Avonlea Companions

because everyone needs a kindred spirit

It doesn’t have to be scary. It can be peaceful.

Our bodies know how to die, just like they knew how to begin.

Jill is a Certified Death Doula. She sits with people in their final season, at home, in hospital, or in hospice, and keeps them company in the most human way. Present, unhurried, and not afraid of the quiet.

She is there so a spouse can rest, or a daughter can step out for coffee, knowing someone kind is in the room. And she is there for the person themself, in the hard hours, so nobody sits alone.

What Jill offers

- Quiet company and conversation, as much or as little as they want
- Reading aloud, music, prayer, or simply sitting nearby
- A calm presence for family, and someone who can explain what helps
- The same face every time, not a rotation of strangers

This is companionship, not medical care. The nurses handle the care. Jill handles the human side.

End-of-Life Companionship, $60 an hour

Two hour minimum. Evenings by arrangement.

Call for a free 20 minute consultation. No obligation, just a conversation.

403-540-9211 · avonleacompanions.com

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