Meet the Doulas serving Hampton Roads

This listing includes many, not every, certified doula in the community. Please let us know if you hire a doula whom you would recommend to others!

Aimee Roberts
Birth InSight
https://www.birthinsightdoula.com/about

Alisha Swinson
(757)506-8025
mamaskydoula@gmail.com

Amara Minnis, CCE(BWI), CD(DONA), PCD(DONA)
Birth & postpartum doula
(757) 375-0939
amaradoula@gmail.com
https://www.amaradoula.com/

Alexandra Lomberk
APL Doula LLC
apldoulahr@gmail.com
https://www.apldoula.com/

Asyia Jackson
7575040716
thebranchesofbirthllc@gmail.com
https://portal.dubsado.com/public/form/view/655a46fa169418003ab85871?

Akilah White
Akilah White Doula Services
https://www.akilahwhite.com/

Birth in Color
https://birthincolorrva.org/

Blissful Baby Steps
https://www.blissfulbabysteps.com/

Brandy Burd, CD
(757) 761-4298
brandyburd@gmail.com
https://brandyburd.com/

Grace Harrison Betterton
Your Way Birth Services (Postpartum Doula)
Certified placenta encapsulator

Jazmin Gates
www.guidinggatesdoula.com

Karen Leedom
http://www.karenleedom.com/

Kiera Curtis
(757) 603-5964
gentlewavesbirthservices.com
gentlewavesdoula15@gmail.com

Liz Griffin, CD(DONA)
Natural Harmony Doula Services
www.naturalharmonydoula.com
(757)621-9795
Naturalharmonydoula@gmail.com

Liz Pelletier, DIT
(757) 775-4230
www.facebook.com/Fruitofthewombbirthservices
mommypelletier714@gmail.com

Leslie Cuffee
(757) 412-7833
Certified placenta encapsulator
https://leslie-c-cuffee-doula-and-placenta-encapsulation.business.site/
http://lesliecuffee.com/

Megan Spears
Haven Doula
https://havendoulavb.com/

Michelle Hayes
Rooted faithful Birth Care
https://www.rootedfaithfulbirthcare.com/

Juniper House
https://www.juniperhouseva.com
Located in Chesapeake: doulas, lactation consultant, childbirth educators, massage and chiropractor

Jacqueline Starkey
www.birthjourneys.org
(757) 615-2933
jacqueline@birthjourneys.org

Sarah Mahnke
Coastal Cradle Doula Care
Birth and Milk

Samantha Schneggenburger
Bundles birth Services
https://www.boundlessbirthservices.com/

SheeLee Rock
Rock that birth! Education and birth Services

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Susan McCann
Beach Babe's Doula
https://beachbabesdoula.com/

Tina Bein, CD (DONA)
Postpartum doula, breastfeeding support
https://www.tinathedoula.com/

Urban Baby Beginnings
https://urbanbabybeginnings.org/

And more doulas, some previously listed above…

http://peninsuladoulas.com/

https://doulasoftidewater.com/birth-doulas/

https://homebirthhamptonroads.org/service/4?&page=1

Virginia Medicaid may cover the cost of doula services.
Find a registered, certified doula:
https://www.vacertboard.org/doula-registry

Tricare may cover the cost of doula services.
https://www.humanamilitary.com/beneficiary/resources/cbsd

Additional community services:

Kenndey's Angel Gowns
https://kennedysangelgowns.org/programs/doula/

The Up Center - residents of Norfolk and Portsmouth
https://theupcenter.org/parenting-education-support/