



@giadoula

OFFERINGS GUIDE



Supporting you
through
pregnancy, birth
and postpartum



WHO IS CHELS?

I'm a mother of two, a student counsellor, an artist, a teacher, a postpartum doula.

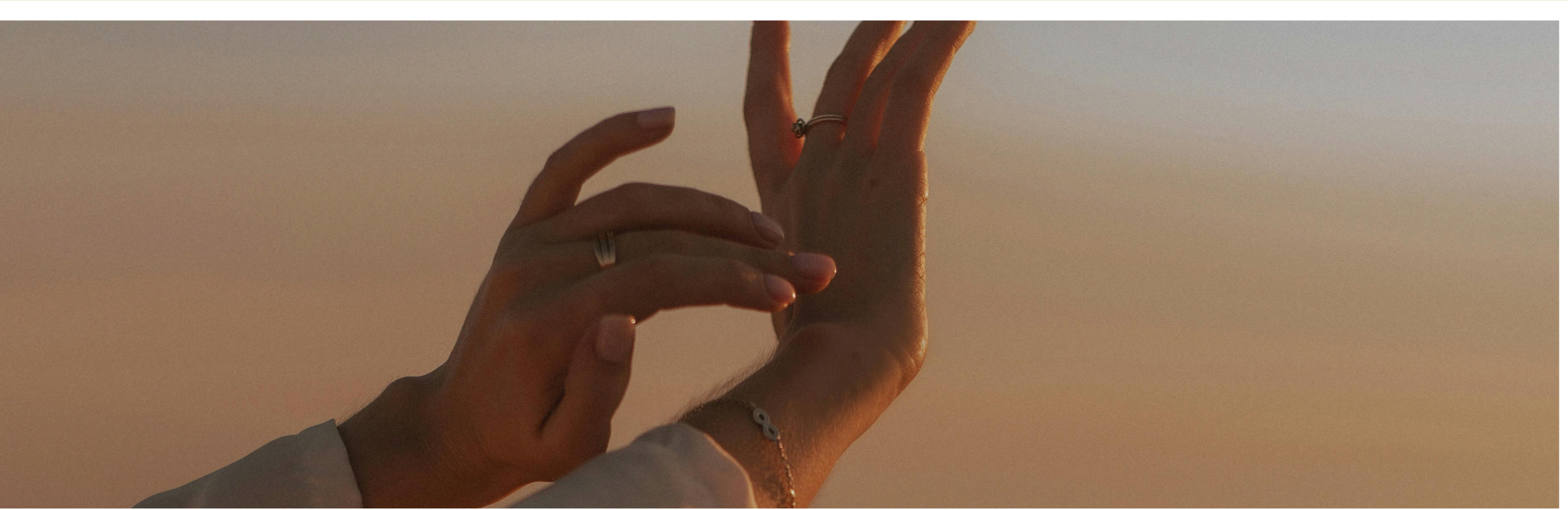


I have been through complicated pregnancies and births, alongside my own mental health challenges.

I am passionate about creating a village for new and seasoned mums, where there is a serious lack in the community.

My family is currently based on the south coast of NSW, however we are about to embark on the beautiful journey of 2 toddlers in a caravan.

WHAT IS A DOULA?



Birth and postpartum doulas do beautiful work in our community to support mothers physically and emotionally through pregnancy, birth and postpartum. Similarly, I want to create a space for mothers to be heard, supported and loved, holistically.

What's different about my services is that they focus more heavily on mental health and wellbeing, and are available all over Australia via telehealth.



SESSION PACKAGES

Prenatal support:

For those at any stage of pregnancy, exploring feelings about pregnancy and birth

