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## TRISH HARTMAN

Hello! My name is Trish Hartman. I am of Métis descent and have a degree in Native Studies from Trent University. I first trained as a Doula 23 years ago when my four children were young. After retiring as an elementary school teacher, I returned to my passion as a Doula and have been working to support mothers on their birthing journey for the past four years.

As a Doula, I guide and support women as they travel through the physical, emotional and spiritual experiences of pregnancy, labour, and postpartum, with a special interest in breastfeeding support. My job is to mindfully support new mothers with the tools and information they need to nourish, love and care for their baby.

I use a variety of skills to help reduce pain in labour and postpartum, including acupuncture and the Mexican rebozo. I also provide techniques to help avoid unnecessary medical interventions during childbirth. During the postpartum period, I support new moms by sharing my experience and knowledge of breastfeeding and caring for newborns, including using infant massage to soothe colic and crying.

When not supporting families as a Doula, I love to be in nature, growing food in my large garden, walking, swimming in Georgian Bay in the summer, and cross-country skiing in the winter.

