

# FERTILITY DOULA SUPPORT

## FERTILITY DOULA SUPPORT PACKAGE

### THIS SUPPORT PACKAGE INCLUDES:

- CREATE FERTILITY PLAN (FOR YOU & PARTNER)
- WEEKLY 1-1 VIRTUAL SESSIONS (ADDRESSING ANY QUESTIONS AND/OR CONCERNS WITH PROGRESS, OPTION REVIEW, EDUCATION, DECISION-MAKING AND PARTNER SUPPORT.)
- UNLIMITED TEXT/EMAILS
- ACCESS TO SACRED WOMB TALK
- HOLISTIC 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).

- CUSTOMIZED NATURAL FAMILY PLANNING SESSION
- WEEKLY 1-1 VIRTUAL SESSIONS (ADDRESSING ANY QUESTIONS AND/OR CONCERNS WITH PROGRESS, OPTION REVIEW, EDUCATION, DECISION-MAKING AND PARTNER SUPPORT.)
- UNLIMITED TEXT/EMAILS
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## PACKAGE OPTIONS INCLUDE:

- 1 MONTH SUPPORT (\$500 INVESTMENT)
- 3 MONTH SUPPORT (\$1400 INVESTMENT)
- CUSTOMIZED FERTILITY PLAN ONLY (\$150 INVESTMENT)

Complete Your Customized Plan  
Questionnaire

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