



Growing Together
DOULA SERVICES

POSTPARTUM SERVICES

\$27/hr from 7am-7pm

\$35/hr from 7pm-7pm

*IN-HOME SUPPORT

In-home support may consist of infant care, feeding support, meal prep/grocery errands, sibling care, light housework (dishes/laundry etc.) referrals to community resources, emotional support in the form of a safe, non-judgemental space, non-biased information, lending library & more!

**SERVICE AREA & TRAVEL COSTS

Service area includes North Bay and up to South River, Sturgeon Falls, Mattawa and Temagami Ontario.

If you are more than 30 minutes away from Growing Together Doula Services mileage costs at \$0.30/km will be added to your invoice per visit.

For those who are out of my service area, you qualify for Zoom conference calls so we can chat face to face.

PER HOUR

\$27/hr daytime on call booking with a minimum of 3 hours per shift
\$35/hr daytime on call booking with a minimum of 3 hours per shift

Includes:

FREE 1hr consultation

FREE welcome basket

Available to book up to a year postpartum

*In-home support as required

****Subject to doula's availability & service area/travel cost**

SPROUT PACKAGE \$300

\$300 with \$150 deposit upon signing of contract

Includes:

FREE 1hr consultation

FREE welcome basket

1 Prenatal visit

12 hours (4 visits) of postpartum *in-home support to be used within 3 months of signing of contract OR baby's birth

First visit in the first week of baby's birth (if desired)

Unlimited daytime/weekend calls, emails and texts for up to 12 weeks

****Subject to doula's service area/travel cost**

SEEDLING PACKAGE \$500

\$500 with \$250 deposit upon signing of contract

Includes:

FREE 1hr consultation

FREE welcome basket

1 Prenatal visit

21 hours (7 visits) of postpartum *in-home support to be used within 6 months of signing contract OR baby's birth

First visit in the first week of baby's birth (if desired)

Unlimited daytime/weekend calls, emails and texts for up to 24 weeks

****Subject to doula's service area/travel cost**

SAPLING PACKAGE (OVERNIGHTS) \$275

\$275 with \$136 deposit upon signing of contract. **Must hire at least 24 hours in advance. Full fee to be paid at beginning of shift.**

Includes:

FREE 1hr consultation

FREE welcome basket

1 12 hour overnight stay starting at either 7pm or 8pm

Record of diapers/feedings

Modified *in-home support

****Subject to doula's availability/travel cost**



Growing Together
DOULA SERVICES

PRIVATE CLASSES

Learning from the comfort of
your own home!

PRICING

All pricing is based on per couple (ie.
mother/partner).

Please inquire about additional person
costs if there are more than 1 couple combo
attending.

Classes that are more than 1hr can be
broken up. Classes can also be combined
Please inquire for timing & pricing.

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we can chat face to face. Please inquire.

CLOTH DIAPERING 101 \$60

2 hours
FREE Welcome Basket

Learn about different types of cloth diapers, how to use them, how
to wash them
Practice with different types of cloth diapers

****Subject to doula's availability & service area/travel cost**

FEEDING BABY 101 \$80

4 hours
FREE Welcome Basket

Learn about breastfeeding, formula feeding, pumping and bottle
feeding with current and evidence-based information

****Subject to doula's service area/travel cost**

BREASTFEEDING BASICS \$65

3 hours
FREE Welcome Basket

Learn about the basics of breastfeeding: latch, techniques, supply
& demand, how to establish breastfeeding & some troubleshooting
methods

****Subject to doula's availability & service area/travel cost**

BREASTFEEDING 2.0 \$80

4 hours
FREE Welcome Basket

Learn everything in breastfeeding basics & go in further details
about interesting science/biology of human milk/breastfeeding,
extended breastfeeding (past 6 months and 12 months), weaning,
introducing solids and more!

****Subject to doula's availability & service area/travel cost**



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PRIVATE CLASSES

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your own home!

PRICING

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Classes that are more than 1hr can be broken up. Classes can also be combined. Please inquire for timing & pricing.

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THE FOURTH TRIMESTER \$80

4 hours (in 1 or 2hr blocks)
FREE Welcome Basket

What is the fourth trimester? How do I cope/get through it? How can family/friends support me during this time? Why is this trimester so important?

