

TRIBE CARE

Special Team Birth Package from the Doulas of
A Higher Calling Doula Care and Mindful Birth & Wellness



As an expectant mother, we know that your “tribe” means everything — that being surrounded by the right support system is critical to having the birth experience you want and need.

That’s why **A Higher Calling Doula Care** and **Mindful Birth & Wellness** have teamed up for a special offering. **TRIBE CARE™** brings together the love, support, knowledge and experience of two doulas to help you on your birth journey... every step of the way.



24/7 support: You’ll have two sources of support available 24/7 to answer your questions, lend their ears or shoulders, share advice and resources, and ultimately walk with you through your labor, birth and postpartum period.



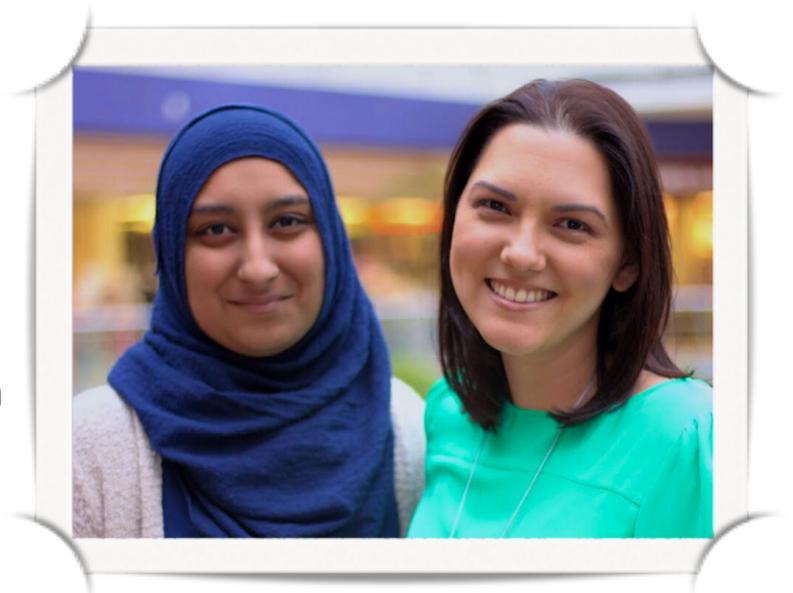
Double the care: You’ll have a unique opportunity to have a complete “tribe” of care available to you on the day of your birth — an all-hands-on-deck approach during which one can never have too much support. This is especially important if you are a single mom, your partner travels, or you have few family members and friends nearby.



Worry-free plan: You’ll meet with both doulas during your prenatal period and develop a substantive relationship with each of us. In the event one is not available on your birth day, you’ll have the reassurance of having someone you know at your birth, rather than a backup with whom you may not be familiar.

Meet the Doulas:

Together, Afshan and Melissa share their passion for assisting women as they transition into motherhood, from pregnancy to birth to postpartum. Afshan Abbasi is a DONA-certified birth doula, certified GentleBirth childbirth instructor, and homeschooling mother of four. Melissa Maldonado has completed training through DONA International and served families through a variety of birth scenarios, including natural childbirth, VBAC, pre-planned pain management, as well as managing birth during health challenges.



For more information, please call 201-686-5441