

# How Death Doulas Help



**Doulaing**  
The act of  
*educating, loving,*  
*respecting, listening,*  
**embracing,**  
*advocating for, & ASSISTING*



## What is a Death Doula

A Death Doula is a non-medical, caring, sensitive, compassionate support person who has been trained to care the needs of the dying and their families (physically, spiritually, and emotionally) from diagnosis to end of life. Those approaching death, have a very specific journey they must travel. A Death Doula is a supportive companion on that journey.

Much like a Birthing Doula assists the mother and family with her comfort and plans for the prospective birth; we assist in planning for the eventual death of our clients while making every moment as comfortable and memorable as possible.

Dying is an inevitable event. It will happen to all of us. We believe that we should leave this world with dignity and in the way that we choose. Death is a life changing event for all of those around us. Let us all learn to do it well.

Please contact either of us if you have questions.

**Whispers of Wisdom**

**Guiding Hand**

Maggie Tamara

**St. Catharines Death Doulas**  
Bringing Conversations on Death & Dying out of the Darkness, Mitigate Fears, Compassionate Listening

**Services for Seniors & their Loved Ones**

**Reiki**  
spiritual wisdom  
Reiki, Therapeutic Touch, Aromatherapy

**Meditation & Mindfulness Coaching**

**Legacy Planning, Death Plan Assistance, Vigil Planning, Funeral, Memorial, Ritual Planning**

**Grief Support, Caregiver Support, Active Listening**

Maggie @ [www.whispersofwisdom.ca](http://www.whispersofwisdom.ca)  
Tamara @ [www.guidinghand.ca](http://www.guidinghand.ca)

**Offering a Holistic Approach to Dying Well!**

