth Doula Services  
Postpartum Doula Services  
Infant Massage Education  
Massage Therapy  
Body Work

## COUNTIES OF SERVICE

Charlevoix  
Emmet

## EDUCATION/TRAINING

Certified Bodywork Practitioner  
Licensed Massage Therapist  
Certified Infant Massage Instructor  
DONA International Birth Doula  
DONA International Postpartum Doula

## What led you to birthwork?

The beauty of birth has always enamored me since I was a child, but experiencing labor and birth myself has pushed me even more to helping others through their own.



## Hello, I'm Erin!

I'm a local to Boyne City, and I have been a Certified Bodywork Practitioner and Licensed Massage Therapist for almost 6 years. I also hold a certification of Infant Massage Instructor, and have completed a DONA approved Birth Doula training. After giving birth to my daughter in October 2022, I realized how important birth workers truly are. I truly wish I would have had the proper, loving, beautiful support that a doula brings to a labor experience. I am driven and motivated to help bring the divine satisfaction that comes with a positive birth experience, including incorporating massage into labor if it is desired. I aspire to empower, support, and comfort all birthing parents through the most transformative experience of their lives; however they dream of experiencing it.

## INSURANCE ACCEPTED

McLaren Health  
Medicaid  
Meridian

Molina  
United Healthcare



# Michelle Fox

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231.459.8526

## SERVICES OFFERED

Birth Doula Services

Postpartum Doula Services

## COUNTY OF SERVICE

Antrim

## EDUCATION/TRAINING

DONA International Birth Doula Training

DONA International Postpartum Doula Training

## What led you to birthwork?

Parents need all the support they can get! I'd like to use my experience and skills to help parents have a safe and healthy birthing experience and to ensure babies get the best start possible.



## Hello, I'm Michelle!

I'm a retired teacher and a small business owner in Central Lake. Working as a doula has been a goal since my son was born 23 years ago. I think every birthing person and birth partner should have a doula to provide support, encouragement, advocacy, and assistance.



# Jessica Gilbert

## EMAIL

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## PHONE

906.440.9404

## SERVICES OFFERED

Birth Doula Services

Postpartum Doula Services

## COUNTY OF SERVICE

Chippewa

Luce

Mackinac

## EDUCATION/TRAINING

DONA International Birth Doula Training

DONA International Postpartum Doula Training

## What led you to birthwork?

I've always felt called to serve women in my community. My call to birth work happened when trauma, curiosity, and education came together through my own birthing experience. Supporting and empowering families through their pregnancy, birth, and postpartum period is a passion of mine and I am so grateful to show up in our community in this way.



## Hello, I'm Jess!

I am mother, a partner, and a homemaker. We recently moved back to the Eastern Upper Peninsula after living in Tennessee for 6 years and own 2 small businesses. I love spending time outside, with my family, and in the kitchen (I'm a fantastic cook). I am extremely passionate about birth education, informed consent, and compassionately supporting families through such an important time/transition in their lives.

## INSURANCE ACCEPTED

Medicaid

Upper Peninsula Health Plan



# Cara Gill

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## PHONE

231.676.4293

## WEBSITE

Coming Soon

## SOCIAL MEDIA

 <https://bit.ly/mamavillagedoula>

## SERVICES OFFERED

Birth Doula Services

La Leche League leader

BSN-RN

Postpartum Doula Services

## COUNTIES OF SERVICE

Antrim

Charlevoix

Grand Traverse

## EDUCATION/TRAINING

DONA International Birth Doula Training

Breastfeeding Education

DONA International Postpartum Doula Training

## WHAT LED YOU TO BIRTHWORK?

My passion for birthwork, support for families, and desire to promote the health of babies and children began with the birth of my first child and has continued to grow. Having experience my first birth without support of a doula and my second birth with that support, the difference was immense. I want to be able to provide that kind of support and empowerment to others.



