Services & Pricing *Guide*

Postpartum support, classes and additional care. In person in MA and NH, virtual anywhere.



Thank you for being here



If you're reading this, you're thinking ahead about the support you and your family deserve. That already says a lot.

This guide brings together everything Cora offers: what each service includes, how it works and what it costs. Take your time with it. When you're ready, the next step is a free 15 to 30 minute call, where we talk about what you need and build the support that fits your family.

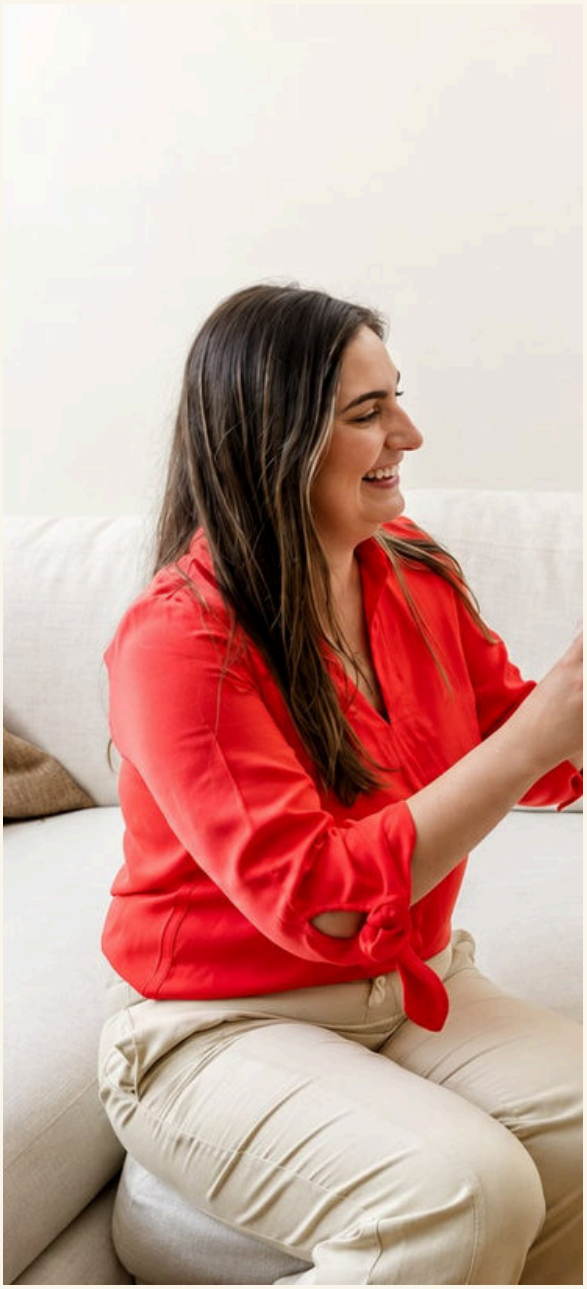
With care,
Bruna Gomes, CPD
Postpartum Doula, Lactation Educator, Placenta Specialist

ABOUT

Meet the heart behind *Cora.*

I'm Bruna, mother of three, wife, dog mom and nature lover. After a difficult postpartum following the birth of my third child, I sought out the support I needed to find my way through it. That experience changed how I see postpartum care, and it's why Cora exists: so other mothers don't have to navigate this season alone.

Cora comes from coração, the Portuguese word for heart. I bring the warmth and leveza of my Brazilian roots together with the boundaries and intentional care that shaped the support I received during my own postpartum season in the United States.



My approach

- Support that adapts to you, not one method or one version of motherhood.
- Guidance without judgment: breast, bottle, formula, more rest, more help. Your choices lead.
- Care that centers the mother, whether this is your first baby or your third.
- Professional, gentle and honest about what postpartum really looks like.

In Person Postpartum *Support*

Starting at $50 per hour

Hands-on care at home for families in Northern Massachusetts, the Boston area and Southern New Hampshire. Postpartum can feel tender, beautiful, confusing and exhausting all at once. I come in to support your recovery, help with your newborn and give you room to rest, without taking over your decisions.

WHAT'S INCLUDED

- Daytime and overnight support
- Support with postpartum recovery, healing and your overall wellbeing
- Guidance with newborn care and infant soothing techniques
- Help creating rhythms and routines that work for your home
- Infant feeding support (breast, bottle, formula)
- Light housekeeping and organization
- Full meal planning and preparation
- Sibling inclusion and care



Classes

Private classes for families who want to feel informed and prepared before and after baby arrives. Every question is welcome. Partners are strongly encouraged to attend all classes.

Birth Preparation Class $250

Gain insight into labor and feel prepared, supported and empowered for birth.

