



2524 16th Ave. S., Suite 207B
 Seattle, WA 98144
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Advanced Doula Training Registration

HYPNOBIRTHING SUPPORT TECHNIQUES FOR DOULAS

Presented by Barbara C. Decker, CD(DONA), HBCE, CCCE

When: February 28, 2010, Sunday, 8:00 am to 5:30 pm

Where: Parent Trust's Center for Strong Families/Great Starts
 2200 Rainier Ave. S., Classroom B
 Seattle, WA 98144

Name: _____

Mailing Address: _____

Email Address: _____

Phone Number: _____ **Cell:** () _____ **Other:** () _____

Current PALS Doula: Yes No

Payment: (Circle One)	Member	I Own The Mongan Method Book**	Non-Member	I Own The Mongan Method Book**
Before 2/23/2010:	\$110.00	\$95.00	\$125.00	\$110.00
After 2/23/2010 or at the Door:	\$120.00	\$105.00	\$135.00	\$120.00

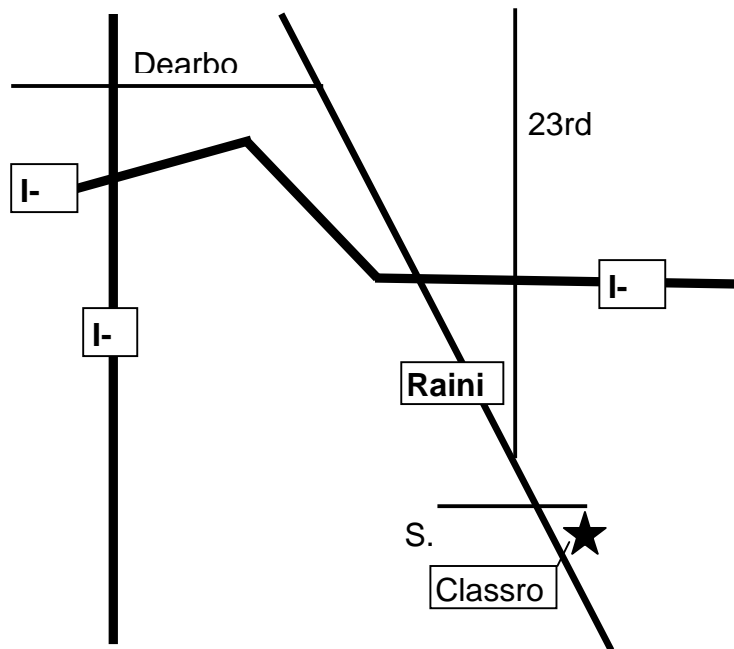
***Only individuals who own The Mongan Method, by Marie Mongan can use these fees.*

Lunch: \$15.00	You are welcome to bring a sack lunch, or if you wish, you can select one item from below, which will have delivered from Gretchens. All box lunches include a fruit cup, a cookie, and water. Sandwiches and wraps include chips; salads include a roll and butter.		
<input type="checkbox"/> Balsamic Chicken Salad	<input type="checkbox"/> Chop Chop Salad	<input type="checkbox"/> Farmer's Market Salad - Vegetarian	
<input type="checkbox"/> Gretchen's Homestyle Turkey Sandwich	<input type="checkbox"/> Italian Baguette	<input type="checkbox"/> Tuna Sandwich	
<input type="checkbox"/> Focaccia Margherita - Vegetarian	<input type="checkbox"/> Chicken Caesar Wrap	<input type="checkbox"/> Vegetarian Wrap - Vegan	

Complete this form, including your lunch selection, if you choose, make your check payable to PALS Doulas, and mail to PALS Doulas, ADT Registration, 2524 16th Ave. S., Suite 207B, Seattle, WA 98144.

Note: In order to participate in the lunch option, your registration must be received in the office by Thursday, February 26th. Please call us with any questions: 206.329.7257

Directions to Classroom at the Center for Strong Families
2200 Rainier Ave South, Seattle, WA 98144



From I-5 Southbound: Take the I-90 exit (Exit 164) toward Bellevue/Spokane. Merge onto I-90. Immediately get into the right-most lane. Take Exit 3 for Rainier Ave. Turn right at the light onto Rainier Ave S. Go ½ mile. The Parent Trust Building will be on your left, at S. Walker St.

From I-5 Northbound: Take the I-90 exit (Exit 164A) to merge onto I-90 East heading toward Spokane. Take exit 3 for Rainier Ave. Turn right at the light onto Rainier Ave S. Go ½ mile. The Parent Trust Building will be on your left, at S. Walker St.

From I-90 Westbound: Take Exit 3A for Rainier Ave South, and merge onto Rainier Ave S. Go ½ mile. The Parent Trust Building will be on your left, at S. Walker St.

By Metro bus: There are several routes that service this area (4, 7, 9, 34, 42, and 48 stop right in front; other routes are a couple blocks walk). To find your best route, use trip planner at <http://tripplanner.metrokc.gov>

Parking: Parking is in the Parent Trust lot behind the building. (Turn left on Walker St, then right into the first or second parking lot.) There is a walkway from the far parking lot into the one closer to the building.

Finding the classroom: Classroom A has its own entrance on the ground floor at the end of the small parking lot (the door is below the metal stairwell between the two buildings). To get to Classroom B, go in through the ground floor entrance, then up the indoor stairs, and the classroom is on your right.

NOTE: both entrances are on the ground floor, just off the parking lot. Do not go up any stairs to get to the entrance!

Getting back to the freeway: Turn right onto Rainier Ave S and head north. To get onto I-90, the entrance ramp is at the freeway. To get onto I-5, turn left on S. Dearborn and merge onto I-5.