

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.



Virtual Services Offered:

Little Aspen offers a broad range of **virtual** and in person services. **Virtual services** include:

1. Personalized Legacy Projects
2. Death education experience for families
3. Pre-planning vigils/memorials
4. Advanced directives

See our website or email for more details about **virtual** and in person services.



About your doula:

Hari Khalsa, BSN, RN, CHPN, is a compassionate 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.

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www.littleaspen.net

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