

# Birth; Our First Ceremony.



WAKING WOMEN HEALING INSTITUTE

## Traditional Birthing Program

Our intention is to RESTORE traditional birthing practices within our community to prevent & heal from violence. Through our Traditional Birthing Program we will offer Birth Keeping (doula) training, parent support programs, and access to cultural birthing tools. We will serve people of birthing age, parents and caregivers of children ages 0-5, and children 0-5.

Kāēyas Mamāceqtawak Birth Keepers Circle, is a cohort of trained Full Spectrum Indigenous Doulas. The Kāēyas Mamāceqtawak Birth Keepers Circle meets monthly to share and exchange knowledge. These meetings are supportive, educational, and include traditional birthing teachings to our Birth Keepers. Meetings are co-facilitated by elders, knowledge holders, and birthing program experts to offer culturally founded supports and increases access to birth keepers now and 7 Generations from now.



**Traditional Birthing Program Manager**  
**Lea Kolner Dodge-Waubanascum**  
**[lkolner@wakingwomenhealingint.org](mailto:lkolner@wakingwomenhealingint.org)**

**[www.wakingwomenhealingint.org](http://www.wakingwomenhealingint.org)**





## What is a Full Spectrum Doula?

A Full-Spectrum Indigenous Doula is a non-medically trained support person. They are known to be like a Traditional Aunty and Advocate. They will provide traditional, spiritual, emotional, and physical support with advocacy through the entire spectrum of reproduction, including fertility, pregnancy, loss, abortion, birth, and postpartum.

Kāēyas Mamāceqtawak Birth Keepers Circle are guided by elders and knowledge keepers to strengthen their connection to Traditional Birthing Practices. This includes moccasin making; prenatal, birth and postpartum traditional medicines; cradleboard teachings with possible construction; moss bag teachings and construction; traditional placenta care; birth lodge and birth fire teachings; traditional birth plans, and nepew teachings.

## Interested in connecting with a Doula?

Waking Women Healing Institute (WWHI) has a full cohort of Kāēyas Mamāceqtawak Birth Keepers Circle that are excited to meet with you. To schedule your first meeting you can take scan the QR code below and a team member will work with you to coordinate your first meeting. You can also connect by calling the WWHI office at 715-787-6041.



## Birth; Our First Ceremony.

<https://forms.gle/gUSyrpvhtCD1eT58>

