

## Doula Interns & Services

### HEALTH FOUNDATIONS DOULA INTERNSHIP PROGRAM

The Doula Internship Program is an example of Health Foundations Family Health & Birth Center's philosophy of "women helping women". The program creates a positive exchange: our midwifery families have complimentary doulas available to serve them in labor, and our doula interns gain professional birth experience. Families can interview participating interns to find the best match.

### DOULA INTERNS



**KATHRYN THOMPSON**  
(651) 283-1561  
[kathompson@stkate.edu](mailto:kathompson@stkate.edu)

My name is Kathryn Thompson. I am a trained Doula working towards DONA certification. I am also a second year nursing student at St. Catherine University with CPR training and Nursing Assistant certification. I have a Bachelor's degree in French Language and Literature and speak fluent French. I used that degree to work for 8 years in a call center, and although I enjoyed the language challenge, I realized my passion was in a different area and so I moved back to Minnesota to pursue my dream of becoming a nurse midwife. With that move, I found that my interest in birth wasn't restricted to one role. I trained as a doula because I want to help women achieve their ideal birth experience, in whatever capacity I can. I understand that all women have their own personal perspective of what an ideal birth is and I hope to be able to help them achieve that as a doula. My interest in

becoming a doula felt like a natural progression after the birth of my two children. I am fascinated by the process of childbirth, and the way that each birth experience can be as varied as the individual experiencing it. The moment when I knew that childbirth was my calling, was when I read *Baby Catcher* by Peggy Vincent. It is the memoir of a homebirth midwife, and her experiences delivering the babies of the diverse population in the San Francisco Bay Area. I am the mother of two kids, two cats and a very silly dog. I'm a knitter, an avid reader, a motorcyclist, and a roller derby skater with MNRG. I have combined my love of skating and my love of knitting by running a hat-making charity for MNRG, we make hats for cancer patients and homeless folks. Knitting gives me something to do with my hands when patience is required.

I hope that this little snippet gives you an inkling of who I am, and if you are so inclined, that we shall meet.



**MAREN HOKANSON**  
(612) 719-1105  
[Maren.hokanson@gmail.com](mailto:Maren.hokanson@gmail.com)

My name is Maren Hokanson and I am a trained doula working towards my DONA certification. Prior to becoming a doula, I worked for several years as a community organizer in the Twin Cities, and became a doula as a way to further apply my passion for women's health, strong families, and healthier communities. I am excited to be a part of Health Foundations in order to support women in whatever kind of birth journey is right for them. I would be honored to be a part of this amazing experience with you! In between being a doula, you can find me figuring out how to make sourdough rise, volunteering at a radical

bookstore, reading too many books at once, petting all the dogs, and wandering around state parks and art museums.

## Doula Interns & Services



**ALYSSA HOWELLS**

(715) 409-6273

[a.howells.rose@gmail.com](mailto:a.howells.rose@gmail.com)

My name is Alyssa Howells and I believe every woman deserves to give birth in a caring, supportive, and empowering environment. As a recently trained doula my goal while attending births is to make sure the mother is heard by supporting her in her wishes and being present the entire time. I believe every birth is amazing, beautiful and an empowering experience for every person involved.

I am currently working on returning to school to become a Certified Nurse-Midwife and when not studying I enjoy spending time outside, adventuring in and around the Twin Cities, and being with my friends. I look forward to

meeting you and your family and hopefully joining you in your own birth journey.



**ABBY VAN DUSEN**

(231) 432-0445

[abbyvandusen@gmail.com](mailto:abbyvandusen@gmail.com)

Hi! I'm Abby, and I am super excited to be working with Health Foundations. It is an honor to have the opportunity to help mamas embrace birth and find strength in the transitional time of pregnancy and labor. I am working towards DONA certification and am also trained in placenta preparation and encapsulation. Before beginning my doula journey, I spent many seasons on a small farm in Michigan growing organic veggies. My interest in birth is deeply rooted in my time on the farm and in the ways I learned to work with cycles of nature in a kind and trusting way. As women I believe that our bodies and the babies we carry hold a wisdom that can be our best guide, if we are willing to listen. It is my intention to assist you in having a birth that meets your needs in an empowering and respectful way!



**CASSANDRA MAXWELL**

(612) 245-6409

[thelaughterpatch@gmail.com](mailto:thelaughterpatch@gmail.com)

Cassandra Maxwell is the mother of two beautiful little children. Through her births she fell passionately in love with birth, and the gift and love of a doula. Amazed by her own doula and the encouragement of her, she took a leap and started down the doula path, and has not looked back. Cassandra is a natural peacemaker and is avidly studying the woman's body. She received her doula training through a DONA International workshop. Along with her doula training, Cassandra has taken pre-natal yoga teacher training through Blooma, is a Usui Reiki Master Instructor, holds a Sacred Childbirth with Reiki certificate, and is studying herbalism through the East West School of Planetary Herbology to better enhance and better support the pregnancy experience for moms. She strives to continually learn in order to be able to provide for the specific needs of her families. She is nurturing, supportive, friendly and fun. Please contact her to learn more about her, and the gift of having a doula.