## Hello, I'm Cara!

I am an outdoorsy mom of two who loves to garden, travel, and meet new people. I am passionate about promoting the wellbeing of families in our community through education, in person support, and connection with resources.



# Diane Hague

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## PHONE

231.838.3941

## WEBSITE

delicatedoula.nomibirthservices.com

## SOCIAL MEDIA



<https://bit.ly/delicatedoula>



<https://bit.ly/delicatedoulafb>

## SERVICES OFFERED

Birth Doula Services

Postpartum Doula Services

## COUNTIES OF SERVICE

Most of Northern Lower Michigan

## EDUCATION/TRAINING

DONA Birth Doula Training Certified through International Doula Institute

BLS Certified

DONA International Postpartum Doula Training

Lamaze Childbirth Educator Training

Spinning Babies Training

## WHAT LED YOU TO BIRTHWORK?

Birth work is a calling for me. I feel led to support, educate, and support advocacy for all families getting ready to go through birth. I am intrigued by the birth process and I am continuing to learn and grow in it to better serve my community.



## Hello, I'm Diane!

I have been practicing as a Doula for over 5 years now and have been Certified for 2 years. I am a mother by choice and by birth of 3 amazing kiddos. I was born and raised in Petoskey but have lived in Boyne City for the last 10 years. I am Co-Owner of Delicate Doula Services LLC founded in October of 2021. Serving birth families is a passion and I cannot wait to continue to support more families.

## INSURANCE ACCEPTED

McLaren Health

Medicaid

Meridian

Molina

Priority Health

United Healthcare

Upper Peninsula Health Plan



# Courtney Holbrook

## EMAIL

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## WEBSITE

<http://openarmsdoulacourtneyh.com/>

## PHONE

231.758.7244

## SERVICES OFFERED

Prenatal, Labor/Birth and Postpartum Care  
Child Birth Classes

## COUNTIES OF SERVICE

Charlevoix  
Emmet

## EDUCATION/TRAINING

DONA International Doula Training  
Certified Occupational Therapy Assistant  
Lamaze Birth Educator Training  
BLS Certified  
Resources for Indigenous Birth Equity Education  
DONA International Postpartum Doula Training

## What led you to birthwork?

I have had a desire to become a Doula and Birth worker for many years. As a young teen mother of twins I was fortunate to have the support of a Doula. I know first hand how a compassionate, knowledgeable support person can impact your experience before, during and after birth. It is with the experience of my Doula I was able to birth my twin daughters naturally and stay closely aligned with my birth plan. She gave me the confidence, strength and ability to trust my body and advocate for myself which set the tone for my later birth experiences. It is because of this positive experience I want to dedicate myself to giving back to families in our community.



## Hello, I'm Courtney!

I live in Petoskey, Michigan in a fixer upper on beautiful Walloon lake with my family, two german shepherds and a flock of chickens. We have five wonderful children twin daughters who are twenty five grown and out of the house and three boys at home one seventeen years old, four years old and one year old. I enjoy being outdoors, hiking, playing with my family and finding solace in my garden.

I look forward to starting my birth work journey. I am currently accepting new clients with Medicaid, managed care plans as well as private pay situations. It is my goal to honor all individuals and families and their right to a nurturing, caring, supportive environment during the amazing life event of childbirth.

## INSURANCE ACCEPTED

Blue Cross Complete	Priority Health
McLaren Health Medicaid	United Healthcare
Meridian	
Molina	



# Shannon Johnson

## EMAIL

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## PHONE

231.330.9431

## SERVICES OFFERED

Doula services providing emotional and physical support during pregnancy, labor, birth and postpartum period. I also have my bachelor's degree in Family Life Education. I can assist family's with identifying and building on their strengths as they are adjusting to their new addition.

