

I aim to provide a safe space, free from judgement where you can truly be heard. I offer Healing Birth sessions, where we can work together to unravel your traumatic birth experience, try to make sense of the events and look at tools to continue your healing journey and reclaim your power.

I also offer Centered Parenting sessions; this is a space to speak freely about the struggles of parenthood. We also look at tools to find your calm center in parenting. I am a certified Healing Birth Practitioner and a qualified Social Worker who has trained in trauma informed care. I am passionate about creating space for parents and birth givers to be acknowledged and heard and to be equipped with the tools to enjoy parenting! I offer in person or online sessions. Please get in touch if you would like to learn more!

Details

- Email: harriet.postnatal@outlook.com

Website

www.harrietw.com