TOGETHER, WE'LL EXPLORE:

- The physical and emotional changes your body goes through during labor
- What to expect during each stage of birth
- Comfort measures, breathing and positioning techniques
- Pain management options
- Common medical interventions
- Cesarean birth

Your partner leaves with practical, hands-on techniques to support you through labor, birth and the first hours with your baby.



01

Newborn Care Class $75

What to expect in the first days and weeks with your newborn, with hands-on practice.

TOPICS

Normal sleep patterns · Reading your baby's cues · Soothing techniques · Feeding basics · Diapering (hands-on) · Swaddling (hands-on) · Bathing

02

Lactation Class $75

The basics of your lactation journey, before you're in it.

TOPICS

Anatomy of the breast · Milk production and the phases of breastmilk · A good latch · Feeding cues · Comfortable nursing positions · Pumping basics · Milk storage and handling

03

Postpartum Preparation Class $75

Build your postpartum plan with intention, before baby arrives.

TOPICS

Physical and emotional changes · Rest and recovery · Emotional wellbeing · Your support system · Adjusting to this new season · Preparing your home · Resources

Virtual Support

You don't have to navigate postpartum alone, wherever you live. Virtual sessions are tailored to what you need in the moment: a specific concern, a challenge to troubleshoot, or ongoing support through the postpartum period.



Initial Call - $75

- Questionnaire
- 45-minute call
- Follow up email with summary, plan & resources

Available whether we've worked together in person or we're meeting for the first time. Book a single session or ongoing support.

*Pricing for ongoing support will be discussed during our complimentary phone call

Packages



Preparation before baby arrives, plus hands-on care after. All packages include ongoing text support throughout our time together.

	Bloom $1,025 BEST FOR Preparing during pregnancy and feeling supported as you begin life with your newborn	Nurture $1,975 BEST FOR Preparing before baby arrives and continued care through the early postpartum period	Premium $3,050 BEST FOR Comprehensive, extended care as you settle into life with your new baby
Birth, Newborn, Lactation and Postpartum Preparation classes	✓	✓	✓
In-home postpartum doula care	12 hours	24 hours	40 hours
Placenta encapsulation		Standard	Premium
Closing of the bones			✓
Ongoing text support	✓	✓	✓

Looking for something different? Let's build a bundle that fits your family's needs. Just ask on our call.

A travel fee may apply to all packages.

Placenta Encapsulation

A practice that may bring additional support for healing and recovery during the postpartum chapter. Available for vaginal and cesarean births, and for every birth place: hospital, home or birth center.

Standard $375	Placenta capsules, placenta print, umbilical cord keepsake*
Premium $400	Placenta capsules, tincture (2 oz), placenta print, umbilical cord keepsake*
Keepsakes only $180	Placenta print, umbilical cord keepsake*

*Umbilical cord keepsake depends on cord length.

All packages include placenta pick-up at your birth place and drop-off at your home (depending on location).
For families outside the drop-off area, we ship via priority mail.



