



ADRIANE COOK

FERTILITY DOULA

LABOR DOULA

POSTPARTUM DOULA

PRE & POSTNATAL FITNESS SPECIALIST

FERTILITY SPECIALIST

ABOUT ME

In my free time you can find me hiking the mountains with my husband and daughter or going on long walks listening to my favorite podcasts. I love to write, bake, and watch football on lazy Sundays. I'm addicted to reading, March Madness, and am on a never-ending hunt for the perfect chap stick. One of my greatest joys is watching my daughter sing and dance. My happiest places are my family's farm, anywhere there is water, and holding my husband's hand in church.

WHAT MAKES YOU A GREAT CARE PROVIDER?

I'm an exceptional and empathetic listener who takes the time to understand the individual needs of the family. Although I have extensive experience as a nanny and mother myself, I come into every home providing unbiased support, plentiful options, and a heart eager to help. I believe in holding space for all of my clients and tailoring all services according to their unique situation.

WHAT DO YOU ENJOY ABOUT THIS WORK?

My favorite moments are when I get to witness my clients smiling and owning their choices with confidence and empowerment! We work together as a team to make sure they are fully informed about ALL their options so that they can make decisions from a place of knowledge and power. My proudest moments are when my clients believe and trust in themselves and their ability to rock this parenthood journey!

WHAT SETS YOU APART FROM OTHERS?

I'm a research junkie, have a passion for learning, and believe that knowledge is power! There is so much to absorb along this journey and it is my biggest honor to walk alongside my clients as they learn, grow, bob, and weave. No one can empower you but yourself, but I use my education, personal experience, and empathetic heart to make sure you feel informed, cared for, supported, and heard every step of the way.