



Kelly

PATIENT AND FAMILY ADVISOR
PERINATAL QUALITY
COLLABORATIVE VERMONT

My name is Kelly. I'm a wife, a mother of two boys, a social worker, photographer, and postpartum doula. I was born and raised in Addison County. I graduated from Champlain College and Walden University, and I lived in Colorado for ten years before moving back home during COVID to raise my family in the community that shaped me.

After the birth of my second son, I experienced a deeply challenging postpartum season. I struggled with postpartum depression, mom rage, emotional numbness, and a flat affect. I felt isolated and unsupported. There were no groups, no connections, and no space where I felt truly seen.

I started my postpartum moms support group because I don't want other mothers to feel the way I did — alone in one of the most vulnerable seasons of their lives. My mission is to create a safe, honest, and compassionate space where moms can connect, feel supported, and know they are never alone.

In my free time, I enjoy reading, hiking, being outdoors, and traveling.