

Red Deer Doula Association

2021 Info Book

A photograph of a woman lying on her side, wearing a black lace top, being massaged by a doula. The doula's hands are visible, one on the woman's back and the other on her arm. The woman has dark hair and is looking down. The background is softly blurred, showing a warm, indoor setting.

MEET THE DOULAS

Meet the individually run doula businesses that make up the association

BIRTH COMMUNITY CONVERSATIONS

What's everyone talking about?

LOCAL RESOURCES

Central Alberta businesses and organizations that you need to know about!

www.reddeerdoulaassociation.com



Red Deer Doula
association

WHAT'S A DOULA?

Unlike a doctor, OB, or midwife, who tend to their patients medically, a doula is there for emotional and physical support during pregnancy, birth, and postpartum, while also providing evidence based information and resources.

There are a full range of doulas who also support through fertility, bereavement (miscarriage and stillbirth), breastfeeding, prenatal education, postpartum, and more! Serving clients for home and hospital births.

Doulas are a familiar face and support during an unforgettable journey, no matter how that journey plays out.

WHERE TO FIND US:

Website - www.reddeerdoulaassociation.com

Instagram - [@reddeerdoulaassociation](https://www.instagram.com/_reddeerdoulaassociation)

Facebook - [@reddeerdoulaassociation](https://www.facebook.com/reddeerdoulaassociation)

FB Group - [Red Deer Doula Association Let's be Real](#)

Email - rddadoulas@gmail.com

Cover photo by
Kaylee Wulff Birth + Wellness



COMMON DOULA TITLES AND CREDENTIALS

Fertility Doula - Supports and educates through infertility and trying to conceive.

Birth Doula - Supports and educates an individual or family through pregnancy, labour and birth, and the fourth trimester.

Certified Doula - Goes through a longer certifying process, through their chosen certifying body, in order to be an accountable support to their clients.

Postpartum Doula - Supports in home for individuals, or parents after the birth of a baby, cooking, cleaning, after care of a birther, baby care, and/or overnight care.

Full Spectrum Doula/birth worker - Supports through all pregnancy outcomes, including fertility or infertility, birth, postpartum, pregnancy loss, pregnancy termination, trauma, relinquishment, and more.

Bereavement Doula - Supports through pregnancy or infant loss.

Childbirth Educator - Educates individuals and families on the physiology, psychology, and what to expect during labour and childbirth.

Placenta Encapsulation Specialist - Processes and encapsulates placentas, makes tinctures, does placenta prints, and more.

Breast/Chest Feeding/Lactation Educator -

Teaches about breast/chestfeeding, proper latch, how to increase milk supply, etc. Does not diagnose or treat issues.

Birth Photographer - Blends into the background of your birth team to capture special moments of a birth story.

Birth Videographer - Blends into the background of your birth team to record a birth story and create a special short film of the experience.

Other doula trainings could include but are not limited to; CPST (car seat technician), Spinning Babies Trained, Rebozo Trained, Herbalist, Aromatherapist, Reiki Practitioner, Accupressurist, Infant Sleep Educator, Pre-postnatal Fitness Instructor, Birthwork Advocacy, Vicarious Trauma, and more!

Becoming an RDDA member:

Visit our website if you would like to become an active (doula), associate (doula), or business (local resource) member of the Red Deer Doula Association.



MEET THE DOULAS

The RDDA is made up of individually run doula businesses serving the Central Alberta Area. Our three tiers of doula membership includes an executive board, active membership, and associate membership. Shown, are the executive and active doulas of the RDDA.



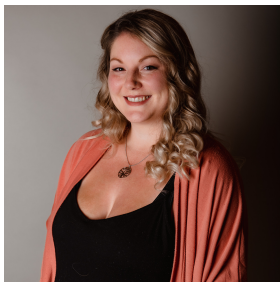
LAURA GAUTHIER

RDDA PRESIDENT

Certified Birth and Bereavement Doula, Placenta Encapsulation Specialist, Childbirth Educator, CPST

www.babyminedoula.com
IG: @baby_mine_birth

Doula style: I have a strong focus on fear reduction prenatally so clients go in to their birth feeling prepared and confident. Informed choice is also a big topic. Hands-on support is dependent on what my client wants/needs in the moment.