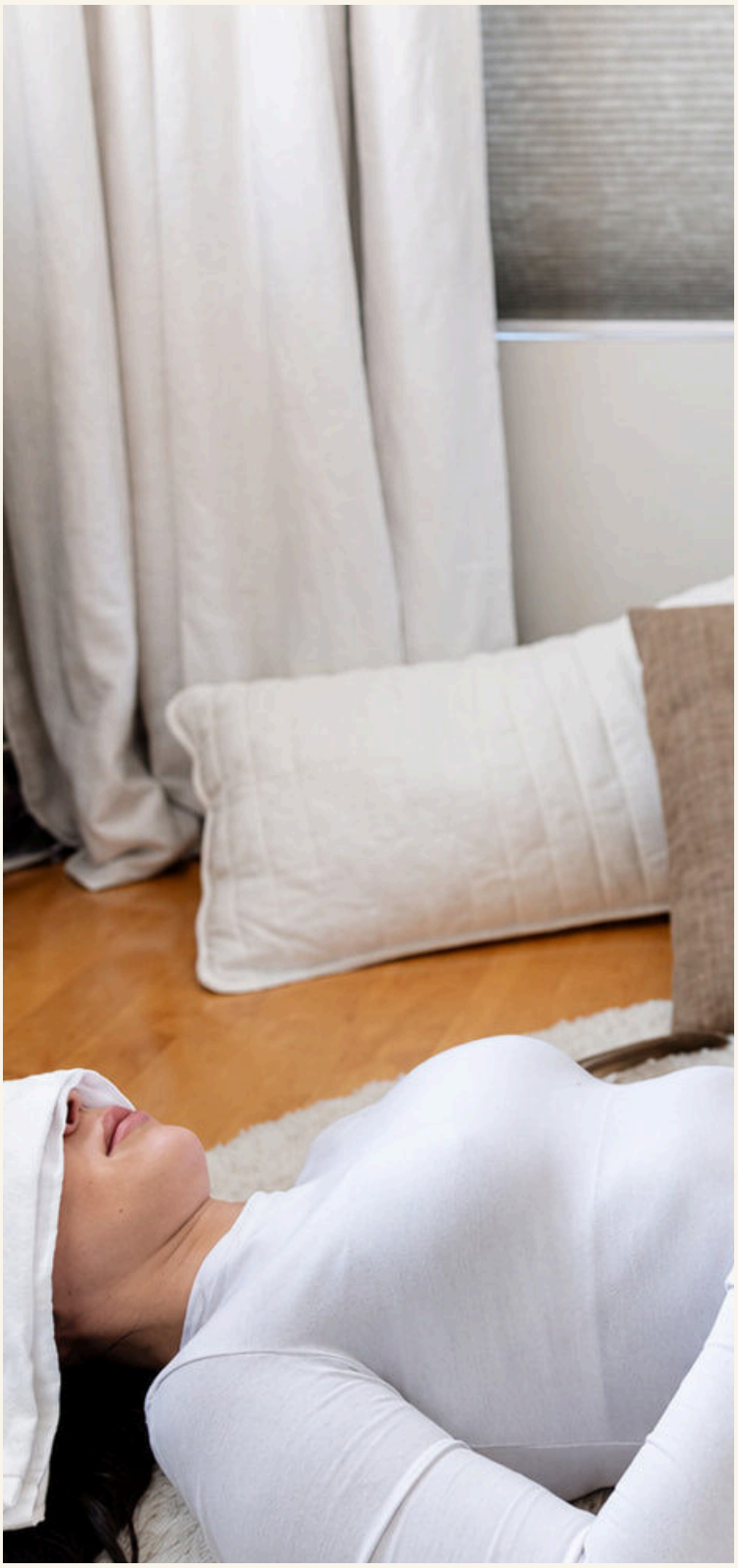


SPECIAL CARE

Closing *of the* Bones

A time and space to honor your body for all it has done. In many cultures, women receive this care several times during the first 40 days after birth. It can also mark the end of other chapters: after a loss, a transition, a divorce, a new job.

Available as an add on for families who choose in-home postpartum support. Included in the Premium package.



$275

Good to know

01

WHERE I SERVE IN PERSON:

Boston area, Northern Massachusetts and Southern New Hampshire, depending on location and availability. Virtual support is available anywhere.

02

TRAVEL FEE:

May apply to in-person services and packages, depending on your location.

03

WHEN TO BOOK:

Schedule your complimentary call through the link below. We will discuss following scheduling then.

04

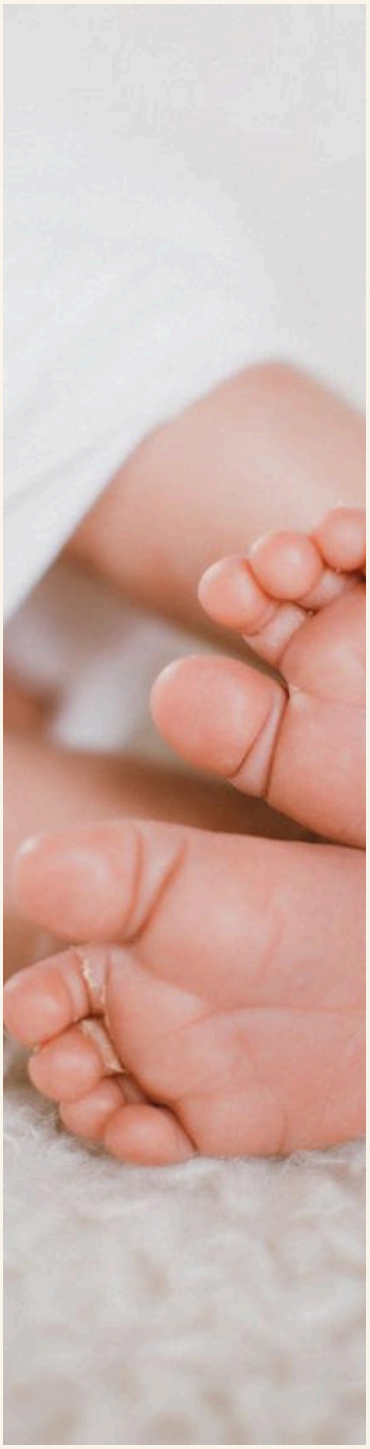
PAYMENT:

Payment varies based on service. A retainer or down payment will be due when contract is signed.

05

FIRST BABY OR THIRD:

Every family deserves support, no matter how many times you've done this.



Let's talk.

The best way to know which support fits your family is a complimentary 30 minute call. No pressure, just a conversation about where you are and what would help.

Book your free call



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At the heart of my work is a simple belief: you deserve to be cared for, too.