## COUNTIES OF SERVICE

Charlevoix  
Emmet  
Cheboygan  
Otsego

## EDUCATION/TRAINING

BA in Family Life Education  
DONA International Birth Doula Training

## What led you to birthwork?

My previous experience working with foster care and preventative programs leads me to believe the best place to help families build those protective factors is from birth and support birthing parents in our area is this very unique and important role!



## Hello, I'm Shannon!

I live in Petoskey. I have four grown children and seven grandchildren. I enjoy 3 of the 4 seasons, being outdoors, rock hunting, gardening, hiking, and kayaking.



# Kelly Kitchen

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## PHONE

517.819.5025

## SERVICES OFFERED

Birth Doula Services

## COUNTIES OF SERVICE

Charlevoix

Emmet

Cheboygan

## EDUCATION/TRAINING

Dona International Birth Doula Training

B.A. in Audiology and Speech Sciences from  
Michigan State University

M.A. in Speech Pathology from Michigan State  
University

Juris Doctorate from Thomas Cooley Law School

## What led you to birthwork?

I have been an advocate for woman and children's health my whole life. I have been an advocate for children and families my whole career and now want to focus on one of the most crucial times for families, the birth process. I have a special desire to assist families that receive medicaid or may find themselves outside of the conventional 'family' structure.



## Hello, I'm Kelly!

I began my career as a speech pathologist working with infants and their families that were at risk for speech and language delays. I taught parenting classes and mentored many at-risk youth. I ended my career teaching mathematics with an emphasis on differentiated instruction. I have over 20 years experience coaching and look forward to channeling empowerment into my work as a doula. I have three grown children and look forward to meeting the new families of northern Michigan.



# Hilary Lake


## EMAIL

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## WEBSITE

hilarylake.com

## SOCIAL MEDIA

 [instagram.com/hilarylakehealingarts](https://www.instagram.com/hilarylakehealingarts)

## PHONE

248.410.0798

## SERVICES OFFERED

Birth Doula Services  
Somatic Movement Therapy and Education  
Healing Arts Ministry & Spiritual Guidance  
Attachment Therapy & Integrative Somatic Trauma Therapy  
Postpartum Doula Services

## COUNTIES OF SERVICE

Charlevoix  
Emmet

## EDUCATION/TRAINING

Doula Training with DONA International  
Interfaith Chaplaincy Residency  
Masters in Divinity in Buddhist Ministry  
Somatic Movement Therapy and Education Training  
Certificates in Somatic Attachment Therapy, Embodied  
Social Justice, and Integrative Somatic Trauma Therapy  
DONA International Postpartum Doula Training

## What led you to birthwork?

I have been called to support people through transformation in their lives, which may feel and be like experiences of rebirth in the body, mind and soul and can include the birth of a child. While I offer this space to adults in my private healing practice, I am now inspired to support birthing people and families. Birth is a sacred and profound time for us all, and I am honored to help by bringing presence, curiosity, and nurturing love to support the health of our children, our lineages, and our community.



## Hello, I'm Hilary!

Hi, I'm Hilary (she/they). I bring an open mind, open heart, and inspiration to support your needs and desires around your upcoming birth. I am available to be present with you amidst your questions and uncertainties and to hold it all with gentle care and curiosity as we open to what unfolds together. While no one can create the perfect birth, I am here to honor your visions and values no matter what choices you make and to support you and your new baby to emerge with love at this tender and profound time.

## INSURANCE ACCEPTED

McLaren Health  
Medicaid  
Molina




# Lark MacLeod

## EMAIL

Lm.mothermoondoula@gmail.com

## SOCIAL MEDIA

 Facebook\_MotherMoonDoula

## PHONE

248.410.0798

## SERVICES OFFERED

Birth Doula Services  
Postpartum Doula Services  
Family Transition

## COUNTIES OF SERVICE

Cheboygan  
Chippewa  
Emmet  
Mackinaw  
Presque Isle

## EDUCATION/TRAINING

DONA International Birth Doula  
DONA International Postpartum Doula Training  
BLS Certified

## What led you to birthwork?

Over the last 10 years I have found that others are naturally drawn to me and my knowledge and experience in birth and lactation education. It is important that our birthing community knows we are here to help in many ways and that they are not alone. People of all cultures and walks of earth matter, no matter their past or present or anything.

