

Birth Thoughts

It's natural if you feel a range of conflicted emotions after you have had a baby.

Every experience is unique and how you feel about your experience matters. If thinking about your pregnancy, birth or the time after birth still leaves you **feeling unsettled several weeks, months or even years later**, then this service may be helpful towards resolving any issues.

Birth Reflection Sessions
Birth Trauma Resolution Therapy

Contact

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For more information
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