

*gentle & reflective care*

# Perinatal Support & Emotional Wellness



Supporting birth reflection, feeding care, and emotional transitions

- Trauma-informed care for families before and after birth—creating space for reflection, healing, and support through life's biggest transitions.

## OUR SERVICES



### Birth Reflection & Planning

Ideal for those preparing for another birth after a previous experience that was difficult, unexpected, or unresolved



### Infant Feeding Support

Personalized, compassionate care for feeding challenges, grief after unmet goals, or re-establishing feeding after difficulty.



### Emotional Wellness Sessions

Gentle support to process identity shifts, emotional overwhelm, sleep challenges, or the day-to-day complexity of early parenting.

## WHAT TO EXPECT IN A SESSION

Sessions are 60 minutes, virtual or in person when available. You'll receive reflective dialogue, gentle nervous system support, and care tailored to your emotional and feeding needs.  
Referrals offered when appropriate.

I'm here to walk with you through birth processing, feeding challenges, and emotional healing. Let's explore how I can help you feel seen, supported, and steady.

**Contact Us  
for more information**

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