Pregnancy, birth, and postpartum are an adjustment for everyone in the family, and I can help be the support system for them. I am here for the community!



## Hello, I'm Lark!

I am a mom of four amazing Children—three of them I had the blessing of birthing, and my fourth and last baby I am adopting. I have been happily married for thirteen years to my loving partner! I am a licensed Cosmetologist, but to many in the community I am a jack of all trades; now, adding birth work too! In my free time you can find me making memories with my family, volunteering in my community, or out being one with nature!

## INSURANCE ACCEPTED

Medicaid  
United Healthcare



# Nakita Marihugh

## EMAIL

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## PHONE

231.622.2950

## WEBSITE

delicatedoula.nomibirthservices.com

## SOCIAL MEDIA



<https://bit.ly/delicatedoula>



<https://bit.ly/delicatedoulafb>

## SERVICES OFFERED

Birth Doula Services

Postpartum Doula Services

## COUNTIES OF SERVICE

Most of Northern Lower Michigan

## EDUCATION/TRAINING

DONA International Birth Doula Training

Postpartum Doula Certified through  
International Doula Institute

BLS Certified

Lamaze Childbirth Educator Training

Spinning Babies Training

## WHAT LED YOU TO BIRTHWORK?

I have a desire and growing need to help others have an understanding of the birth process and give them a voice to advocate for their birth story and their body. Every birth person deserves a doula!



## Hello, I'm Nakita!

I am a wife and mother of three amazing kiddos. I am Co-Owner of Delicate Doula Services. I love being a small piece in the journey of others birth/family stories. I want to make sure parents can look back on their birth story without regret. I love spending time with my family, and can't wait to support you in bringing your littles into this world.

## INSURANCE ACCEPTED

McLaren Health

Medicaid

Meridian

Molina

Priority Health

United Healthcare

Upper Penninsula Health Plan



# Kaitlyn McCauley

## EMAIL

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## PHONE

231.881.4725

## SERVICES OFFERED

Birth Doula Services

Postpartum Doula Services

## COUNTIES OF SERVICE

Antrim

Charlevoix

Cheboygan

Emmet

## EDUCATION/TRAINING

DONA International Birth Doula Training

DONA International Postpartum Doula Training

Spinning Babies Training

## WHAT LED YOU TO BIRTHWORK?

I was drawn to birth work due to the fact that I want to support families during pregnancy, birth and postpartum times because they're such intimate, important and delicate times in life that often get overlooked from a support standpoint.



## Hello, I'm Kaitlyn!

My name is Kaitlyn McCauley! I live in Petoskey with my husband, and two boys. We love going to the park, and swimming! I had two very difficult births, with no knowledge of what a Doula does, and I would have loved the support for myself, as well as my husband. I would have also loved someone to help me advocate for myself and my babies!



