



We are going to be creating a team together with the main focus of getting you to where you want to be. The more open and honest that you are with me will allow us to collectively meet your goal of the birth that you want.

I am your mandoula until you tell me otherwise!

Your investment is \$1300 per birth and is broken down as:

Two Prenatal visits

\$400

Each visit will be made up of private prenatal education, answering questions, discussing fears / anxiety around the process, comfort measures and making a plan.

Birthday

\$500

I will be there for you when you go into labour, throughout the labour and immediately postpartum.

Two Postpartum visits

\$400

These visits cover breastfeeding support, mental health support and baby care; as this is all new I want to make sure your family gets off to the best start.

If I have been your mandoula before, your investment is \$1000 and is broken down as:

All your Prenatal and Postpartum care	\$500	Birthday	\$500
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Any additional meetings that are required would be at the hourly rate of \$135/hour.

The Mandoula Project

If the investment for my mandoula services is something that you feel that you cannot afford, there is a group of clients I have worked with before that have put up the funds for other families to benefit from my services as a birth doula. These clients are willing to cover some or all of the cost, depending on the circumstances.

I feel very honoured that my clients came up with this idea on their own and then approached me to see if I would be ok with it. I really want anyone who wants a Mandoula to get one and I do not want financial circumstances to be a barrier.

Please email kelly@evolutionmassage.ca for more information on The Mandoula Project.