



*Sarah Simone Doula*

**Pregnancy/Birth/Postpartum Resource List**

Golden, BC Practitioners:

**Acupuncture: Great for inducing labour. Tamara at [www.Unravel-Therapeutics.com](http://www.Unravel-Therapeutics.com)**

Ayurveda pregnancy support and postpartum Ayurveda bodywork therapies: Michelle at  
[Www.dustyroselifestyle.com](http://Www.dustyroselifestyle.com)

**Doula: Sarah Simone Anderson, 250-272-4773, [www.sarah-simone.ca](http://www.sarah-simone.ca)**

**I also offer: Mother Blessings, Reiki, Prenatal yoga & Womb Blessings**

Fitness: Morgan Jmaiff at [Www.thriiveco.ca](http://Www.thriiveco.ca)

Holistic nutritionist: Louise Upton, [louiseelizabethnutrition@gmail.com](mailto:louiseelizabethnutrition@gmail.com)

Naturopathic Doctor (ND): **(sells great Perinatal Vitamins)** Dr. Erika Buckley-Strobel: Aqua Vitalis  
Naturopathic, [www.drerika.janeapp.com](http://www.drerika.janeapp.com)

**Massage: (pre and postnatal specific)**

**Dani St. Julian** (and her team), [www.Unravel-Therapeutics.com](http://www.Unravel-Therapeutics.com)

Cherie or Sue at [www.goldenwellnesshub.com](http://www.goldenwellnesshub.com)

Kristina at [Www.goldencollective.com](http://Www.goldencollective.com)

Kristi Easton: [kristieaston.ca](http://kristieaston.ca)

Leah Parker: RMT: <https://www.leahparkerrmt.ca/>

Thalia Fisher at Soma Bodyworks (and craniosacral)

**Pelvic Floor Physio: Sarah Jury, <https://www.glacierphysiolab.com>**

Kristie Norquay, [kristie.norquay@gmail.com](mailto:kristie.norquay@gmail.com)

Photography: (maternity, birth & family)

Amy: [www.abarrettphotography.com](http://www.abarrettphotography.com)

Jena Laroy: [www.jenaleelaroy.com](http://www.jenaleelaroy.com)

Erin: <https://erinlirkbride.com>

Lois: [www.loloandnoalife.com](http://www.loloandnoalife.com)

Jackie: [www.jackielynnphtography.ca](http://www.jackielynnphtography.ca)

Newborn Photography:

[Www.megtomlinsonphotography.ca](http://Www.megtomlinsonphotography.ca)

**Osteopathy: Alex, Natalie or Louis at Nourish Clinic, [www.nourishclinic.ca](http://www.nourishclinic.ca)**

Somatic Experiencing: great to process emotions/experiences before and after your birth. Anna Urban:  
[www.goldenwellnesshub.com](http://www.goldenwellnesshub.com)

**Visceral Massage & Placenta Encapsulation: Ruth Lynne, 250-348-2546**



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**Other Services:**

Early Years Centre: Free baby & toddler play, toy lending library and child care resources,  
<https://www.goldencommunityresources.ca/ccrr>

Free Family Counselling: Golden Family Center <https://goldenfamilycenter.bc.ca>

Mental Health Support: Public Health Nurse: Free, 250-344-3001

\*you can also walk in during open hours Mon-Fri 8:30-4:30; it is to the left of the main doors of the hospital

Midwife/Lactation Consultant: Joyce Totton, Ask for her through the Golden Maternity group in the Golden Medical Clinic: (250) 344-2211

Perinatal Loss Support: Group support held at the Golden Family Centre,  
<https://goldenfamilycenter.bc.ca> (you can also message me for direct contact info)

Postpartum Depression Anonymous: Weekly virtual meetings for peer support <http://pda-support.org/>