



VBAC Support

VBAC Workshops:

3.5 hours - Meditation, fear release, cesarean birth, cesarean vs vbac; benefits and risks, uterine rupture, the evidence, contraindications for vbac, finding a provider, hospital birth or homebirth, birth planning & mental preparation, BRAIN, Inductions, and more.

Care package with handouts and activities and a gift for you. A package will be sent via post for virtual workshops.

In-Person

Private (couples included)
€270+

Group (2+ people, couples don't count as 2 people)
€215+

Virtual

Private (couples included)
€210

Group (2+ people, couples don't count as 2 people)
€185

Antenatal VBAC Support

Antenatal visits/ calls usually last 2 hours approximately.

Typically, antenatal VBAC support is done over 3 sessions, which include the following:

1. Birth debrief
2. Fear Release & building confidence
3. Birth Planning, Care Provider interviewing, Advocating for yourself

You will also receive a care package, handouts and activities to keep and refer back to.

In-person €265+

Virtual €205

You can also pick and choose how you would like your antenatal support to look. If you would like to add additional visits, they will be charged at €45 per hour plus travel.

This is a Globebaby Doula document

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Workshop & Antenatal Support Combo

In-person €500+

Virtual €400

Combos also include care packages, handouts and activities.

Additional fees for travelling outside of a 30km radius.

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