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## RAE - ANN WILKINS

Hello my name is Rae-Ann Wilkins and I am of Métis descent. I have been training as a Doula for the past year. I knew this was the right path for me after experiencing my own pregnancy and the birth of my daughter in 2017.

As a Doula, it is my job to support women mentally, physically and emotionally on their journey through fertility, labour and delivery. While I am trained to provide support in various areas, from preconception to postpartum, I have taken a special interest in fertility and birth. My ultimate goal as a Doula is to help empower women and their families by making them feel confident in the decisions that work best for them.

When I am not wearing my Doula hat I enjoy spending time outdoors, being barefoot and listening to loud music.



Centre de santé communautaire  
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