AMANDA FITZSIMONS

RDDA VICE PRESIDENT

Full Spectrum Birth Worker, Placenta Encapsulation Specialist, Peer Lactation Counsellor, Reiki Practitioner & Herbalist

www.woodlandbirthandwellness.com
IG: @woodlandbirthandwellness

Doula style: Dedicated support. I am passionate about the power of knowledge, the strength of intuition and the support in connection; as well as cesarean, breastfeeding and postpartum support.



CHRISTA DUQUETTE

RDDA TREASURER

Certified Birth and Bereavement Doula, Hypnodoula Certified

www.lilappledoula.com
IG: @lilappledoula

Each story unique, Each family diverse and Every baby special. It is that truth that fuels my passion to provide personalized care and individual service to every client. I strive to bring quality support specific to your needs. This fosters confidence and reassurance for greater satisfaction in your own birth experience.



KAYLEE WULFF

RDDA SECRETARY

Full Spectrum Birth Worker, Photographer, CPST, Herbalist

www.kayleeraedoula.com
IG: @kayleewulff_

Doula style: Hands on support, comforting presence. Passionate about informed consent, vbacs, birth trauma and connecting birthing people with their innate intuition.



SARAH WILLIAMS

RDDA PUBLIC RELATIONS MANAGER

Birth Doula & Childbirth Educator

www.sarahwilliamsdoulaservices.com
IG: @sarahwilliamsdoulaservices

Doula Style: I am passionate about autonomy and informed consent. I believe that knowledge is power. Knowing your options can help create a foundation of confidence so you can make the best decisions for yourself and your growing family. My goal is to ensure you feel supported while you transition into parenthood.



CHELSEA BOOTSMAN

RDDA SOCIAL MEDIA COORDINATOR

Certified Birth and Bereavement Doula, Photographer, Videographer, Certifying Breastfeeding Educator

www.chelseabootsman.com
IG: @chelseabootsman

My doula style is a hands on coaching and comforting approach. I'm passionate about birth and postpartum education, so that my clients can feel confident in their childbirth journey. I'm also very passionate about physical birth prep, teaching clients how to lengthen and balance their muscles and ligaments for an easier birth.



KAITLYN BOESE

Certified Birth Doula

FB: Kaitlyn Boese Doula Services
IG: @kaitlynboesedoula

Hands on Doula dedicated to helping you shine and be empowered. I love assisting your partner to be the best help they can be for you. It is so important to feel empowered during birth, no matter what your plans are. My goal is to help support you and your partner, so that your birth day is always a positive experience.



SHELBY STORY

Certified Birth Doula, Certified Birth Photographer, Videographer, CPST

www.shelbystoryphotography.com
IG: @shelbystoryphotography

Doula style: Compassionate, yet lighthearted and humorous whenever possible. Prenatally, one of my main focuses is working to prevent the fear-tension-pain cycle. I'm passionate about informed choice, and the beauty of birth photography - if storytelling imagery is an important part of your birth story, I may be the right doula for you!



SUSAN CRUMP

Certified Birth and Postpartum Doula

www.motherstouch.ca
IG: @doulasusan

My passion is to support clients with evidence based information and to help take the fear out of birth and new parenting. I try to provide a calm, comforting and knowledgeable presence during birthing and particularly enjoy supporting new parents during the first weeks and months after birth.



CATHERINE WILSON

Birth and Bereavement Doula

FB: Catherine Wilson Doula Services
IG: catherinewilsondoula

Doula Style : I believe in hands on support and compassion. My goal is to help you find your own intrinsic strength and confidence while providing individualized preparation and care. You will feel fully supported prenatally, during your birth, and postpartum period.



SANTANA PETERS

Certified Birth and Postpartum Doula,
Childbirth Educator

FB: Santana Peters Doula Services

Passionate about informed consent, making sure my clients and their partners have the information needed to make their own decisions. My goal is to give you the best support while transitioning to the fourth trimester.



JENN STEIL

Certified Birth and Bereavement Doula,
Birth Photographer

FB: Jenn Steil Birth
IG: @jennsteilbirth

While dedicated and passionate about helping others, my main goal as a doula is to nurture, support, encourage and uplift parents throughout their journey. I love working with families, their goals and being a part of a close team.



TAMMY RIPLEY

Birth Doula

FB: Caring Hands Doula Services

Doula style: I am very much a hands on person, who can be strong when you need strength but compassionate when listening is what you need of me.



CALLISTA BIERKOS

Birth Doula

www.nightowldoula.ca
IG: @nightowldoula

Compassionate, inclusive, evidence based and trauma informed. Support is adapted to your individual needs and circumstances.



