



Frequently Asked Questions

1 What is a Full Spectrum Doula?

Full Spectrum means I support every stage of the reproductive journey — not just birth or postpartum. That includes:

- Fertility and cycle education
- TTC and assisted conception (IUI/IVF/ART)
- Pregnancy and birth
- Postpartum and infant care
- Loss, grief, reproductive trauma
- Adoption, surrogacy, perimenopause & menopause

Whether you're hoping, trying, grieving, birthing, bonding, or shifting — I'm here to walk with you.

2 Are you certified?
What training do you have?

Yes! I've been trained by both Doula Canada and DONA International, and after five years of practice, I'm currently certifying in Birth and Postpartum care, as well as Childbirth Education.

I also hold certification in Fertility, Loss Support, and VBAC birth, with additional training in:

- 2sLGBTQia support
- Trauma-informed care
- Nutrition & recovery support
- Infant soothing, sleep, and acupressure

3 Do you offer in-person and virtual support?

Yes. Many of my clients are in the Calgary area, but I also support folks across Canada and beyond virtually — especially those in rural communities or with limited access to care.

Virtual options are available for:

- TTC/Fertility support
- Pregnancy + postpartum check-ins
- Sleep consults
- Emotional debriefing
- Cycle tracking

In-person services (in and around Calgary) include:

- Birth support
- Postpartum care
- Meal prep
- Infant care + massage
- Some fertility appointment support





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4 How do I book a session or package?

You can email me at kat@embracingthejourney.ca to book a 15-minute discovery call to get started.

Once we connect, I'll walk you through:

1. What support you might need
2. What package or tier fits best
3. How to get started with intake + scheduling

There's no pressure to commit during a consult; my goal is to help you feel informed and empowered.

5 What are your rates?

Rates vary by service and tier.

I offer both hourly and package-based pricing. Some support is also available on a sliding scale, especially for loss, grief, and trauma services.

You can view current rates on my 'Your Journey' page.

Currently offering reduced rates while I complete my birth and postpartum certifications!

6 Do you offer gift certificates or baby registry add-ons?

Yes! You can gift doula support to someone you love — or add it to your baby registry. It's one of the most impactful ways to support a growing family.

Let me know if you'd like a custom package or a printable gift certificate for a friend.

7 Can you work alongside my OB, midwife, or therapist?

Absolutely. I consider doulas part of the care team, not a replacement for clinical providers. I can coordinate care with:

- OBs and midwives
- Therapists and counsellors
- Lactation consultants and chiropractors
- Specialists involved in fertility or postpartum care

I'll also let you know if I feel you'd benefit from another professional's support — and I have a trusted referral list.





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8 What is your philosophy around birth, parenting, and support?

Every person deserves to be met with respect, safety, and compassion — no matter where they are on their journey, who they are, or how they show up.

I've personally experienced birth trauma, medical dismissal, and size-based bias. That's shaped not just the work I do — but how I do it.

My approach is grounded in a few core beliefs:

Safety first — always.

- Whether physical, emotional, or energetic — your experience needs to feel secure before anything else matters. From that place, we can explore, learn, heal, and grow.

Most things can be solved or shifted.

- I'm the person people come to when they want to see all the angles — because I don't believe there's only one "right" way. I believe in options, strategy, and curiosity.

I don't assume anything about you.

- I meet you where you are — whether you're grieving, joyful, unsure, neurodivergent, gender-expansive, deeply spiritual, science-forward, or still figuring it all out.

Your body, your beliefs, and your background are not barriers.

- I work with folks of all sizes, stories, and identities. I know what it's like to be told your body is "too much" — and I fiercely reject that narrative.

Support should feel human, not clinical.

- This work isn't about protocols and power dynamics. It's about partnership, presence, and protecting your agency — especially when the world hasn't always done that for you.





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- 9 What if I'm not sure where I fit on the "journey" map? That's okay — not everyone fits neatly into one phase. If you're somewhere between "thinking about it," "trying again," or "feeling lost," you still deserve support.

Reach out anytime for a discovery call — I'll help you figure out what might help, with no pressure or assumptions.

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- 10 What if I have a question that's not listed here? I love questions — even the weird or vulnerable ones.
- Please don't hesitate to reach out via my email at kat@embracingthejourney.ca or DM me on Instagram @embracingthejourney_yyc.

No bots. No gatekeepers. Just me.