***Subject to doula's availability & service area/travel cost*

BABY WEARING 101 \$50

1-1.5 hours
FREE Welcome Basket

Learn the basics of babywearing, different carrier styles and how babywearing can change (for the better) your postpartum time. Try on some carriers to see what you might like!

***Subject to doula's service area/travel cost*

MATERNAL MENTAL HEALTH \$80

4 hours (in 1 or 2hr blocks)
FREE Welcome Basket

An informal/non-medical look at maternal mental health. What does this include? What are postpartum mood disorders? What are some warning signs? How do I help? What are my community resources? Ending stigma & more!

***Subject to doula's availability & service area/travel cost*

INTRODUCING SOLIDS \$50

1-1.5 hours
FREE Welcome Basket

An informal/non-medical introduction to solids whether you breastfeeding or bottle feeding. Chat about cereals, purees and baby-led weaning.

***Subject to doula's availability & service area/travel cost*



Growing Together
DOULA SERVICES

BREASTFEEDING SERVICES

\$27/hr from 7am-7pm

\$35/hr from 7pm-7pm

*IN-HOME SUPPORT

In-home support may consist of assistance in various breastfeeding positive supplementing methods, pumping, troubleshooting, referrals to community resources, emotional support in the form of a safe, non-judgemental space, non-biased information, lending library & more!

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For those who are out of my service area, you qualify for Zoom conference calls so we can chat face to face.

PER HOUR

\$27/hr daytime on call booking
\$35/hr daytime on call booking

Includes:

FREE 1hr consultation
FREE welcome basket

Available to book any time** while you are breastfeeding
*In-home support as required

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STARTING OFF \$120

\$120 due upon signing of contract.

From birth until 2 weeks I will help you start your breastfeeding journey off on the right foot. You do NOT have to be in my service area as this is an online service.

Includes:

FREE 1hr consultation
FREE welcome basket

Unlimited daytime/weekend calls, emails and texts for 2 weeks
2 1hr *in-home support visits if desired/in service area OR
2 1hr **Zoom support calls if desired

****Subject to doula's service area/travel cost**

BREASTFEEDING JOURNEY

Unlimited talk/text support 7 days a week between 7am-10pm for families out of my service area or who just need reassurance here and there. For as long as you keep your weekly/monthly membership you have access to me, whether it's 2 weeks or 2 years!



\$55/month membership to be paid on the 1st of every month

Includes:

FREE 1hr consultation

Unlimited calls, emails and texts 7 days a week from 7am-10pm
2 1hr *in-home support visits if desired/in service area OR
2 1hr **Zoom support calls if desired

****Subject to doula's service area/travel cost**



\$15/week membership to be paid every Sunday

Includes:

FREE 1hr consultation

Unlimited calls, emails and texts 7 days a week from 7am-10pm



Growing Together
DOULA SERVICES

TALK & TEXT MEMBERSHIPS

TALK & TEXT

Unlimited talk/text support 7 days a week between 7am-10pm for families out of my service area or who just need reassurance here and there. For as long as you keep your weekly/monthly membership you have access to me, whether it's 2 weeks or 2 years!

**SERVICE AREA & TRAVEL COSTS

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POSTPARTUM TALK & TEXT SUPPORT

\$100/month membership to be paid on the 1st of every month

Includes:

FREE 1hr consultation
Unlimited calls, emails and texts 7 days a week from 7am-10pm
2 1hr *in-home support visits if desired/in service area OR
2 1hr **Zoom support calls if desired

****Subject to doula's service area/travel cost**

\$20/week membership to be paid every Sunday

Includes:

FREE 1hr consultation
Unlimited calls, emails and texts 7 days a week from 7am-10pm

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BREASTFEEDING JOURNEY TALK & TEXT SUPPORT

\$55/month membership to be paid on the 1st of every month

Includes:

FREE 1hr consultation
Unlimited calls, emails and texts 7 days a week from 7am-10pm
2 1hr *in-home support visits if desired/in service area OR
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\$15/week membership to be paid every Sunday

Includes:

FREE 1hr consultation
Unlimited calls, emails and texts 7 days a week from 7am-10pm

**In-home support may consist of assistance in various breastfeeding positive supplementing methods, pumping, troubleshooting, referrals to community resources, emotional support in the form of a safe, non-judgemental space, non-biased information, lending library & more!*