ALICIA ENGLAND

Birth Doula, Postpartum Support Person

FB: Labour Of Love Doula Service

I am a dedicated doula with a goal to care deeply, I put my heart and soul into providing a safe and intimate experience and warm guidance for mothers during their pregnancy, delivery and postpartum. Gestation is the beginning of all things beautiful and an ever-lasting bond.

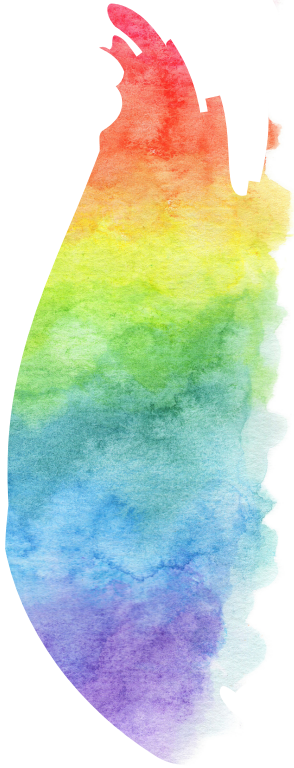
The key to finding your perfect doula is asking the right questions, to make sure they fit your needs and personality. It's important to know what is included in their fees and how they will support you. Here are 7 questions to ask a doula in the first meeting;

5 QUESTIONS TO ASK A DOULA AT A CONSULTATION

- 1 How would you describe your doula style and philosophy?
- 2 Why did you become a doula?
- 3 Do you stay for the entire labour and birth or do you have a time limit or extra charges for long births?
- 4 What do you do if you can't make it to the birth?
- 5 When do you go on call for my birth?
- 6 What's is your fee, and what is included in that?
- 7 How would you support my partner to help them feel included?

Feel free to add any other questions you may have, and best of luck finding the perfect doula that fits your needs!

BIRTH COMMUNITY CONVERSATIONS



Neutral

You may notice a lot of businesses and individuals using gender neutral wording like; chest feeding, birther, pronouns like they/them, she/her, etc. This is not to take away from womanly birthing anatomy, it's to include others who choose to keep their birthing anatomy, but don't identify as women.

No matter how you feel about the topic, this wording will be something to get used to and to try to respect. So whether or not we agree with a person's lifestyle choices, we are to love them and show them the same respect that we would expect for our own life choices or identities.

Golden hour

Golden hour: The first hour after birth, where babe lies skin to skin with the birther, feeling their warmth, hearing the heart beat, smelling the milk. Baby will start slowly kicking his body upward, helping shrink birther's uterus, and then gently bob his head toward the breast, locating the areola. Birther's body will help regulate baby's body temperature, baby's breathing, heartrate, blood sugar levels, and act as a calming familiarity. As baby's skin comes in contact with the microbiomes on the birther's skin, the birther will then colonize him with normal healthy bacteria. The two start to form a bonded relationship, thus preparing for the fourth trimester and the transition to life outside the womb.





3 Tips For A Smoother Postpartum

Postpartum begins as soon as baby is born. It is also referred to as the Fourth Trimester, lasting until baby is 3 months old. It is just as important to plan for postpartum as it is for your pregnancy and birth!

3 tips for a smoother postpartum begins with planning, encouraging using your intuition, and building your community.

Creating a postpartum plan is an excellent way to figure out the different areas you may need extra support in, before you are in the thick of it! Freezer meals, meal trains, sibling care and help around the home are just a few areas that you will want to plan for.

1 Learning to trust your intuition is essential. You will know your baby best, so follow that little voice, your heart and your gut!

2 It takes a village to raise a child, and it also takes a village to raise parents, so start building community now!

3 Reach out to family and friends, see who you can call on for support. Join those mom groups, baby music classes, prenatal yoga, meet ups and more.

Bonus tip: Postpartum Doula support can be a major asset! A trusted professional to come into your home, teach and provide newborn care, do light housework, emotional support, encourage healing, and so much more!

As you can see, postpartum is definitely something you are going to want to put some thought and planing into, and if you need help with this, reach out to the Red Deer Doula Association - Let's be real Facebook group!



Hi! I'm Char Broughton of Catching Fireflies Sleep Solutions. I am a Certified Paediatric Sleep Consultant and Certified Night Coach.