## Doula Interns & Services



**RACHEL WOLBRINK**  
(612) 239-8394  
Wolbrink@csp.edu

I became interested in birth after my best friend had a very traumatic birth experience. After completing my DONA workshop last September I am very excited to be joining the Health Foundations team. I believe each woman is different and that she should decide how she gives birth to her baby. As a doula I am passionate about empowering and supporting women. It is my goal to help you create the birth experience you want. I do this, by creating a nurturing, safe, and gentle space for a mother, her family, and her baby.



**ALLIE KRENZ**  
651-503-1736  
[krenz.allison@gmail.com](mailto:krenz.allison@gmail.com)

Hello! My name is Allie. I have been volunteering as a doula since my training last summer. So far, I have been a doula for ten strong mamas and beautiful families. I am passionate about support during the overwhelming journey of labor and birth. I am truly blessed to work with each of my clients as unique individuals, and strive to be the best companion and resource I can be. In my daily life, I am a middle school literature teacher. I love to read, experiment with cooking, practice yoga, and traipse around. I am so excited to begin this process with you!

**Note\* Allie is not available for births at this time. She is taking clients for postpartum doula work as an intern.**

**\*\*See below for list of doulas who have completed the Health Foundations Doula Intern Program.**

## Doula Interns & Services

### HEALTH FOUNDATIONS DOULA INTERNSHIP GRADUATES

Anneke Krall  
651-248-8932  
[Akralldoula@gmail.com](mailto:Akralldoula@gmail.com)

Jamie Huberty-Koerner  
312-350-1675  
[Sacredstrengthbirthservices.com](http://Sacredstrengthbirthservices.com)  
[Jamie@sacredstrengthbirthservices.com](mailto:Jamie@sacredstrengthbirthservices.com)

Laura Siepmann  
[612.599.2261](tel:612.599.2261)  
[siepm006@umn.edu](mailto:siepm006@umn.edu)

Landon Yakovleva  
612-963-1785  
[HaveHeartDoula@gmail.com](mailto:HaveHeartDoula@gmail.com)

Julie Schwalbach  
651-230-1113  
[julie@intothelightbirth.com](mailto:julie@intothelightbirth.com)  
[www.intothelightbirth.com](http://www.intothelightbirth.com)

Molly Tietjen  
952-239-2948  
[molly@birthdoulaservices.com](mailto:molly@birthdoulaservices.com)

Kim Williams CD(DONA), CLEC  
763-226-7351  
[Kim@embracechildbirth.com](mailto:Kim@embracechildbirth.com)  
[www.embracechildbirth.com](http://www.embracechildbirth.com)

Liana Bratton  
952-807-4999  
[lianabratton@gmail.com](mailto:lianabratton@gmail.com)

Jessica DeWolfe  
651-388-2132  
[Jessica@gracefulbeginningsmn.com](mailto:Jessica@gracefulbeginningsmn.com)

Natalia Hals  
612-801-9886  
[www.awomansdesign.com](http://www.awomansdesign.com)

Tamara Robinson  
612-387-8349  
[www.sacralbirths.com](http://www.sacralbirths.com)  
Karen Schultz  
612-810-2507  
[karenatbirth@gmail.com](mailto:karenatbirth@gmail.com)

Sophie Krupp  
952-200-6116  
[www.thedouladifference.com](http://www.thedouladifference.com)

Kathleen Lyngaard  
952-649-7626  
[www.Benurturedoula.com](http://www.Benurturedoula.com)

Cally Moore  
262-744-1403  
[Caylen.moore@gmail.com](mailto:Caylen.moore@gmail.com)

Bridget Regan  
952-240-4962  
[rega0167@gmail.com](mailto:rega0167@gmail.com)

Emily Strayer  
651-280-8306  
[www.doulaemae.com](http://www.doulaemae.com)

Erin Stertz-Follett  
612-564-2442  
[www.flutterbybirth.com](http://www.flutterbybirth.com)

Sara Stites  
715-651-3857  
[sara.stites@my.uwrf.edu](mailto:sara.stites@my.uwrf.edu)

## Doula Interns & Services

### INDEPENDENT BIRTH & POSTPARTUM DOULAS

Health Foundations also maintains a list of independent doulas in the community with whom we have developed a close relationship and that we can recommend to our families. We encourage you to explore your options and find the person who fits your family's needs and personalities.

Karen Bruce  
612-978-7355  
[www.karenbrucedoula.com](http://www.karenbrucedoula.com)

Greta Fay  
612-599-4097  
[www.gretafay.com](http://www.gretafay.com)

Rochelle Matos  
612-272-2466  
[www.withlove.mn](http://www.withlove.mn)