



Are you having a baby and looking for birth support or know of someone who is?

Are you a first time mum, uncertain of what your birthing options are? Or have you been through a disempowering birth and looking for a more personal and supportive experience?

Hello my name is Helen. As a birth doula I am independently trained to provide educational, physical and emotional support for both YOU and YOUR partner.

This means I am able to provide continuous ONE-ON-ONE care throughout your pregnancy and birthing as I don't clock off at the end of an 8 hour shift! This is your birth and I support your birth choices 100%



Contact Helen Hanns on **0403 996 474** or doulayourbirth@gmail.com

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