

Community Doula Referral List

Thank you for your interest in doula support. Below is a list of doulas within the Bay Area community. Please read through their information and reach out directly to any doula on this list that may be a good fit for you and your family. Please be sure to check that the doula has availability and offers services within your budget and geographical area.



Alejandra Garcia - Las Doulas

Email: Alecatis@yahoo.com
Phone: 415-933-2963
Pronouns: She, Her
Race, Ethnicity: Latina and Black
Language(s) Spoken: English and Spanish
Services Offered: Birth and Postpartum Doula, Breastfeeding Support, Birth and Parenting Classes
Location Served: San Francisco
Training: DONA through Health Connect One and SisterWeb, 2020
Doula Support for Termination/Loss: Yes
Fees: Free for Medi-Cal members
Accepts Medicaid/Medi-Cal



Birth Companions Community Center (BCCC)

Email: DoulasSF@BirthCompanionsCommunityCenter.org
Phone: 415-386-4830
Language(s) Spoken: English and Spanish
Services Offered: BCCC is a free doula group that provides birth support. They are a group of Latinx doulas with a commitment to their community, helping from the heart and showing the entire community that there are people who believe in human love and that we care about the situation they are in. They provide virtual classes for pregnant moms every Saturday, and monthly Labor Prep Workshop every 4th Saturday 4-5pm. They also have community group baby showers for parents every 3 months.



Brit'ne Ross

Email: ross.britne@gmail.com
Phone: 415-850-2260
Pronouns: She, Her
Race, Ethnicity: Black
Language(s) Spoken: English
Services Offered: Birth and Postpartum Doula, Breastfeeding Peer Counselor, Pregnancy & Postpartum Herbs & Nutrition in the Southern Tradition
Location Served: East Bay and Contra Costa County
Training: Certified Doula through Roots of Labor Birth Collective, June 2019
Doula Support for Termination/Loss: No
Fees: Does not offer free doula support. Sliding Scale support available based on income. Full doula fee: \$800.
Other Information: I became a doula to help families, particularly families of color, have a sacred, radiating, and liberating birth experience. My goal is to help birthing parents reclaim an experience that is rightfully theirs through empowerment, education, and support. I offer custom options for birth and postpartum care to meet the unique needs of families. Postpartum coverage is available for as little as 5 hours a day and up to 24 hours a day.



Domanique Lindsey - Eunique Empowerment

Email: euniqueempowerment@gmail.com
Phone: 510-759-7806
Pronouns: She, Her
Race, Ethnicity: African American
Language(s) Spoken: English
Services Offered: Birth Doula
Location Served: Contra Costa (San Ramon, Dublin, Pleasanton)
Training: DONA through Health Connect One and SisterWeb, 2020
Doula Support for Termination/Loss: No
Fees: My sliding scale fee is \$25-\$75/ hour. I allow the client to be honest and express how much they can afford.
Does not accept Medicaid/ Medi-Cal



Doula for the People

Email: Teyler@doulaforthepeople.org

Phone: 714-586-1403

Website: doulaforthepeople.org

Other information: Doula For The People is a non-profit organization on a mission to make doula support and other wellness resources accessible to all. We work to connect community members of all backgrounds, to doula support, and educational content that promotes maternal health, female empowerment, and overall wellness.

Elena Sanchez

Email: mamaelenadoula@gmail.com

Phone: 415-756-9887

Website: mamaelenadoula.com

Pronouns: She, Her

Race, Ethnicity: Latina

Language(s) Spoken: English and Spanish

Services Offered: Birth and Postpartum Doula

Training: Certified Doula through Maternity Wise, 2014

Doula Support for Termination/Loss: Yes

Fees: Works on a sliding scale from \$800-\$1500 based on ability to pay.

Other Information: I am a bilingual certified Doula and my mission is to provide expecting mothers and families with the most loving support that is needed before, during and after birth. I will listen to you and work as a “compañera” to empower you throughout this journey.

