

# Virtual Doula

## PHILOSOPHY

Would you love some holistic, evidence-based birth education, soulful prenatal care, a wise-woman perspective, an encouraging birth mentor, or just a knowledgeable friend to share and support your pregnancy joys and challenges?

Maybe you don't want a doula at your birth but you'd love some extra spiritual and emotional support. Maybe you're dealing with an issue and need a listening ear while you sort through it. Maybe you're seeking some one-on-one birth education to inspire your intuition and expand your options. Maybe you're feeling anxious or have a lot of questions. Or maybe you just want to work with me but you live too far away!

Modern maternity care often misses the emotional and spiritual support that many women crave during this uncertain, transformative and expansive rite of passage. Alongside this, the present birth landscape is full of confusion, misinformation, politics and fear that can make it difficult for women to find the information they want and need to make fully informed decisions about their bodies and babies.

If you resonate with me we can work together no matter where you live. Whether we have one chat, a few follow-ups, or walk your whole journey together, I will listen. I will help you feel safe and powerful. I will believe in and support you whole-heartedly.

## VIRTUAL DOULA OFFERINGS

### Virtual Birth Doula

WISE WOMAN CARE FOR YOUR MIND, BODY, HEART & SOUL

- **10 x monthly Zoom calls** to support you during your pregnancy, birth and postpartum journey. These calls are for you to explore and access the nourishment and care you want and need for your individual experience of pregnancy and birth. Depending on when we start working together, some of these calls will support you during your postpartum. You may wish your partner to join some or all of these calls.
- **Education & resources** to support you and your partner in an undisturbed labour, birth and postpartum. Covers holistic pregnancy care, nutrition, the mammalian birth blueprint, undisturbed birth, partner prep, pregnancy & newborn choices, releasing fears, labour strategies & more.
- **Help creating a birth plan** that reflects your own unique priorities and vision for your birth, and supports your success.
- **Postpartum planning** to support your recovery and bonding as a new family.
- **Unlimited phone & email support** throughout the prenatal and postpartum period. I am available to discuss your questions, concerns, fears or updates regarding your pregnancy, labour, birth and new mothering.
- **Birth story listening** for you and/or your partner whenever you are ready up to two years postpartum

*This package is \$1800.00*

*\*If the fee is too much, please do not hesitate to contact me and discuss your situation. I would love to talk with you about our options.*

### Virtual Visits

FIND YOUR OWN TRUTH, POWER & LOVE

If you've got a specific question, concern, situation or dilemma—or would just love some extra attention, knowledge & support—let's video chat!

Here are some of the topics I can help with, but we can talk about anything that is on your mind or heart.

- **Natural fertility / FAM**
- **Prenatal care**
- **Birth education**
- **Pregnancy nutrition**
- **Postpartum**
- **Birth/postpartum plan**
- **Partner support**
- **Newborn care**
- **Breastfeeding**
- **Informed Choice / Advocacy**
- **Risk assessment / alternative options**
- **Holistic approaches**
- **Past births**
- **Trauma**
- **Pregnancy loss**
- **Ritual & ceremony**
- **Spirit babies**
- **Mothering**
- **Worries & concerns**
- **Spiritual matters**

*Virtual visits are \$110 per session and usually take about 1-2 hours over Zoom or Facetime.*