



NOBASHEA HOUSE

**Birth and Postpartum Doula
Yoni Practitioner, Massage Therapist, and Reiki Practitioner**

Hi, my name is Nobashea (Nobie). My Pronouns are She/Her. I am a naturally gifted empath and intuitive. I have committed my life to being a healer of the heart, mind, body, and soul. I have over 20 years of experience in the medical field. As a Certified Medical Assistant, I have worked in Dermatology and Neurology, and with infants and toddlers with developmental delays and special needs. I began my path as a birth and postpartum Doula in 2018 with the goal of amour-propre and personal development but soon discovered my life's purpose is to help and support others. I provide passionate and supportive care to my clients. "My sole purpose is to inspire, elevate, and love on a level beyond mundane."



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New York City Area

WORK EXPERIENCE & TRAININGS

LABOR + BIRTH DOULA, POSTPARTUM DOULA

2018-Present

- Support births and postpartum clients
- To provide perinatal doula support, education, and guidance to expectant families through a holistic model of care
- To provide multiple layers of support; emotionally, mentally, physically, and physiologically
- Support for feeding options (breastfeeding or bottle feeding)
- Breastfeeding/Lactation Support
- Mental and Emotional Wellness

TRAINING

Education

- University of Maryland - Psychology Major
- Northern Virginia School of Massage Therapy
- Board member for Charles County Commission on Individuals with Disabilities 2005-2012.

FEATURES/AWARDS/FUN FACTS

I specialize in Postpartum Perineal Care, Womb Wellness, Preemies and NICU Families, and individuals with special needs and developmental delays. I service North Carolina, Maryland, DC, Virginia, Delaware, Pennsylvania, New Jersey, and New York. I speak Fluent English and I know minimal (Basic) ASL



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