



Media Release

For immediate release: August 20, 2009

Northern Health Professionals Trained as Labour Doulas

As part of a commitment to healthy pregnancies and healthy babies, 15 health care professionals from Northern Saskatchewan received CAPPA (Childbirth and Postpartum Professional Association) certification as Labour Doulas at a training session in Prince Albert, held August 12-14, 2009. "I think with more training like this, we can really make an impact as well as a healthy, positive change in the north." stated Cimarron Kosedy from the community of Cumberland House.

Certified doulas are trained to provide emotional support and information to birthing families. They can be an important bridge between northerners and health services, easing the transition between home and hospital.

The session was in collaboration between Northern Health Strategy and First Nations and Inuit Health. Training was facilitated by Sonya Duffee, a Certified Doula with over ten years of experience who is now focusing on promoting the spread of family centered maternity care throughout Saskatchewan. The 15 participants now have the opportunity to further this training and become certified DOULAS within two years.

About the Northern Health Strategy Working Group

Members of the Northern Health Strategy Working Group work together across jurisdictions in the development of health service delivery and health promotion frameworks. Their mission is to improve the health status of all residents in northern Saskatchewan.

For More Information

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