

# Little Aspen



## End-of-Life Doula Services in the Eastern Sierra

*A more peaceful dying for ourselves, each other, and the world.*

### *What is an End-of-Life Doula?*

End-of-Life Doulas (also known as Death Doulas) are professionals who provide companionship, comfort, and guidance to those facing a terminal illness or death.

We can't prolong life, or hasten death, but we can make the experience more meaningful, comfortable, and beautiful.



### *Services Offered*

Doulas offer a broad range of services, including but not limited to

- Bedside companionship
- Pre planning vigils/memorials
- Advanced directives
- Legacy projects
- Healing touch
- Errands/house chores
- Virtual education and legacy services

Though our doula is a registered nurse, her role as an End-of-Life Doula is that of a non-medical companion.



### *About your doula:*

Hari Khalsa, BSN, RN, CHPN, is a passionate end-of-life doula dedicated to supporting individuals to have the best dying possible. She is a graduate of The University of Vermont's End-of-Life Doula certification program and Duke University School of Nursing. With many years experience as a hospice nurse, Hari brings deep empathy and presence to her work. Her personal journey, shaped by profound losses, fuels her commitment to honoring the sanctity of the dying process.

learn  
**MORE** ↓

[www.littleaspen.net](http://www.littleaspen.net)

 [@littleaspen\\_end\\_of\\_life\\_doula](https://www.instagram.com/littleaspen_end_of_life_doula)

[HariKhalsaRN@gmail.com](mailto:HariKhalsaRN@gmail.com)