# AuBri Slain

## EMAIL

embraceyourdoulas@gmail.com

## PHONE

231.357.4403

## SERVICES OFFERED

Birth Doula Services

Postpartum Doula Services

## COUNTIES OF SERVICE

Charlevoix

Antrim

Otsego

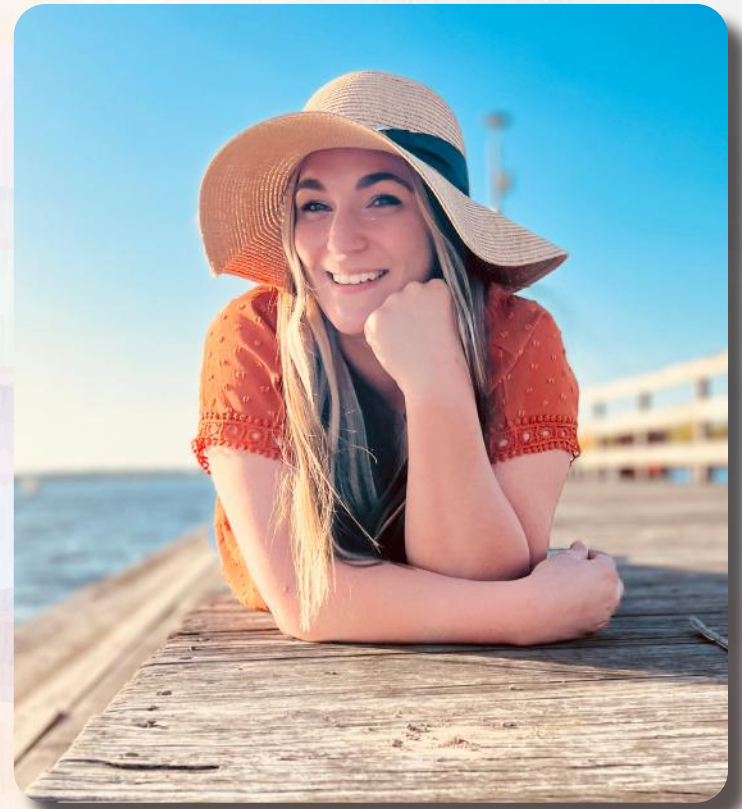
## EDUCATION/TRAINING

DONA International Birth Doula Training

DONA International Postpartum Doula Training

## What led you to birthwork?

Birth and pregnancy has always interested me since a very young age and I love helping people. What's better than doing both at the same time?!



## Hello, I'm AuBri!

I'm a mother of 4 beautiful children. I like to live on the more holistic side of life and I love being outdoors. I have always loved helping people of all ages and I have enjoyed every aspect of pregnancy and birth since a very young age. Getting this opportunity to do both at the same time brings immense joy to my heart. I am so excited to bring these services to you and your family.

## INSURANCE ACCEPTED

Medicaid

Meridian

Priority Health



# Alexa Thibault

## EMAIL

atthibault94@gmail.com

## PHONE

906.430.8163

## SERVICES OFFERED

Birth Doula Services

Early Childhood Occupational Therapy

## COUNTIES OF SERVICE

Charlevoix

Emmet

Mackinac

## EDUCATION/TRAINING

DONA International Birth Doula Training

Master of Science in Occupational Therapy  
(MSOT, OTR/L)

Bachelor of Science in Exercise Science-Kine-  
siology, Psychology & Child Development

## What led you to birthwork?

My full-time job focuses largely on Early Intervention in regard to supporting children and their families. Birth work is truly the earliest intervention there could be, therefore it seemed very natural for me to spread my scope in this direction. In addition, I am very passionate about advocacy and amplifying the voices of those I support and service. I have learned that birther's requests/wishes are not always received by those involved in the birth. I want to assist birthers in ensuring their voices are heard and they feel empowered and supported throughout the miracle work that birth truly is.



## Hello, I'm Alexa!

Hi everyone! My name is Alexa (she/her) and I live in Petoskey, MI with my very spoiled yellow lab, Nilla. I currently work for Char-Em ISD on the Early Childhood team as an occupational therapist. I will now be expanding my abilities to support others in the community by offering Doula services separate from my "day job". Throughout my life, I have found my two top values to be connection and humor. I use both of these to build rapport with others in my personal and professional life. I tend to use the word "professional" lightly because if you are around me, you can see I operate on a much more casual basis, keeping things comfortable and relatable. My continuous goal is to ensure people feel seen, validated, and supported -- all while keeping it relaxed and fun. :)





**Charlevoix, Emmet,  
Northern Antrim Counties**  
[greatstartcollaborative.org](http://greatstartcollaborative.org)

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