



My name is Nicole Hopkins and I am a birth and postpartum doula serving Oakland, Macomb and Lapeer counties. I am a fierce supporter of birth, families and empowering you to make informed decisions. I have training in lactation, biomechanics/maternal positioning and I also offer birth and golden hour photography as part of my doula packages! I'm always available for a consultation if you have questions at empoweringyoudoula@gmail.com

Birth Services

Level 1

- 2 prenatal visits
- Custom visual birth plan
- Unlimited virtual support from date of hire
- Labor and birth support
- 1 postpartum visit

Level 2

- 2 prenatal visits
- Custom visual birth plan
- Unlimited virtual support from date of hire
- Labor and birth support
- 2 postpartum visits
- Birth & golden hour photography

Postpartum Services

- Daytime hours only
- 4 hour minimum
- Light meal prep
- Babywearing tutorial
- Lactation support
- Rest and healing support

empoweringyoudoula.com

