



THE HANNAH CENTER MEET OUR DOULA

Shelonda Bangudu

**MEET SHELONDA AT OUR CHILDBIRTH CLASSES
TUESDAYS 4:00-5:30PM
THE HANNAH CENTER**

WHAT IS A DOULA?

The act of educating, loving, respecting, listening, embracing, advocating for and assisting women prenatally during labor, childbirth and after.

GET TO KNOW SHELONDA

Shelonda is our current Resident Care Director and Doula. She has been a valuable addition to the Hannah Center and Hannah House since 2015. Her passion is helping women and children in crisis and also giving support to expecting mothers. She was trained as a labor support person during her time at the Hannah House and has recently completed DONA certification classes.

Shelonda has provided doula care for numerous clients over the past several years. She brings a sense of healing, compassion and competent care to each mother and baby she has cared for. Shelonda understands that she is there holding a supporting space in many ways during pregnancy and labor for not just the mother but their partner as well. Her hope is that every expecting mother will have a birth experience filled with empowerment, love and hope.

This series is for those with November-January due dates.
Please register by contacting Kristi at 812-334-0104 or kristi@hannahcenter.org