



VIRTUAL SUPPORT

Monthly WhatsApp Voice & Text Support

(within 24 hours)

As you transform into a Mother, so much shifts within you. Cultural programming and expectations tell you one thing, but your intuition tells you another thing. You're learning and unlearning every day, and it's A LOT.

Unfortunately, most people aren't aware of what is required to support postpartum, or mothers in general, leaving many mothers feeling alone, gaslit, misunderstood, and isolated.

Everyone around you has their own opinions and are projecting their own experiences onto you. Although it's well-intentioned (usually), it's not often supportive. You may be struggling with discerning what feels true for you, setting boundaries, challenging conversations, and centering your self care.

Sometimes you just need someone who GETS IT, who you don't feel judged by or like you need to hide from, who can provide you with resources, recipe inspiration, or who can hold space for you in the messiness and vulnerability of motherhood.



I WOULD BE HONORED TO BE THAT SAFE PERSON FOR YOU

Receive nurturing, compassionate support during the highs and lows of Postpartum and Motherhood.

Virtual Support Includes:

(WhatsApp Voice & Messaging App)

Continual monthly support (*responses within 24 hours*) that may include:

- A safe space to be seen, heard, and supported for anything Postpartum or Motherhood related;
- Emotional support, recipe inspiration, and nervous system regulation practices;
- Partner support and how to integrate Rest, Warmth, Body Care, Nourishment and Community Support;
- Resources and education for Physiological Baby Care;
- Music, meditation, spiritual and movement practice recommendations;
- Resource recommendations in other areas of Postpartum Care (*podcasts, books, wellness practitioners, etc.*);
- AND MORE from my deep well of wisdom and resources

Monthly Investment (*Sliding Scale*)
\$125- \$250

Month-to-month investment



BOUNDARIES, DISCLAIMERS, & ADDITIONS FOR VIRTUAL SUPPORT

Please allow for a 24 hour window for me to respond.

In order for me (Brittany Zeer) to show up in highest service and support for you, I first need to be resourced and nourished myself. I live in alignment with the energetics of my Cycle, which means I move and respond from a slower pace, with grounding and intention. In connecting with me, my intention is to support you in reclaiming this pace yourself. This is why I ask for patience and up to 24 hours to respond to text messages, voice notes and emails. If you require support sooner than that, please send a text message and I will do my best to get back to you as soon as possible.

Wisdom, knowledge and resources shared are not intended to replace medical advice or overstep other care providers/practitioners you work with or have worked with.

I am not a medical professional and all health concerns, symptoms and changes to lifestyle should be taken to your trusted care provider.

I am not an expert in anything, nor will I ever be.

I will forever be a curious student with the calling to share empowering information and remembrance to women in my community. I won't have all the answers, but I will support and resource you to the best of my ability.

The support I offer is intended to invoke curiosity, remembrance, and reclamation of the innate wisdom you hold within.

When you connect to your Womb, Body, & Soul you remember that YOU are the expert of your body, that you carry innate wisdom within you. It takes time, practice, and radical self responsibility to remember and integrate this.

Additional Support/Add-Ons

You can schedule a 1-on-1 phone call or Zoom call for \$55 - \$111 (sliding scale) per hour. Minimum one week's notice is required so I can align my schedule accordingly.