



MAMMISSI BIRTHKEEPER TRAINING

Full Spectrum Doula Certification Program



ROOTED IN CULTURE • RISING IN JUSTICE • SERVING WITH HEART

CURRICULUM GUIDE

WELCOME TO THE MAMMISSI BIRTHKEEPER TRAINING



You are here because something in you knows you're meant to do this work.

Whether it's your lived experience, your calling to support families, or your desire to bring change to your community—your purpose brought you to this moment. At Mammissi, we believe birthwork is sacred. It is cultural, ancestral, and deeply personal.

And we created this program so you don't have to choose between a training that feels clinical and one that feels soulful—you deserve both.

This training is for you if you want to learn evidence-based doula skills through a lens of justice, culture, and healing.

It's for you if you want a program that honors who you are, where you come from, and the families you feel called to serve.

Over the next twelve weeks, you'll be guided through a comprehensive full-spectrum curriculum—pregnancy, birth, postpartum, abortion, and loss—so you feel fully prepared and confident in every room you walk into.

You will not be doing this alone.

You'll be learning in community with other birthworkers, receiving guidance, reflection, and real support from instructors who have served hundreds of families across New Jersey.

This is where birthworkers are shaped, nurtured, and encouraged.

This is where you learn to serve with both skill and heart.

We are honored to walk with you as you step into the work you were always meant to do.

Welcome to Mammissi.

Welcome to your calling.

Welcome home.

COURSE STRUCTURE

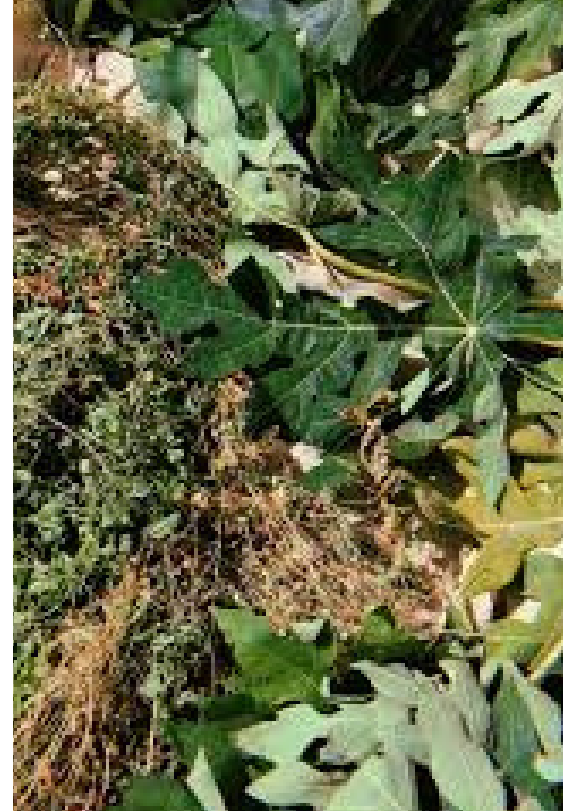


- ♥ 12 WEEK LIVE TRAINING
- ♥ WEEKLY 2.5-3 HOUR SESSIONS
- ♥ VIRTUAL FORMAT WITH OPTIONAL IN-PERSON PRACTICE DAYS
- ♥ FULL DOWNLOADABLE WORKBOOK INCLUDED
- ♥ WEEKLY REFLECTIONS + CULTURAL HUMILITY INSERTS
- ♥ HANDS-ON COMFORT MEASURE ACTIVITIES
- ♥ LIVE INSTRUCTION WITH RECORDINGS AVAILABLE
- ♥ COMMUNITY DISCUSSION + PEER SUPPORT
- ♥ INSTRUCTOR GUIDANCE
- ♥ ANCESTRAL BIRTHKEEPER MINI-MODULE INCLUDED
- ♥ CERTIFICATE OF COMPLETION UPON FINISHING ALL REQUIREMENTS





ANCESTRAL BIRTHKEEPER MINI- MODULE



Birthwork is not new — it is ancient, sacred, and carried through the hands of our grandmothers, midwives, healers, and elders.

This mini-module reconnects you to the ancestral roots of birthkeeping so you can serve families with deeper cultural awareness, reverence, and intention.

