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## MIRANDA GARNEAU

Hello! My name is Miranda Garneau. I am a Métis Doula and Registered Massage Therapist (RMT). My role as a Doula is to educate woman on the birthing process, inform them of their birthing options, and advocate for their choices. I use my knowledge of massage therapy to support my clients during labour through a variety of techniques including massage, acupressure, aromatherapy and hypnobirthing. Over the past year and a half, I have had the honour of attending numerous births including home water births, home bed births, and hospital births. I believe in bringing the beauty back into birth and taking away the fear that many associate with the birthing process. The best part of my job is when mom gets to meet her new bundle of joy – the emotions of happiness overwhelm the room!

When I'm not supporting women as a Doula, my time is focused on my job as an RMT and raising my two boys and two step children. I love spending quality time with my family. Movie and game nights are a big hit at our house!

