



# Two Hearts Healing:

## Holistic Support for Pregnancy, Birth & Postpartum

Two Hearts Healing, led by Heather LeFoll, offers non-directive, body-centered support to compliment clinical medical care. The practice focuses on empowering individuals by recognizing the innate wisdom while providing specialized assistance for physical and emotional hurdles throughout the childbearing year.

### SPECIALIZED SUPPORT SERVICES

#### Birth & Pregnancy Care

Comprehensive support for morning sickness, fear of birth, birth trauma, and emotional preparation for pregnancy and postpartum.



#### Postpartum & Infant Wellness

Specialized care for postpartum depression, infant colic, and parent-child bonding.

#### Integrated Healing

Support for individuals healing from previous traumatic experiences related to pregnancy, birth, or loss.



“You have within you the power and wisdom to give birth!”

### THE TWO HEARTS APPROACH

#### Trauma-Informed & Body-Centered

Gentle, consent-based emotional and physical support designed to complement existing medical care.



#### Intuitive Holistic Care

Gentle and emotional guidance that works alongside therapeutic and clinical teams.



### CONTACT & REFERRALS

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Digital Resources

[www.birth-trauma.info](http://www.birth-trauma.info)