Doula Package includes:

2 Doula Visits prior to birth

Access to unlimited phone and E mail support

Help with designing a birth plan

Available support from me 24/7 two weeks prior to birth until Delivery

Continuous Emotional and physical support during labor and delivery

Immediate postpartum support for mother and baby for an hour after birth

Pictures of labor and delivery (if wanted)

\*\* Pregnancy Massage packages available at additional costs\*\*