Jashlyn Cañon - MothaHood Coaching and Care

Email: mothahoodcoaching@gmail.com

Phone: 415-8725943

Pronouns: She, Her

Race, Ethnicity: Mexican American

Language(s) Spoken: English

Services Offered: Birth and Postpartum Doula

Location Served: San Francisco Bay Area (SF, Marin & Alameda Counties) for Birth Doula support. SF only for Postpartum/ Newborn/Night care support.

Training: My experience has been earned by supporting private births for over 17 years. I have participated in expanding my education with STILLBIRTHDAY and attending various trainings such as with HealthConnectOne , Kaiser, CPMC and private midwives.

Doula Support for Termination/Loss: Yes

Fees: \$2,500, sliding scale determined on person to person, case by case assessment

Does not accept Medicaid/ Medi-Cal

Joyce Zara

Email: ajoycezara@gmail.com

Phone: 707-210-6721

Pronouns: She, Her, They, Them

Race, Ethnicity: Filipinx

Language(s) Spoken: English and Tagalog

Services Offered: Birth and Postpartum Doula, Reiki Practitioner

Location Served: East Bay and San Francisco for Birth Doula support. Sonoma County for Postpartum Doula support.

Training: Certified Doula through Roots of Labor Birth Collective, June 2019

Doula Support for Termination/Loss: Yes

Fees: For birth doula support, the fee is \$500-\$800 and for postpartum support \$25-\$35/hour. Free doula support offered to those in need.

Krystal Brisette Velez-Gomez-Edwards - The Curandera

Email: Krystal@thecurandera.com

Phone: 510-519-9550

Website: www.TheCurandera.com

Pronouns: She, Her

Race, Ethnicity: Mexican

Language(s) Spoken: English

Services Offered: Birth and Postpartum Doula, Breastfeeding Support, Womb Healing, Traditional Birth Offerings

Location Served: East Bay

Training: SisterWeb/HealthConnectOne

Doula Support for Termination/Loss: Yes

Fees: \$2,500 fee. Medi-Cal or need-based sliding scale offered at 50% exchange amount, need determined by application

Accepts Medicaid/Medi-Cal

Other information: Call, text, or email.





Leonora Willis - Daughter of Samoa

Email: leonora@daughterofsamoa.life

Phone: 510-473-7138

Website: leonorawillis.life

Pronouns: She, Her

Race, Ethnicity: Samoan

Language(s) Spoken: English

Services Offered: Birth and Postpartum Doula, Breastfeeding Support, Womb Healing, Traditional Birth Offerings

Location Served: Oakland and greater Bay Area

Training: Trained through Roots of Labor Birth Collective, 2018

Doula Support for Termination/Loss: No

Fees: \$900 - \$1,500 sliding scale rates, payment plans available.

Other information: After being a prenatal yoga instructor for 7 years, I realized that I wanted to take a next step in the direction of supporting my students and birthing people beyond the prenatal stage and through labor as well.

Mericia Barajas

Email: mericiab@yahoo.com

Language(s) Spoken: English and Spanish

Services Offered: Birth and Postpartum Doula

Fees: Sliding scale fees based on income.

Other information: Mericia enjoys supporting parents settling in with their newborn. She has trained and worked with different doula groups in San Francisco including Sisteweb and SFGH Doulas. Provides services in San Francisco. Bilingual (English and Spanish).



Nneka C Okeke

Email: nch.okeke@gmail.com

Phone: 209-489-1334

Pronouns: She, Her

Race, Ethnicity: Black

Language(s) Spoken: English

Services Offered: Birth and Postpartum Doula

Location Served: East Bay

Training: SisterWeb/HealthConnectOne

Doula Support for Termination/Loss: Yes

Fees: \$2,000-\$3,000 depending on package

Accepts Medicaid/Medi-Cal



Noemí Delgado

Email: noe.n.delgado@gmail.com

Pronouns: She, Her

Race, Ethnicity: Salvadoran

Language(s) Spoken: English and Spanish

Services Offered: Birth and Postpartum Doula, prenatal and lactation support.