I am a mother of 2 busy children and we live on a farm. I was a Registered Dental Assistant for almost 10 years prior to making a career change. I once lost myself googling all things infant sleep when my daughter was born. I was stuck. There was so much information out there and I didn't know where to start. It was completely overwhelming. I decided to hire a sleep consultant when my daughter was 12 weeks old. I couldn't function any longer with where we were. My husband was working away at the time. I broke down and I needed help. I needed guidance. I needed someone to tell me exactly what to do. And now, that is what I do for other moms. I work with all ages from newborn to 6 years old every day. This is my full time job. I can assure you that I have seen your exact situation before.

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How Does It Work?

Usually someone contacts me through social media or through my website and we set up a time for a free 15 minutes consult over the phone. If they say yes let's do this....

An intake questionnaire which is done on-line prior to our consultation. They send it back to me and I make a sleep plan specific to their child.

A 45-60 minute phone consultation where we will go through the plan in detail together making sure they comfortable and confident with everything moving forward.

A detailed step by step plan which will address schedules, sleep environment, bedtime routine, how to address night wakings, naps, keys to success and what to expect through the process.

Two weeks of daily support where we communicate every single day for the two week period to ensure you have great success and meet your goal by the end of the two weeks. This is for children 10 weeks and up.

For expecting parents and parents to newborns under 10 weeks. We talk about sleep schedules, sleep environments and what to expect. Includes 1 initial video consultation I send them the newborn sleep guide. I check in biweekly until baby is 10 weeks old. I can set a family up for healthy sleep habits before baby even comes and then guide them in the newborn stage to answer all their questions.

Most of my work is done virtually. However, being a Certified Night Coach has given me advanced training to go in home to do the sleep training FOR families or right beside them. Whether they have tried so many times and failed or they just know they want to do this but have no desire to try themselves, I'm here! The methods that I use are gentle, supportive and keep attachment in tact.

I want to make families aware that they do not need to suffer through sleep deprivation. Parents need sleep. Babies and toddlers need sleep to grow, develop and function. It is a necessity. I treat sleep deprivation. I help families create a foundation of healthy sleep habits in a gentle and supportive way. (We are not leaving our children alone to cry). I give you a plan. You are consistent with following the plan and you have my support through it. No more second guessing. No more wondering why your child isn't sleeping well. I get down to the bottom of it. That is my job, of course. No more anxiety when it comes to sleep. I also give my families the tools that they need as their child grows and develops. Their sleep needs will change and I make sure they have everything they need to be prepared for anything that is to come.

Trainings:

- Safe Sleep Certificate, American Academy of Pediatrics, 2020
- Child and Infant CPR, 2020
- Infection Prevention and Control (IPAC), 2020
- Pediatric Nutrition 101(Dieticians of Canada) 2020

Website: www.catchingfirefliesleep.com

Email: catchingfirefliesleep@gmail.com

Instagram: [@catchingfirefliesleep](https://www.instagram.com/catchingfirefliesleep)

Facebook:

<https://www.facebook.com/catchingfirefliesleep>

3 PELVIC HEALTH HACKS FOR MAMA'S-TO-BE

➔ Sticky Notes = Success



We are our habits. The key to learning & implementing strategies for optimal pelvic health prior to the arrival of baby & mommy brain fog is Sticky Notes!

A well placed sticky note on the coffee pot or on the mirror where we brush our teeth is a way to visually trigger our brain to practice the strategies your Pelvic Health Occupational Therapist & you have discussed.

Lindsey personally uses BLUE for BREATHE!

➔ Set Up Your Stations



Regardless if you breastfeed, bottle feed, or tube feed... you will be feeding A LOT and very frequently. So set up your stations!

We recommend having a minimum of 3 stations in your house that are set up:

- 1) to allow for the best posture possible during feeding (it's not always perfect),
- 2) that have snacks & a full water bottle that promotes sipping (not gulping), and
- 3) access to one sensory strategy that calms you - maybe a favourite scent or a quote on the wall.

➔ See a Pelvic Health OT in Pregnancy



It is never too early to learn about your pelvic health and how you can optimize it!

We get excited about strollers, sleepers & all the different types of diapers for baby, but we would encourage you to add a line to the TOP of the baby budget called "Self-Care for Mama" and choose pelvic health with E-Motion Therapy.

Did you know that the prenatal period is the time of greatest development in a baby's life? By taking care of you, you are also giving baby a headstart in terms of emotional, physical & mental development.

Call 403-783-8383 today.

