



MANDY GONZALES

LABOR DOULA

ABOUT ME

In my off time I spend time taking care of my 4 children. We enjoy skiing together, having family dinners and having our friends over. My husband and I are busy with supporting our children in soccer, football and wrestling. In the summers we love to travel, camp, kayak, paddle board and fish.

WHAT MAKES YOU A GREAT CARE PROVIDER?

I am opened minded to all birth situations. I'm a good listener and I am compassionate about helping families create the birth experience they envision. Importantly, I have an understanding that birth and birth stories should all be acknowledged and respected.

WHAT DO YOU ENJOY ABOUT THIS WORK?

What I enjoy most about being a doula is the joy that is felt when new life comes into the world. Even in the harder situations or circumstances joy can be felt by new life. I love being a part of the intimate process of birth, it truly is privilege to be chosen to be a doula. Also, helping families make informed birthing decisions and watching them feel empowered by their choices.

WHAT SETS YOU APART FROM OTHERS?

What sets me a part from other care providers is my own experience of having 4 births, 4 different ways. My first was a highly medicated NICU birth, my second was an epidural birth, my third was unmedicated hospital birth and my fourth was a birth center water birth. All of which have given me a perspective of how even planned birth outcomes can change but still be beautiful and powerful. I specialize in Adoption, Teen Pregnancy and Single Parents. I am also a volunteer doula at Denver Health.