

Virtual Doula

Soulful support to help you find clarity, inspiration, medicine & joy.

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 & space holder 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!

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 & support you whole-heartedly.



Virtual Doula

- **8 x monthly Soul Session calls** to explore, prepare and support your individual experience of pregnancy, birth & early motherhood. You may like your partner to join some or all of the calls. Depending on when we start some calls will support your postpartum.
- **2 x care packages** (in the actual mail!) to support, nourish & treat you in your sacred time. The first of these will also include my (beautiful!) big folder of birth-nerdery with all my favourite & created resources, but everything else will be handmade or handpicked by me at the time to uniquely reflect & nourish you & your journey.
- **Education & resources** to support you in creating a beautifully holistic, sacred & undisturbed labour, birth & postpartum—and on-tap answers to any arising questions, no matter how tricky (if I don't already know, I will find out!)
- **Birth mapping** that educates, captures & plans for your your own unique desires, priorities & vision for birth.
- **Postpartum planning** to support your recovery & bonding as a new family.
- **Unlimited phone & email support** throughout pregnancy, birth & early postpartum. I am always here to discuss your questions, concerns, fears & updates—as well as celebrate you in all your joys & milestones!
- **Birth story medicine** to debrief this huge rite of passage for you and/or your partner afterwards, whenever you feel ready.

\$2200

PAYMENT PLANS AVAILABLE

Soul Sessions

Got a specific question, concern, situation or dilemma—or would you just love some deep one-on-one care, 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.

PREGNANCY WELLBEING
 HOLISTIC CARE & OPTIONS
 BIRTH PHYSIOLOGY & EDUCATION
 NUTRITION
 BIRTH CEREMONY / SACRED BIRTH
 SPIRIT BABIES
 POSTPARTUM PLANNING
 BIRTH MAPPING & VISIONING
 PARTNER SUPPORT
 RELATIONSHIPS
 NEWBORN CARE
 INFORMED CHOICE & ADVOCACY
 RISK ASSESSMENT / ALTERNATIVE OPTIONS
 PAST BIRTHS
 TRAUMA
 PREGNANCY LOSS
 PREGNANCY RELEASE
 RITUAL & CEREMONY
 WORRIES & CONCERNS
 SPIRITUAL MATTERS

\$130

1-2 HOUR VIDEO CALL