WHOLE PERSON PELVIC HEALTH: E-MOTION THERAPY

Your Choice:
At Our Clinic,
At Your Home,
or
Via Virtual
Appointment

"I had no idea that my pelvic floor could affect my mental health and vice versa !" Brittany (name changed for privacy) exclaimed.

By addressing pelvic health in pregnancy, or even earlier, we can educate and empower women like yourself to understand how you can use your pelvic floor and core to assist in supporting you through not only the physical aspects of pregnancy, birth, and postpartum recovery - but also the psychological & emotional aspects as well.

Imagine feeling prepared and less "freaked out" in the early days of postpartum as you navigate life with a new baby. Access to a resource such as E-Motion Therapy allows women like yourself and Brittany to reach out to a familiar face and receive the appropriate support & care throughout your pregnancy & postpartum journey.

Current statistics state that 1 in 3 births are perceived by the mother as traumatic. This tells us we need to understand what can be done to decrease the complicating factors and build resiliency in women giving birth. Our Registered Occupational Therapists at E-Motion Therapy have extensive training & experience in all the aspects of Whole Person Pelvic Health - physical, psychological, environmental (think ergonomics), emotional & sensory factors.

It is our belief that you cannot separate the mind & body, especially in a time of transformation such as birth. Anxiety and depression are closely correlated with pelvic health issues and E-Motion Therapy provides support for you as a Whole Person - this is unique as no other profession such as physio or psychology can legally address the full spectrum of physical & mental health components as an OT can in Alberta.

If you are interested in learning more about a Whole Person Pelvic Health approach that will support both your mind & body throughout pregnancy, birth and beyond please call us at 403-783-8383 - we would love to connect with you & answer any questions you have!



By Lindsey Kaupp, MScOT BScKin
Owner of E-Motion Therapy

FB: E-Motion Therapy
IG: @emotiontherapy



Chelsea Bootsman

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IG - @chelseabootsman

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BIRTH SERVICES

PLACENTA

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Laura Gauthier - Certified Placenta Encapsulator

www.babyminedoula.com

IG - @baby_mine_doula





● Placenta Encapsulation

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● Pelvic/Vaginal Steaming

Herbal Steaming Blends • Steam Stools

● Reiki Sessions

Fertility • Prenatal • Postpartum



Knowledge¹²
Intuition
Connection



woodlandbirthandwellness.com

ig: @woodlandbirthandwellness



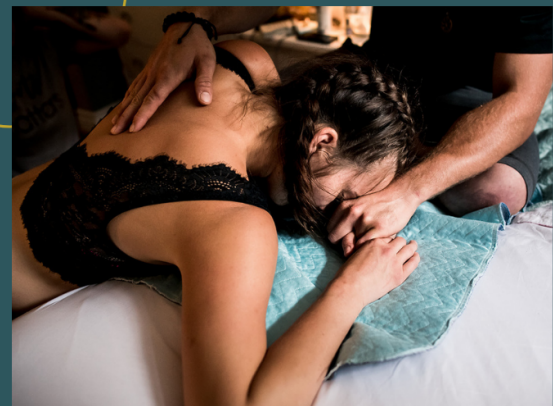
Central Alberta Birth Photography

CAPTURING
CONNECTION FOR
BIRTHING FAMILIES

 KAYLEE WULFF BIRTH + WELLNESS

 KAYLEEWULFF_

MENTION THIS AD DURING
BOOKING TO RECEIVE 10% OFF



Katie's Closet

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Maternity & Nursing Consignment Boutique

Katie Holmes
OWNER / OPERATOR

Located in South East
Red Deer

f katiesconsignmentcloset
i katiesclosetrd
e katiesclosetrd@gmail.com
t 403-598-0604

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Instagram: @cloud9naturally
Email: store@cloud9naturally.com



SHELBY STORY
PHOTO & FILM



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Documenting birth stories in Central Alberta

PROFESSIONAL BIRTH PHOTOGRAPHER & VIDEOGRAPHER

WWW.SHELBYSTORYPHOTOGRAPHY.COM

IG - @SHELBYSTORYPHOTOGRAPHY

FB - SHELBY STORY PHOTOGRAPHY + FILM



Tip of the Tongue

Lactation Consulting

In Clinic and Virtual Services Offered:

- Latch Lessons- Prenatal 1:1 and Group Breastfeeding Preparation, Education and Empowerment Sessions
- Individual Consultations to address worries and concerns which may include:
 - Latch and positioning
 - Sore or damaged nipples
 - Milk supply
 - Tethered oral tissues (tongue, lip and cheek ties) - pre and post release education & support including ensuring optimal timing of release, oral motor/suck training and comprehensive lactation care

Please Note: Tip of the Tongue Services may fall under extended health care benefits under "speech therapy".



