



Appointment

PACKAGES & PRICE LIST

SINGLE SESSION

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|------------------------|-------|
| 30-MINUTE CONSULTATION | \$75 |
| 60-MINUTE CONSULTATION | \$125 |

PACKAGES

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| STARTER SUPPORT PACKAGE <ul style="list-style-type: none">• 3 X 30-MINUTE SESSIONS• SAVE \$40• IDEAL FOR FOCUSED GUIDANCE | \$185 |
| BIRTH PREP PACKAGE <ul style="list-style-type: none">• 3 X 60-MINUTE SESSIONS• SAVE \$50• BIRTH PREP, ADVOCACY COACHING, RECOVERY & EMOTIONAL SUPPORT | \$325 |
| POSTPARTUM & NEWBORN PACKAGE <ul style="list-style-type: none">• 4 X 30-MINUTE SESSIONS• SAVE \$50• POSTPARTUM RECOVERY, LACTATION SUPPORT, NEWBORN CARE & EMOTIONAL REASSURANCE | \$250 |



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PACKAGES CONT.

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| TEENAGE DREAM PACKAGE | \$185 |
| <ul style="list-style-type: none">• 3 X 30-MINUTE SESSIONS• SAVE \$40• NON-AWKWARD EDUCATION AND DISCUSSION ON PERIODS, FEMININE HEALTH & HYGIENE, SEXUAL EDUCATION | |

ADDITIONAL SERVICES

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| BIRTH PLAN BUILDING | \$100 |
| <ul style="list-style-type: none">• 1 HOUR SESSION• SAVE \$25 PLUS INCLUDES COMPLIMENTARY DOWNLOADABLE BIRTH PLAN TEMPLATE FOR VAG DELIVERY OR PLANNED C SECTION• BUILD YOUR DREAM BIRTH PLAN TOGETHER, INSPIRE AUTONOMY, PROVIDE EVIDENCE-BASED GUIDANCE | |

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| S.O.S. - URGENT PHONE CONSULTATION | \$95 |
| <ul style="list-style-type: none">• 20 MIN PHONE CALL BOOKED WITHIN 24 HRS• LATE NIGHT LACTATION ASSISTANCE, LABOR QUESTIONS OR REASSURANCE, POSTPARTUM SUPPORT, ETC• OPTION TO ADD MORE TIME IF NEEDED• *SUBJECT TO AVAILABILITY | |