



SONDRA REHER

*Doula
Birthkeeper
Woman & Family
Support*

ABOUT ME

I'm a loving Momma of two, and devoted wife

Leaning into a slower pace of living while home educating and housewifing

My focus in women's work is on intuitive living, following intrinsic guidance, taking radical responsibility and getting comfortable questioning everything in mainstream healthcare, to ensure women are able to make aligned decisions

CONTACT ME

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 Oshawa Ontario

 nursedoulabirthkeeper.com

PERSONAL EDUCATION, COURSES & LIVED EXPERIENCE

- Holistic Doula Certificate - Whapio The Matrona 2021
- CPR, Holistic Neonatal Resuscitation & First Aid
- Registered Practical Nurse (geriatrics, mental health, behavior support, home footcare) 2014-present
- Mediation & Crisis Management
- Breech Without Borders Training
- Podcast Junkie - All things birth, alternative lifestyle and open-mindedness

INTERESTS & INVOLVEMENTS

- Commitment to self reflection, personal improvement, openness & energetic awareness
- Intimate knowledge of the healthcare system
- Holistic & Sovereign birthworker support group
- Yolande Norris-Clarkes BAUHAUSWIFE private membership network
- Billie Harrigans HIVE network
- The Matrona QUANTUM BIRTHKEEPER network
- Qiddist Ashé's WOMBROOM network
- Katya Nova's MONEY BOOTCAMP workshop
- Matriarch Rising Virtual Festival
- Arielle de Martinez WILD MOTHER'S MEDICINE CHEST
- Home healthcare through: meditation, herbalism, energy consciousness, TCM, homeopathy, nutrition & more