



Name: Emma

Areas served: Calgary

Can support in: General mental health support, perinatal mental health, medical system navigation, women's sexual health/wellness, birth & postpartum support & education, mindfulness & personal spirituality, alternative health and natural healing remedies, holistic resource

Languages spoken: English

Availability: Monday-Wednesday daytime, Fridays daytime

Contact info: birthmarkdoulacare@gmail.com | 438-992-9951

Limits/restrictions: None

General description:

Hello! I'm Emma & I have been supporting folks as a birth & postpartum doula for the last 4 years. I am really passionate about this form of care and I have a lot of experience supporting people moving through transformative life experiences. I help people navigate the medical system, educate on their rights and options & help advocate for their needs. I am so excited to be offering mental health support in this way. I aim to offer shoulder-to-shoulder support, inspire intuitive & authentic expression, heart-centred decision making and kind & present care. A doula offers a deeper connection of friendship, support and understanding.

What inspired you to become an RMHD?

Since working as a birth doula I have learnt that the doula approach is supportive to so many moments in life and to all people. I have supported many of my friends in the same ways that I trained as a doula, but not always related to birth. When I learned about the mental health approach being offered, I jumped at the opportunity. I know with all my heart & soul that this care is so valuable.

What values impact you as an RMHD?

My values include community, connectedness, creativity, kindness, spirituality, nature, humour, autonomy, acceptance and love. I have no agenda for our time together, I am here to support your pace, your process and your path and learn about your unique, beautiful story.

What are some other interesting things about you?

I work at a flower shop and love to be in nature and learning about it as much as possible. I am obsessed with birth and pregnancy, I know a lot about astrology, I collect beanie babies, I hold strong feminist values, I have a cat named Hamish, I couldn't live without tea, I am devoted to my yoga practice and I am an artist who loves to paint, draw, make jewelry and wear my feelings through my clothing.