Hackensack University Medical Center has an End-of-Life Doula program. Just as a birth doula brings greater comfort and meaning to the process of labor, our end-of-life (EOL) doulas will do the same for a dying person and their loved ones. This innovative program helps people:

- Explore and preserve the stories, wisdom, and messages that give life meaning.
- Plan for what they want to see, hear, and feel around them in the last days.
- Create and use guided visualization and ritual for comfort and meaning.
- Get the rest they need from the exhausting demands of caregiving.
- Understand the dying process through round the clock support.
- Not miss the final breaths, insuring the person doesn’t die alone.
- Reprocess the experience after the death and begin their grief process.

RSVP required. To register, please contact Nancy Voss at Nancy.Voss@HackensackMeridian.org

**EOL DOULA TRAINING INCLUDES**

12 dedicated hours to support the doula’s learning process:

- Create the desired atmosphere
- Understand the dying process
- Provide companionship
- Be an active listener
- Use guided visualization, music, and readings to reduce stress
- Facilitate rituals, life review, and legacy work

**EOL DOULA TRAINING DATES:**

**SATURDAY, FEBRUARY 4** and **SUNDAY, FEBRUARY 5**

**OR**

**SATURDAY, MARCH 25** and **SUNDAY, MARCH 26**

Training sessions are from 8 a.m. - 2 p.m. and take place in the John Theurer Cancer Center first floor conference room.

RSVP required. To register, please contact Nancy Voss at Nancy.Voss@HackensackMeridian.org