

Black Birth Workers Resource List

Birth Doula

- The Birth Sista

Zeriah Davis

757-752-3919

www.thebirthsista.com

thebirthsista@gmail.com

- Akilah White Doula Services

Akilah White

(757)797-6175

akilahwhitedoula@gmail.com

- Mindful Journey Doula Services

Chan Durden

(757)470-8757

- The Life Experience Doula Services LLC

Yanna Nicole Full spectrum Doula CD(DTI), CLC

www.thelifeexperiencedoula.com

thelifeexperiencedoula@gmail.com

- WHOLE MAMAS

Tiffany Delk

<http://www.wholismexperience.com/doula>

Black Birth Workers Resource List

Postpartum Doula

- Akilah White Doula Services

Akilah White

(757)797-6175

akilahwhitedoula@gmail.com

Certified Nurse Midwife

- Jamii Birth and Wellness Services

Nichole Wardlaw

(757)439-7406

jamiimidwife@gmail.com

Placenta Encapsulation Specialists

- Spaces For Healing

Ria Arnold

spacesforhealing@gmail.com