



## *Doula and Birth Support*

### **BIRTH SUPPORT PACKAGE**

*After 10 years of sharing this amazing doula venture, 2017 will be a year of change for us.*

*We will be taking some time away from birth support to focus on raising our little boys, as well as continuing to offer our massage therapy and other pregnancy related wellness services.*

*We will be back, when the time is right!*

- A FREE consultation to meet and talk about our services and how they may help with your labour and delivery.
- 2-3 prenatal meetings to discuss the parents' desires, preparation for birth, exploring and assisting in creating a birth vision, become acquainted, to explore and discuss your priorities and any fears, concerns and to plan how we will work together. We will want to become familiar with your preferences regarding pain management options and the use of pain medication. We also want to know your best ways of coping with pain and fatigue and how you and your partner foresee working together.
- Phone Support as needed during pregnancy and postpartum
- Labour support at home and hospital as needed
- Emotional, physical and informational support during labour and birth
- Two postpartum visit to talk about the birth, assist you with breastfeeding and provide support as needed
- Access to our personal resource library of books and DVDs

### **BIRTH PREPARATION PACKAGE**

We will set aside two sessions (approximately 2-3 hours each) to meet with you at a time and

location convenient for you and your partner to talk about what to expect for your birth and postpartum period. These sessions will help you give you a better understanding on what to



## Calming Presence Wellness

PREGNANCY, BIRTH & BEYOND

expect to give birth at the IWK Grace Hospital with various options from comfort measures to pain management.

### POSTPARTUM SUPPORT

Whether you might need breastfeeding support or a helping hand around the house in the six week postpartum period, we can come see you on an hourly basis.

### Massage Therapy

#### PRENATAL BLISS MASSAGE

This 60 minute treatment focuses on relaxation while addressing pregnancy related muscle tension and joint pain. Anette offers her treatments on a specialized massage table and makes sure Mama and baby are safe and comfortable.

#### PAMPERED MAMA MASSAGE

This 60 minute treatment will help with post birth rehabilitation and various muscular and postural tension from breastfeeding and/or tending to a newborn.

- If you are pregnant, it is advised to see your physician or midwife before your treatment.
- Direct billing with Medavie Bluecross, Great West Life and Manulife is available.

## *Personal Fitness*

### TRAINING PACKAGES

Andrea offers one-on-one or group personal fitness training in a comfortable, private and well equipped studio.

Individual program design, goal setting sessions and nutrition counselling.  
Specializing in women's health, pregnancy, postpartum.

### GROUP MOM AND BABY PROGRAMS



*Please contact us for pricing and availability:*

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