

FERTILITY DOULA SUPPORT

FERTILITY DOULA SUPPORT PACKAGE

THIS SUPPORT PACKAGE INCLUDES:

- 1 INITIAL CONSULTATION - YOU WILL LEARN MORE ABOUT OUR SERVICES AND GET TO KNOW EACH OTHER BETTER.
- CUSTOMIZED FERTILITY PLANNING SESSION (QUESTIONNAIRE)
- WEEKLY CALLS- ADDRESSING ANY QUESTIONS AND/OR CONCERNS WITH PROGRESS, OPTION REVIEW, EDUCATION AND DECISION-MAKING
- ACCESS TO ONLINE SUPPORT GROUP
- UNLIMITED ONLINE EVIDENCE BASED ARTICLES

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ACTIVELY AVOIDING PREGNANCY?

IF YOU'RE SEARCHING FOR A WAY TO TAKE CHARGE OF YOUR FERTILITY WITH A MORE HOLISTIC APPROACH (I.E. DITCHING HORMONAL BIRTH CONTROL), I WILL COACH YOU + TEACH YOU HOW TO TRACK YOUR CYCLE USING THE FERTILITY AWARENESS METHOD (FAM).

- 1 INITIAL CONSULTATION - YOU WILL LEARN MORE ABOUT OUR SERVICES AND GET TO KNOW EACH OTHER BETTER. (QUESTIONNAIRE)
- CUSTOMIZED NATURAL FAMILY PLANNING SESSION
- WEEKLY CALLS- ADDRESSING ANY QUESTIONS AND/OR CONCERNS WITH PROGRESS, OPTION REVIEW, EDUCATION AND DECISION-MAKING
- ACCESS TO ONLINE SUPPORT GROUP
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PACKAGE OPTIONS INCLUDE:

- 1 MONTH SUPPORT (\$250 INVESTMENT)
- 3 MONTH SUPPORT (\$700 INVESTMENT)
- CUSTOMIZED FERTILITY PLAN ONLY (\$80

INVESTMENT- INCLUDES 30 MIN

CONSULTATION/QUESTIONS REGARDING YOUR

CUSTOMIZED FERTILITY PLAN)

Complete Your Customized Plan
Questionnaire

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