

# JENNIFER MICHEL- WILSON

## Full-Spectrum Labor, Birth and Postpartum Doula

My name is Jennifer Michel-Wilson, owner of La Belle Doula Birth Support Services. I am a CD/PCD (DONA), CLC Birth, Postpartum, Bereavement and Holistic Fertility Doula and Certified Lactation Counselor & Educator as well a Certified Childbirth Educator. My goal is to empower you by not only providing you with the education and tools needed, but also through being an empathetic support system as you go through this unique journey of your life. I put high values on overall well-being and cater to each woman's individual needs in order to provide guidance & a shoulder to lean on during this complex and powerful experience. As a Doula, I believe in your vision, I trust in your strength, and I remind you of the power within you because every woman deserves a beautiful beginning and ending.



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New York City Area

## Experience Work

### LABOR + BIRTH DOULA, POSTARTUM DOULA

2018/PRESENT

Provide labor and birth support: physically, emotionally, mentally

Supported 100+ birth and postpartum families

- Postpartum support: provide assistance at home for both mother and newborn
- Assist with breastfeeding and lactation

## Training

### EDUCATION

#### PROFESSIONAL TRAINING

- 2018—Present  
Birth/Postpartum/Fertility/Bereavement Doula & CLC
- CWA Community Doula
- Childbirth Educator
- Certified Nurturely Lactation Educator Instructor
- BRM Pro (Body Ready Method) Certified & Trained
- Women Health & Wellness Advocate
- Elmhurst Hospital HOPE Doula Program Member
- IRTH App Ambassador
- VP Board Member for NAMI Queens/Nassau

## About Me/Fun Facts

La Belle Doula was founded upon the recognition of the extreme lack of compassion in maternal health care, and it became abundantly clear that this was to be my life's work. Beyond being a Doula, I am an advocate for mental wellness. Supporting mental and emotional health is a sentiment in my life which led me to become a VP Board Member of NAMI, National Alliance of Mental Illness. In addition, I am a proud native New Yorker who is a loving and devoted wife and mother. I am fiercely dedicated to supporting women and their wellness in all aspects. Seeing a woman through preconception, pregnancy, birth, and postpartum is both a passion of mine and an honor.

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