Fees: Sliding scale fees based on income.

Other information: Noemí became involved in birthwork while living and working with midwives in Suchitoto, El Salvador. Learning from elders is one of her favorite parts of in this work. Their wisdom is not something that can be read in a book and has survived centuries of colonial violence. Birth is an opportunity to become more in touch with our ancestral ways of honoring life transitions. Her goal as a doula is to be a source of unwavering support, love and strength for pregnant and birthing people.



Roots of Labor Birth Collective (RLBC)

Email: rootsoflaborbc@gmail.com

Phone: 805-910-7522

Website: www.rootsoflaborbc.com

Fees: Sliding scale fees based on income.

Other information: RLBC is committed to reproductive justice, and believes that everyone deserves a doula, regardless of one's ability to pay. When you hire an RLBC doula, you are investing in the wellness of the greater Bay Area birthing community.





Sonia Lizama - Doulzura Birth Services

Email: doulzura@gmail.com
Website: www.doulzurabirth.com
Pronouns: She, Her
Race, Ethnicity: Salvadoran
Language(s) Spoken: English and Spanish
Services Offered: Birth Doula, Traditional postpartum support focused on healing and recovery for the birthing parent i.e belly binding & closing ceremony.
Location Served: East Bay, South Bay, and San Francisco (extra mileage fee for SF)
Training: Cornerstone Doula Training
Doula Support for Termination/Loss: Yes
Fees: \$2,200, payment plans available.
Does not accept Medicaid/ Medi-Cal

Tahte'Ana Nelson

Email: tsnelson1997@gmail.com
Phone: 510-368-5330
Pronouns: She, Her
Race, Ethnicity: Black
Language(s) Spoken: English
Services Offered: Postpartum Doula, Breastfeeding Support
Location Served: East bay, South Bay, and San Francisco
Training: SisterWeb/HealthConnectOne
Doula Support for Termination/Loss: Yes
Fees: \$650-\$1,500. Sliding scale options include: \$350-\$1,800 (lower-income: \$48,000 or less annually; upper-income: \$145,000 or more annually; middle-income falls in between).
Does not accept Medicaid/ Medi-Cal
Other information: The fee includes four postpartum visits ranging between 4-5 hours each over the span of two weeks. I am available for more visits and to stay longer hours upon request.



Tammy Palma

Email: palma_tammy@yahoo.com
Phone: 516-232-5841
Pronouns: She, Her
Race, Ethnicity: Latina
Language(s) Spoken: English and Spanish
Services Offered: Birth and Postpartum Doula, CPR First Aid Certified
Location Served: San Francisco
Training: Natural Resources, 2018
Doula Support for Termination/Loss: No
Fees: Free doula support to families on Medi-Cal, SNAP or TANF, Full Doula Fee: Sliding Scale \$400-\$600
Other Information: I want to be part of this love movement to empower all women and to be able to help bring balance to our birthing community.



Xantal González - The Goddess Palace Room

Email: xantalrising@gmail.com
Phone: 415-948-1117
Website: doulamatch.net
Pronouns: She, They
Race, Ethnicity: Latinx/Mixed
Language(s) Spoken: English
Services Offered: Birth and Postpartum Doula, Breastfeeding Support, Birth and Parenting Classes
Location Served: San Francisco and East Bay
Training: Roots of Labor Birth Collective and SisterWeb/HealthConnectOne
Doula Support for Termination/Loss: Yes
Fees: \$1,600- \$3,000. Sliding scale available based on income.
Does not accept Medicaid/ Medi-Cal
Other information: I am a member of Roots of Labor Birth Collective.



Email: info@sisterweb.org
Instagram/ Threads: [@sisterwebdoulas](https://www.instagram.com/sisterwebdoulas)
Twitter: [@sisterwebdoulas](https://twitter.com/sisterwebdoulas)
FaceBook: [@sisterwebdoulas](https://www.facebook.com/sisterwebdoulas)
LinkedIn: SisterWeb SF Community Doula Network