



BETHSAIDA HOLAS

Labor + Birth and Postpartum Doula

Hello, My name is Bethsaida and I am a labor, birth, and postpartum Doula. My goal in joining The Arch is to support families during this transitional time in their lives.



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New York City Area

WORK EXPERIENCE & TRAININGS

LABOR + BIRTH DOULA, POSTPARTUM DOULA

2017-Present

- Virtual training (2022)
- To provide multiple layers of support, emotionally, mentally, physically, and physiologically, and
- Helping families identify community
- Breastfeeding/Lactation Support
- Postpartum, Support
- Mental and Emotional Wellness

TRAINING

Education

- Labor + Birth Doula and Postpartum Doula (2017 to present)
- Continued education through virtual classes on doula training
- Twin birth experience

FEATURES/AWARDS/FUN FACTS

I'm from a Caribbean background. I have one son who I cherish. I worked with adults with mental disabilities for the past 8 years. In the time doing so, I've had the opportunity to meet with families who needed support in other areas such as mental and physical assistance while trying to grow their families.



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