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# JULIE ALLICK

BIRTH DOULA  
POSTPARTUM DOULA  
HOLLISTIC NUTRITION

## ABOUT ME

I am a big ol' nerd and I absolutely thrive when I am able to fill my brain! I love to read about birth related topics as well as many others. I also spend a lot of my free time in the gym, working on my physical strength so I may be well balanced with my mental strength. After (and sometimes during) all that, I enjoy being with my family and volunteering at my kids' elementary school.

## WHAT MAKES YOU A GREAT CARE PROVIDER?

I am a compassionate and professional care provider. With extensive experience in holding space for people and active listening skills, I am able to provide quality support on even the most sensitive topics.

## WHAT DO YOU ENJOY ABOUT THIS WORK?

My favorite thing about birth work is being able to connect with and support a birthing person during such a transitional time in their life.

## WHAT SETS ME APART FROM OTHERS?

I have zero biases about your business. I am able, willing, and excited to provide support, no matter what your birth philosophies are! I offer my strong, calm, and receptive personality in any situation.