



TANESHA CLENKIAN

Labor + Birth and Postpartum Doula

Hello, My name is Tanesha and I am a labor, birth, and postpartum Doula. I am a Jamaican who was raised in Brooklyn and a mother to one amazing baby girl. I wanted to become a doula after giving birth to my child. My practitioner didn't support how and where I wanted to birth. As a first-time mom, I had questions and concerns that were dismissed and belittled for not knowing—not to mention I gave birth alone. This was the start of my doula journey.



support@thearchapp.com



+1 (516) 308 - 2479



Nurturingwombgarden@gmail.com



New York City Area

WORK EXPERIENCE & TRAININGS

LABOR + BIRTH DOULA, POSTPARTUM DOULA

2020-Present

- Supported 5+ births, and 5+ postpartum families
- To provide multiple layers of support; emotionally, mentally, physically, and physiologically
- Helping families identify community
- Breastfeeding/Lactation Support
- Postpartum Support
- Mental and Emotional Wellness

TRAINING

Education

- LaGuardia Community College
- Labor +Birth Doula and postpartum Doula (2020 to present)
- International Doula Institute training (2022)

FEATURES/AWARDS/FUN FACTS

the community that is needed when embarking into motherhood. I want to be the change to help educate and support these pregnant women and families. I worked as an assistant teacher on and off for a few years until the pandemic hit Throughout my experience, I have learned to be both a self-starter and a dedicated team player. I have dealt with a variety of obstacles throughout my personal and professional life that have helped to reinforce my communication skills and people relations. Also, it has equipped me with solid practical skills and a deep understanding of what it takes to be successful in this line of work. What I love to do the most are the simple things in life like cooking a meal for my family, dancing and singing to my favorite songs, and engaging in arts and crafts with my daughter because the little things matter.



EHS

EPISCOPAL HEALTH SERVICES INC.