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## SARAH CHALOUX

Hello! My name is Sarah Chaloux and I am from Wahta Mohawk territory with my roots in Gravenhurst Muskoka. I am excited to provide birthing support and advocacy to Indigenous families, and to witness the reclamation of birth back into the hands of Indigenous women and communities. I have been supporting women as a Doula, birth worker and second attendant for the local midwifery practice for several years. I have a keen interest in educating women on their choice of birth place, informed parenting, reproductive rights, fertility awareness and the crucial postpartum period. Outside of birth work, I have helped women navigate pregnancy, breastfeeding and parenting through my volunteer work at the Friends of Muskoka Midwives, peer to peer circles, and La Leche League group meetings.

I have a bachelor's degree in International Development and I received Doula training from DONA International. I have also acquired Indigenous Full Spectrum Doula Training and Maternal Support Practitioner training through Bebo Mia and I am a trained placenta encapsulation and postpartum specialist. I have a passion for gaining and sharing knowledge about Indigenous rights, decolonization, cultural practices, and Indigenous midwifery and I'm currently pursuing my degree in Public Administration and Governance for Indigenous Communities at Ryerson University and First Nations Technical Institute.

I am a mother of three young children and married to an incredibly supportive partner. When I'm not busy finding ways to fuel all my interests, I try to be in or on the water enjoying the summers or chasing the sun during the winters with my family.