Karrie Page, R.SLP, COM, CBS

Registered Speech Language Pathologist

Certified Orofacial Myologist & Certified Breastfeeding Specialist

www.tipofthetongue.ca

403-391-1413

@tipofthetonguerd

Educate

Empower

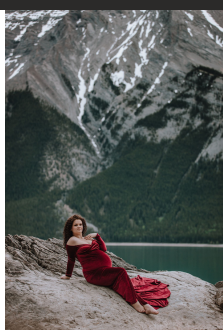
Support

paige koster

PHOTOGRAPHY

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your baby will create lasting memories of life's
precious moments.*

<http://jcastingcreation.ca/>

Call 403-505-7752

Email: info@jcastingcreation.ca

Follow on Facebook or Instagram
@jcastingcreation



West Country Midwives is a midwifery practice based out of Rocky Mountain House, which serves West Central Alberta. We also have a satellite clinic that serves families in the Drayton Valley area. Our catchment area extends from Sylvan Lake to Eckville, Caroline, Nordegg, Drayton Valley, Breton, and Rimbey. Families from outside our catchment are welcome to reach out to us to discuss the possibility of traveling to Rocky Mountain House for care and their birth.

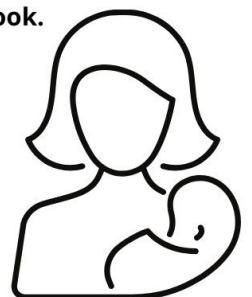
Rocky Mountain House has a Level 1C Hospital with 24/7 OR coverage. We also have a birth suite available for births, that is less than 5 minutes from the hospital. Homebirth may be an option within a 1 hour 15 min radius of Rocky Mountain House.

West Country Midwives offers team-based midwifery with 2-3 midwives per team in order to ensure that you get to know your primary midwives.

Please feel free to learn more at www.westcountrymidwives.com or find us on Facebook.



**1-855-552-4784 ex 3
4834-48 St
Rocky Mountain House, AB
T4T 1C9**



Healing Hearts

BEREAVEMENT COMMUNITY

Support for pregnancy and infant loss thorough
compassion, love and understanding.



*Located in Central Alberta, Healing
Hearts offers support:*

- *Virtually*
- *One on one bereavement care*
- *Care packages*
- *Heartfelt expression: cards for a cause*
- *Community events*



Support is here for you.

<https://healingheartscommunity.com>

Facebook: [healingheartsbereavementcommunity](https://www.facebook.com/healingheartsbereavementcommunity)

La Leche League Canada

Breast/Chest feeding Support



**Got a question?
Give us a call!**

LLLC AB/NWT

Edmonton: 780-478-0507
Central AB: 403-348-2410
Calgary: 403-242-0277
Lethbridge: 403-331-1003

Northern Alberta & NWT
 1-888-LaLeche (525-3243)

3 WAYS TO CONNECT:

- Local support groups
- Phone help & info
- www.LLLC.ca

www.LLLC.ca/get-help



*Providing information on
breastfeeding and human milk*

www.LLLC.ca

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THANK YOU TO OUR LOCAL BUSINESS MEMBERS AND SPONSORS

Sleep Consulting - **Catching Fireflies Sleep Solutions**

Pelvic Health Therapists - **E-Motion Therapy**

Lactation Services - **Tip Of The Tongue**

Midwives - **West Country Midwives**

Placenta Encapsulation - **Baby Mine Doula Services**

Placenta Encapsulation - **Woodland Birth & Wellness**

Birth Photographer - **Shelby Story Photography**

Birth Photographer - **Chelsea Bootsman Doula.Photo.Film**

Birth Photographer - **Kaylee Rae Birth & Wellness**

Newborn Photographer - **Paige Koster Photography**

Maternity & Birth Clothing - **Gracefully Birthed**

Chiropractor - **Pure Chiropractic**

Keepsakes - **Janean's Casting Creations**

Website - www.reddeerdoulaassociation.com

Instagram - [@reddeerdoulaassociation](https://www.instagram.com/reddeerdoulaassociation)

Facebook - [@reddeerdoulaassociation](https://www.facebook.com/reddeerdoulaassociation)

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