

Rina Ríos

Birth Doula*Childbirth Educator*Doula Trainer

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Professional Experience

2012-Present	DONA International-approved Birth Doula Trainer
2016-Present	Personal Coach
2021	Narrator— <i>The Birth Partner, 5th Edition</i>
2010- 2022	Volunteer Doula Coordinator, Montefiore Medical Center and others
2008-2022	Childbirth Educator for groups and private clients
2008- 2022	Birth Doula
2018- 2021	Intercultural Director, DONA International
2011- 2018	Mentor in the NYC Doula Collective
2017- 2018	Advisor to the Board, NYC Doula Collective
2016- 2018	Chairperson, DONA International Translation Committee
2016-2018	Trainer and Coordinator, NYC Doula Corps
2015	Awarded DONA International Advanced Doula Credential
2015	Inducted as a Fellow in the Academy of Certified Childbirth Educators
2014- 2017	Director, NYC Doula Collective
2010	Lactation Educator, Infant Mortality Reduction Initiative, NYC DoH
2009- 2013	Referral Coordinator, NYC Doula Collective
2011	Recipient DONA International Doulas of Color Fellowship
2011	Cast Member for the BOLD5 production of Karen Brody's play BIRTH
2011	<i>Why the Negative Birth Story?</i> Article published in issue #99 of Midwifery Today
2009- 2011	Prenatal Educator, Bronx-Lebanon Hospital Center
2009- 2011	Volunteer Doula Coordinator, Bronx-Lebanon Hospital Center
2008- 2009	Volunteer Doula, Inwood House, a residence for homeless teens

Professional Training and Continuing Education

2008	DONA International Birth Doula Training
11/2008	Workshop for the Childbirth Professional with Ina May Gaskin
1/2009	Breastfeeding Workshop for the Childbearing Professional
7/2009	toLabor Birth Doula Training
8/2009	Understanding Reiki for Childbirth
9/2009	Birthing from Within: How to Lead the Birth Art Process
1/2010	Federation of County Networks Training of Trainers: Health Education
4/2010	Labor Doula Workshop with Judith Halek
5/2010	Worlds of Birth Workshop with midwife Mirna Amaya
5/2010	Passion for Birth Lamaze Childbirth Educator Training
8/2010	CAPPA Lactation Educator Certification Workshop
1/2011	Rebozo Workshop with midwife Louise Holst Dissing
7/2011	DONA International Annual Conference

7/2011 DONA International Birth Doula Trainer Workshop
9/2012 Bronx Breastfeeding Coalition Annual Conference
4/2013 Hypnobirthing for Birth Workers
5/2013 Spinning Babies Workshop with Gail Tully
7/2013 DONA International Annual Conference
10/2013 Integrative Resuscitation of the Newborn with Karen Strange
2/2014 DONA International Postpartum Doula Training Workshop with Ann Grauer
9/2014 Lamaze and DONA International Joint Annual Conference
7/2015 DONA International Annual Conference
9/2015 Lamaze and ICEA Joint Conference
9/2015 Inducted as a Fellow of the Academy of Certified Childbirth Educators
10/2015 Maintaining Normalcy in Childbirth with Penny Simkin
11/2015 DONA International Advanced Birth Doula Designation
1/2016 DONA International Trainers' Retreat
4/2016 Childbirth in the Scientific Context of 2016 with Michel Odent
7/2016 DONA International Annual Conference
9/2016 Spinning Babies World Confluence
10/2016 Lamaze International Annual Conference
11/2016 Advanced Doula Training with Penny Simkin
11/2016 When Survivors Give Birth with Penny Simkin
11/2016 Understanding the Six States of the Uterus with Lena DeGloma
2/2017 When Survivors Give Birth Educators Training, Klaus & Simkin
10/2017 DONA International Trainers' Retreat
10/2017 Lamaze International Program Leaders' Retreat
10/2017 Lamaze International Advocacy Summit
3/2018 Lamaze International Annual Conference
7/2018 DONA International Annual Conference
9/2018 Healthy Children Project Lactation Counselor Training
12/2018 Black Maternal Health Conference
6/2019 NYC Breastfeeding Council Annual Conference
10/2019 DONA International Leadership Summit
9/2019 Bronx Breastfeeding Coalition Annual Conference
7/2020 Mental Health America's History of Systemic Racism in the US
10/2020 DONA International Virtual Summit
2/2021 CommonHealth Action's Anti-Racism Leadership
5/2021 Infant Sleep: What Do Doulas Need to Know?
6/2021 NYC Breastfeeding Council Annual Conference
7/2021 BMCC Certified Professional Life Coach

Boards and Committees

Co-Founder NYC Doula Collective

Founder Bronx Volunteer Doulas

Founder NYC Doula Corps

New York Coalition for Doula Access

Volunteer, 2016 DONA International Conference

Volunteer, 2018 DONA International Conference

DONA International Education Task force