You will explore global birth traditions, postpartum rituals, and cultural practices that have sustained families for generations.

Through this learning, you will strengthen your connection to lineage, intuition, and the wisdom that guides this work beyond textbooks and techniques.

This module honors the cultural identities and traditions that doula work is built upon —and invites you to bring your own heritage, community practices, and ancestral guidance into your professional role.

What You'll Explore

- African, Caribbean & Indigenous birth traditions
- Cuarentena & postpartum healing rituals
- Honoring ancestors in birthwork
- Reconnecting cultural practices to modern care
- Ritual, ceremony, and healing after birth and loss
- Bringing ancestral wisdom into client support

QUESTIONS?

@MAMMISSIBIRTHSERVICES

INFO@MAMMISSI.ORG



The background is a blurred photograph of a birth space. In the foreground, a hand is visible holding a glass, possibly containing water. In the background, several people are present, including a woman who appears to be the birthing person, and others who are likely healthcare providers or support persons. The lighting is soft and the overall atmosphere is intimate and focused on the birth process.

"I ENTER EVERY
BIRTH SPACE
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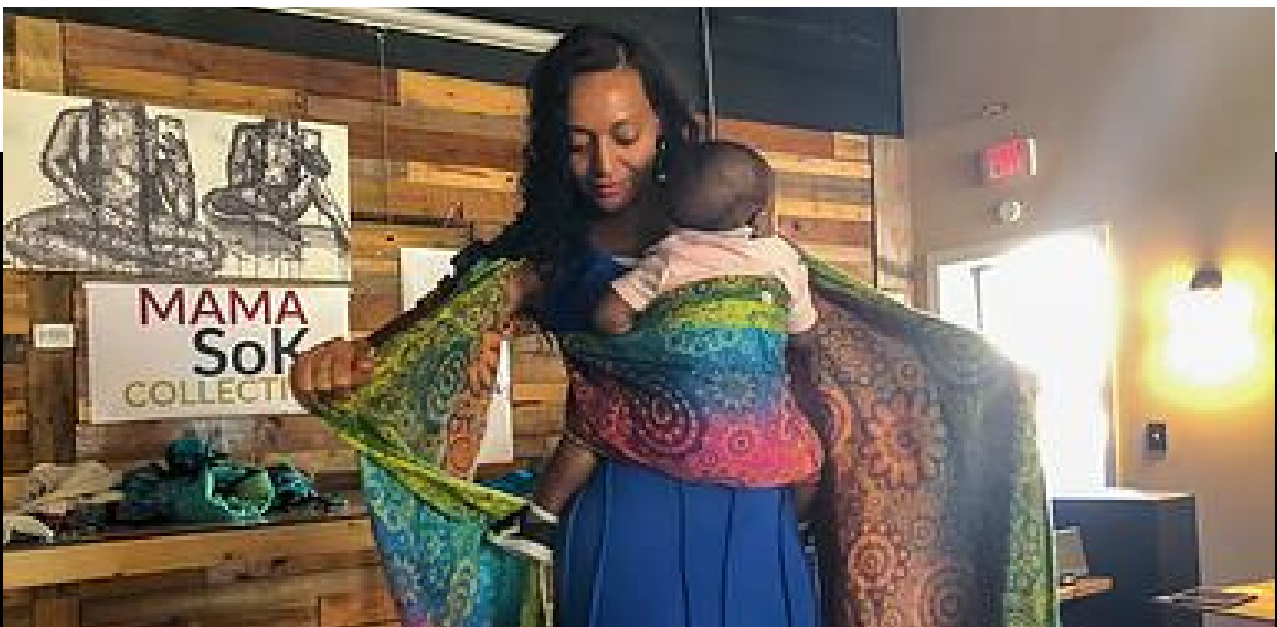
WHAT'S INCLUDED

Your training experience at Mammissi is designed to support you fully—professionally, culturally, and personally.

Here's everything included in your Birthkeeper Training:

- 12 core full-spectrum doula modules
- Ancestral Birthkeeper Mini-Module
- Live weekly classes (with recordings available for replay)
- Comprehensive workbook with guided reflections
- Downloadable resources you can use with future clients
- Hands-on comfort measures practice
- Cultural Humility Self-Check & Reflection Inserts
- Community discussion & peer support
- Direct mentorship and instructor guidance
- Opportunities for real-world practice
- Certificate of Completion after meeting all requirements
- Eligibility to apply for the Mammissi Doula Agency
- Access to continuing education & advanced workshops
- Connection to a powerful community of birthworkers

Everything in this program is created to help you become a confident, culturally grounded doula who serves with both skill and heart.



