



# *Honoring You*

## *Doula Support for all of Life's Journeys*

### Katie Cavuto, MS, RD, Chef, Doula

Throughout my now 20-year career, my primary intention has always been to help people thrive and to provide them with the tools they need to support themselves in a meaningful way.

As a Registered Dietitian and Chef, I have provided in-patient acute care and in-home nutrition and emotional support to people across the life-span including working in-home with breast cancer patients and their families for many years. I am a Certified Yoga Teacher, Mindfulness Practitioner and Social and Emotional Learning Specialist; skills that I bring in-home to help you find the tools you need to calm, love and support yourself.

As a Certified Postpartum Doula, I provide pregnancy support as well as postpartum care for infants and families of all kinds including families of multiples, single moms and dads, adoptive parents and children and adults with special needs too. I love supporting families well after infancy and love supporting and having fun with siblings too!

I support families through childhood grief, bringing both lightness and empathy and celebrating each child's unique needs.

I support parents and individuals through losses of any kind, there to lend a loving hand and support everyone holistically.

I provide dementia support, companion/respice care, and end-of-life/hospice support and have worked as a hospice volunteer and in long-term care.

I am happy to share of all the "bits and pieces" of myself with you and I hope that you will feel comfortable sharing too! Because vulnerability is the heart opening to being fully seen and trusting that there is love for you. It's knowing all of the messy bits and the lovely bits (too much British TV for me) and accepting ourselves and one another unconditionally.

I cannot wait to support you through whatever life circumstance you're going through. And I can promise you this, there is love in all of it, even when it doesn't feel like it. And when you need a good laugh or a good cry, some nurturing, nourishment, self-empowerment or a few to-dos checked off your list, I would be honored to be that person for you.

With love and gratitude,

Katie