

Grief, Childhood Sexual or Domestic Abuse Support:

1 hour session's by appointment. Grief can play a part of loss or experienced from abuse or trauma. The loss of a loved one, of a child or of a job, etc. etc. it could be caused from a physical, spiritual or emotional loss. I understand the support and encouragement needed to help someone through this time. It is never an easy subject to face, but healing comes from facing fears, thoughts, and emotions by working through these feelings beforehand if possible. This will be beneficial throughout pregnancy, birth, postpartum and will help them be all that they desire to be. If you have experienced or are currently facing any kind of grief or abuse, know that you don't have to be alone, I am here for you.