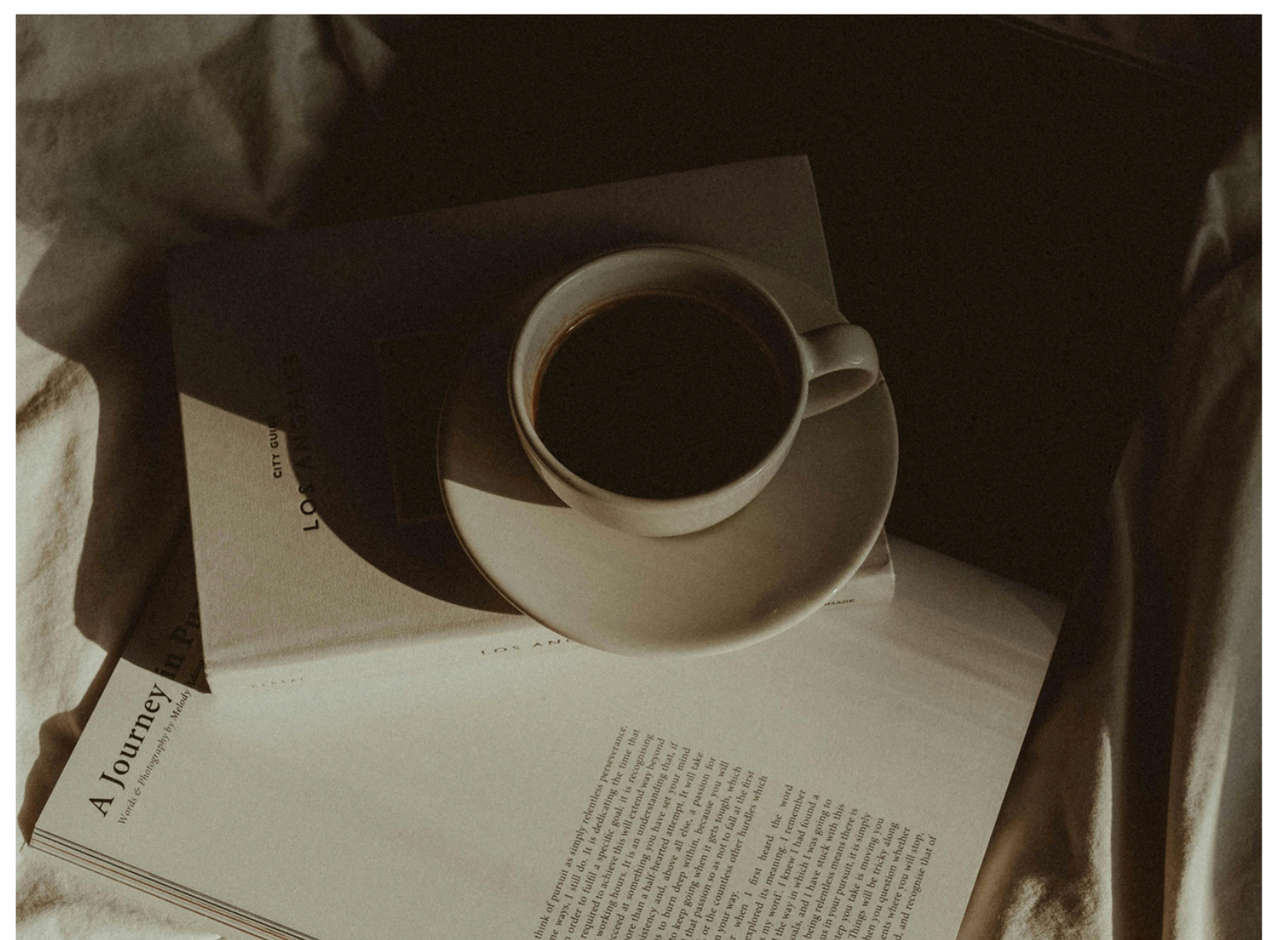
Birth Debrief:

For birthing parents and their partners, having your birth story heard and validated, an opportunity to process any birth trauma

Postpartum check-in's:

For postpartum parents, normalising and guiding through the postpartum transition, prioritising mental and physical wellbeing

ALL SESSIONS ARE
50 MINUTES
\$75 UPFRONT
VIA GOOGLE MEETS



TAILORED SUPPORT



postpartum is not often a time for one-size-fits-all approaches

whilst my listed services are available to book in at your desired frequency and number of sessions, you may find that you need a more tailored approach (longer sessions, meeting-in person, etc.)

I am more than happy to be flexible and support you how you need, just reach out!



CREDENTIALS

bachelor's degree in visual arts

graduate diploma in counselling

certified postpartum transition coach

hormone health expert

trauma healing practitioner

VOLUNTEER WORK



I am an ongoing volunteer with Lifeline Australia. This has exposed me to a lot of hurt in our community and fuelled my passion for mental health advocacy, please be assured that our sessions are a safe space to talk about even the darkest of feelings

I volunteer at my local creche with my own children in tow, and have seen the vastly different journeys each family I encounter has experienced. Rest assured I come from a place of zero judgement!



WHERE TO FROM HERE?

session bookings and client intake sessions
are available on the website (giadoula.com)

feel free to email me: chels@giadoula.com

or follow along on instagram if you aren't
quite ready to book in with me just yet
[@giadoula](https://www.instagram.com/giadoula)