



Julia D'Orazio

POSTPARTUM

Investment Guide

WWW.JULIADORAZIO.COM.AU

Hello from Julia

I'm Julia, a Social Worker, Postpartum Doula, NDC Practitioner and Mum to a gorgeous little girl. I believe every woman deserves to enjoy and feel supported in their postpartum period.

I'm passionate about providing mums with evidence based psychosocial support and information to improve their postpartum experiences.

I use a combination of my formal qualification – a Master of Social Work, with further training, continuous professional development, and experience as a Mum to provide you with the information and support you need to transform your postpartum experience.

Below you will find information about my postpartum support services. Thank you for taking the time to find out about my services and please contact me if you'd like further information.

Julia x



Counselling

As an Accredited Social Worker, I provide counselling via telehealth (zoom).

You are able to self-refer by contacting me on 0439 989 193 or julia@juliadorazio.com.au.

For Medicare rebates for Non-directive Perinatal Counselling, you'll need a referral from your GP (see below); this entitles you to three Medicare rebates of \$65.75.

*Counselling Sessions \$190**



*Medicare rebate may apply \$65.75 per session

Baby Sleep and Crying Support

Many mums report experiencing problems with their baby's sleep, or that their baby cries excessively. This can be distressing for mums who find they are at a loss, unsure of what steps to take, so that their days (and nights!) become easier.

I provide support sessions based on my training and knowledge as a Possums Neuroprotective Developmental Care Practitioner.

*Basic Consult Package \$190**

*Follow up Consult Package \$320**



*Medicare rebate may apply \$65.75 per session

Postpartum Doula

I will work with you one-on-one so that you feel nurtured, supported, prepared and informed during your postpartum period.

I want you to have time to bond with your new baby and build relationships as a family. My goal is to reduce stress and improve your wellbeing.

You have the option of in-home support or virtual support (provided via zoom).

The Fourth Trimester \$2500

The Complete Doula Bundle \$4000

Virtual Doula Dates \$2000



Medicare rebates

If you are pregnant or less than 12 months postpartum, you may be eligible for a Medicare rebate for Counselling, or Baby Sleep & Crying Support.

The rebate is \$65.75 per session, making your out of pocket expense \$124.25 per consult.

You are eligible for 3 rebates per pregnancy – check with your health care provider and / or Medicare to confirm that you have not already used your sessions.

If you would like to claim a rebate, please obtain a referral from your GP with the following information:

- Your name
- GPs Medicare provider number
- A request for non-directive pregnancy support counselling
- Any relevant clinical information

Referrals should be emailed to me julia@juliadorazio.com.au.