



## Community Doula Alliance - Community Doula Training Schedule for Winter 2026

**In-Person Class Times** Tuesdays and Thursdays from 5:00 to 9:00 pm

**Location** Community Doula Alliance  
1820 SW Vermont Street, STE A  
Portland OR, 97210

**Zoom Class Times** Sundays 5:30 to 8:30 pm

**Zoom Meeting Link** TBA

**All Day Skills Day** Sunday, October 25, 2025 from 9:00 am to 5:00 pm

**Skills Day Location** TBA

| Date                       | Session | Learning Topic                        |
|----------------------------|---------|---------------------------------------|
| Tuesday, October 6, 2026   | 1       | The Role and Scope of a Birth Doula   |
| Thursday, October 8, 2026  | 2       | Anatomy & Physiology                  |
| Sunday, October 11, 2026   |         | Virtual Discussion                    |
| Tuesday, October 13, 2026  | 3       | Labor Support Strategies & Beyond     |
| Thursday, October 15, 2026 | 4       | Interventions And The Doula's Role    |
| Sunday, October 18, 2026   |         | Virtual Discussion                    |
| Tuesday, October 20, 2026  | 5       | Vaginal Birth & Cesarean Birth        |
| Thursday, October 22, 2026 | 6       | Challenging Labor & Birth Protocols   |
| Sunday, October 25, 2026   |         | All Day Skills Training               |
| Tuesday, October 27, 2026  | 7       | Lactation                             |
| Thursday, October 29, 2026 | 8       | Postpartum                            |
| Sunday, November 1, 2026   |         | Virtual Discussion                    |
| Tuesday, November 3, 2026  | 9       | Building Your Doula Business          |
| Thursday, November 5, 2026 | 10      | Work As A Doula After Training        |
| Sunday, November 8, 2026   |         | Graduation & Evaluation Survey at CDA |

**Schedule Disclaimer:** While the class dates listed above are firm, please note that your instructors are active doulas within the community. In the event that a client's birth conflicts with a scheduled class, you will be notified of any necessary make-up dates and times. Alternatively, you may have only one instructor present for that class. Our trainers strive to attend each class, and we sincerely appreciate your grace and flexibility in advance. Thank you for your understanding!

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