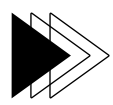


WITH BARBARA

Packages



360 SUPPORT

6 prenatal meetings (full preparation of 12 hours)
Birth support
Pregnancy + Birth + Newborn Photo Documentary
1 postnatal consultation
Post partum virtual support for 6 months
1 alternative therapy treatment of your choice

-35%

\$ 3100



DOULA + PHOTOGRAPHY

2 prenatal meetings
Birth support
Birth photo documentary
Post partum meeting
Post partum photo documentary

-10%

\$ 2600



CALL THE DOULA

1 prenatal
Birth support

\$ 1200



DOULA THE RIGHT THING

2 prenatal meetings
Birth support
1 post-natal meeting

\$ 1475



GREAT EXPECTATIONS

2 prenatal meetings
Birth support
1 post-natal meeting
2 blocs of 3 hours of post-partum support

\$ 1750

WITH BARBARA

A la carte



-15%

for my lovely
doula clients



CONSCIOUS PHOTO DOCUMENTARIES

Labour & Birth Photo Documentary
First moments / Fresh 48 Photo Documentary
Pre-post-natal Photo Documentaries

\$ 1100 | 450 | 350



PRENATAL CLASSES

3 classes of 2 hours each
pregnancy - labour - post partum

\$ 400



POST-PARTUM VIRTUAL SUPPORT

6 months ~ 12 months
1 zoom per months + unlimited texting

per month \$ 150 | 125



ALTERNATIVE THERAPIES & YOGA

Reiki ~ soundhealing ~ pranic healing ~ yoga therapy

\$ 100 | 80



RITUALS

Prenatal ritual & blessings
Postnatal ritual & blessings

\$ 400



BIRTH POOL RENTAL

4 weeks

\$ 200

WITH BARBARA



Services & Prices List

PACKAGES

- \$1200 CALL THE DOULA
- \$1475 DOULA THE RIGHT THING
- \$1750 GREAT EXPECTATIONS
- \$2600 DOULA + PHOTO
- \$3100 360 SUPPORT

A LA CARTE

- \$400 PRENATAL CLASSES
- \$80 | 100 ALTERNATIVE THERAPIES
- \$200 POOL RENTAL
- \$400 RITUALS
- \$125 | 150 POST-PARTUM SUPPORT

PHOTO DOCUMENTARIES

- \$350 PRE-POST NATAL
- \$1100 CHILDBIRTH
- \$400 FIRST MOMENTS

-15%

WITH BARBARA

Important Information



►► BIRTH PACKAGES INCLUSIONS

- A free Zoom meet & greet
- Unlimited email & text assistance (working hours only)
- On call from 37 weeks until birth
- Physical, emotional and logistical support during labor and delivery
- Suggested positions and tools during labor, delivery, and for recovery
- Maintaining your inspiring and soothing birthing space
- Support of the birth partner(s) with techniques and tips
- Travel assistance in the recovery room or postpartum unit
- Immediate postpartum support for 2 hours after childbirth
- Bodyfeeding aid or bottle & hygienic comfort measures
- Postpartum checks on your well-being and advices
- Unlimited 24/7 support by text or email for 2 weeks postpartum
- Unlimited text or email support for 5 weeks postpartum (working hours only)

►► TRAVEL FEES

Prenatal / Postnatal Consultations

- If you live in the Montreal metro area (walking distance to a subway station), we can do the consultations at your home
- If you live outside of the area, here are the options available:
 - Meet at my workspace (Sherbrooke metro)
 - Meet via zoom
 - Go to a café you feel comfortable discussing (accessible by metro)
 - Pay a travel expense (round trip taxi upon receipt)

Childbirth travel expenses

- No additional cost for : CHUM, Notre-Dame, St-Mary's, Jewish, HMR, Glen, Jeanne-Mance birthing center, Côte des Neiges birth center, Marie-Paul Lanthier birth center, home birth in the Montreal metro area (near a Metro station).
- Round-trip taxi fees (upon receipt) for : Cité de la Santé, Charles-Le Moyne, Pierre-Boucher, Le Gardeur, Anne Courtemanche, LaSalle, Sacred Heart, Lakeshore, Pointe-Claire birth center, Ana-Laberge birth center, Repentigny birthing center, home birth outside of the Montreal metro area.

►► NATUROPATHY RECEIPTS

I cannot guarantee reimbursement by insurance companies. Your insurance policy may contain specific restrictions or exclusions. It is your sole responsibility to contact your insurance before signing the contract in order to ask them about reimbursements for Naturopathy services (ACNN association)