



## Remembrance/ Legacy Project

In the spirit of preserving cherished memories, I assist clients in creating personalized remembrance and legacy projects. These may include memory books, audio recordings, or other keepsakes that capture the essence of a person's life. By collaboratively crafting these projects, clients can leave a lasting legacy for their loved ones, fostering connection and providing a meaningful source of comfort and remembrance.

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## VIGIL PLANNING

As an End-of-Life Doula, I provide compassionate support for individuals and their families during the final stages of life. Vigil planning involves creating a serene and meaningful environment for the dying person. I work closely with clients to understand their preferences, ensuring that their final moments are surrounded by the people, atmosphere, and rituals that bring them comfort.

This service is tailored to honor each individual's unique journey with empathy and respect.

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# Grief Support & Referrals

Grief is a deeply personal journey, and I offer empathetic support to individuals navigating the complex emotions that accompany loss. Through one-on-one sessions, I provide a safe space for clients to express their feelings and explore coping strategies using various holistic practices.

Additionally, I offer referrals to specialized grief support services and professionals to ensure comprehensive and tailored assistance throughout the grieving process.



# Healing Modalities

As a certified practitioner in Breath-Centered Yoga, Ayurveda, Reiki, and the Alexander Technique, I integrate holistic modalities to comfort, support, and enhance the well-being of both the individual facing the end of life and their loved ones.

Working with the breath, aromatherapy, Reiki, Ayurvedic oils for hand and foot massage, and Marma therapy are some of the practices I utilized to provide physical and emotional comfort, promoting relaxation and peace during this challenging time. These modalities are tailored to individual preferences, fostering a sense of tranquility and connection.



# Education & Advocacy Support

In my capacity as an advocate, I closely collaborate with clients to guarantee clear communication and respect for their wishes and preferences within the healthcare system, Hospice, and others.

Beyond individual support, I extend my advocacy role to the broader community by delivering talks and lectures at various centers, educating the public on the crucial significance of End-of-Life Planning.

Through guidance on navigating complex medical decisions, open discussions about end-of-life preferences, and the provision of resources for advanced care planning, I empower individuals to assert their agency amidst challenging decisions. This comprehensive advocacy and education support aims to cultivate a more informed and personalized end-of-life experience for everyone involved.