CERTIFICATION REQUIREMENTS



To become a certified Full Spectrum Doula through the Mammissi Birthkeeper Training, participants must complete all program components with intention, integrity, and cultural humility.

These requirements ensure you are fully prepared to support families with skill, compassion, and confidence.

TO EARN YOUR CERTIFICATE, YOU MUST:

- Attend all live sessions or watch the full recordings if you miss a class
- Complete all workbook pages, guided reflections, and weekly activities
- Submit the Cultural Humility Self-Check and Reflection Inserts
- Participate in class discussions and community learning
- Demonstrate competency in comfort measures and support skills
- Complete the Final Integration Assignment
- Honor confidentiality, professionalism, and cultural humility throughout the program
- Meet all due dates unless previously discussed with instructors

When you meet these requirements, you will receive your Full Spectrum Doula Certificate of Completion and become eligible to apply for placement in the Mammissi Doula Agency.





AFTER YOU GRADUATE



Graduating from the Mammissi Birthkeeper Training is more than receiving a certificate — it is joining a community of powerful, culturally grounded birthworkers committed to changing birth outcomes and uplifting families. Once you complete the program, you will gain access to continued support, mentorship, and professional opportunities designed to help you grow with confidence.

As a graduate, you will be eligible to apply for the Mammissi Doula Agency, where you can receive client referrals, community connections, and ongoing guidance. You'll also receive invitations to advanced trainings, continuing education workshops, and professional development offerings throughout the year. Your journey doesn't end at graduation — it evolves.

We are committed to walking beside you as you step into birthwork with skill, heart, and purpose.

Next Steps

- Mark your cohort start date in your calendar
- Join the student community (link provided after enrollment)
- Look for your onboarding email with Zoom links & materials
- Download or print your workbook
- Gather basic supplies (notebook, pen, water, quiet space)
- Set intentions for the next 12 weeks
- Come ready to learn, grow, and be supported



YOUR JOURNEY STARTS HERE

YOU'RE HOLDING THIS GUIDE BECAUSE SOMETHING IN YOU IS READY TO STEP INTO BIRTHWORK WITH PURPOSE.

WHETHER YOU'VE BEEN CALLED TO THIS WORK FOR YEARS OR YOU'RE JUST BEGINNING TO EXPLORE YOUR PATH — YOUR PRESENCE HERE MATTERS.

AT MAMMISSI, WE BELIEVE BIRTHWORKERS ARE NOT MADE IN ISOLATION.
THEY ARE SHAPED THROUGH COMMUNITY, CULTURE, AND A COMMITMENT TO HEALING.
THIS TRAINING WAS BUILT TO HONOR YOUR VOICE, YOUR LIVED EXPERIENCE, AND THE FAMILIES YOU FEEL CALLED TO SUPPORT.

IF THIS GUIDE SPOKE TO YOU, IMAGINE WHAT THE FULL 12-WEEK EXPERIENCE CAN BRING INTO YOUR LIFE.

THE SKILLS.

THE CONFIDENCE.

THE COMMUNITY.

THE CULTURAL GROUNDING.

THE TRANSFORMATION — BOTH PERSONAL AND PROFESSIONAL.

YOU ARE NOT JUST LEARNING TO BE A DOULA.

YOU ARE BECOMING A BIRTHKEEPER.

READY TO BEGIN

Your next steps are simple:

- Finalize your registration
- Secure your spot in the upcoming cohort
- Set your intention for the work ahead
- Prepare to join a community of powerful birthworkers

Click the link below to complete your enrollment and begin your journey:

[Enroll in the Mammissi Birthkeeper Training](#)

WE CAN'T WAIT TO WELCOME YOU

The families who will one day rely on your support, your compassion, and your advocacy — they are waiting for you.

And we are here to walk beside you every step of the way.

See you in class, Birthkeeper.

With love and purpose,

The Mammissi Birth Services Team