

Never alone!

Counseling & Support in an



INTERCULTURAL CONTEXT



individual



concise



holistic



special

Living and Working in another Culture

is unique and special in many ways. Topics such as family planning, pregnancy, childbirth, the postpartum period, and breastfeeding require exceptionally personalized consideration. Often, many familiar structures from the home country are limited or entirely unavailable in the new setting.

To clarify questions, make decisions, and avoid uncertainties, fears, and unwanted consequences, no one should be alone in dealing with all of this!

If unexpected or challenging situations arise, such as infertility, miscarriage, premature or stillbirth, a sick newborns, a difficult diagnosis during pregnancy or childhood, or another traumatic experience, you are deserving and in need of being provided with more resources than usual.

Many things are different and unknown in a foreign country.

This is why I provide counseling and support! With

professional and individual knowledge transfer

I bring a tailored approach to each unique situation, which is drawn from my professional expertise and experiences in multicultural settings. The goal is to encourage and to empower greater levels of self-determination, as well as highlight existing resources. I work to foster reflection, resiliency and strength, allowing for a better orientation in which to make independent decisions that bring positive changes and shape the future.





TOPICS ON PREPARING FOR TRAVEL

- ❖ Family planning & conception
- ❖ Reproduction & infertility
- ❖ Cycle change due to travel or culture change
- ❖ Preventative Care / children`s health
- ❖ Traveling: medications & pharmacy
- ❖ Guidance for a self-directed pregnancy
- ❖ Planning birth location



TOPICS FOR LIVING ABROAD

- ❖ Family planning & conception
- ❖ Reproduction and infertility
- ❖ Preventative Care for women`s & children`s health
- ❖ Miscarriage & Stillbirth
- ❖ Planning birth location
- ❖ Birth Classes
- ❖ Addressing the challenges of postpartum & breastfeeding
- ❖ Dealing with diagnosis: illness and/or special needs

- more topics upon request -



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Contact & more Information



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