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•Death Doula •Grief Therapist
Founder of Gloom and Bloom



Welcome.

I'm honored to walk alongside you during this sacred time.

I'm here to support the person who is nearing the end of their life, and to hold space for the people who love them. My role is to help you navigate this transition. You don't have to carry this alone. This season can be heavy, confusing, and full of love, all at the same time. This packet outlines the ways I can support you, your loved ones, and the person who is approaching the end of their life.

What You Can Expect From Me

- Gentle, nonjudgemental presence
- Guidance through anticipatory grief and meaning-making
- Respect for your family's systems, values and culture
- Clear communication and respect for boundaries
- Flexible support tailored to you and your family

My Approach as a Death Doula

Every person and every family is unique. Because of this, I work collaboratively with you to understand what support looks and feels like for your family. My care is centered on honoring comfort, dignity, connection, and compassion. My approach combines grief education, therapy skills, and intuitive care. You and your family's unique needs are always at the forefront of my mind.

Inside this packet:

- An overview of my services
- Descriptions of the support I offer
- Hourly rates and package options

Thank you for your trust. I have the utmost respect for your family's journey.

Jenn

SERVICES



Gloom & Bloom



Client Care Visit

Rate: \$175 per hour

Compassionate, trauma informed sessions offering emotional, spiritual, and practical support for the dying person. These visits may include grounding practices, sensory comfort, gentle companionship, support navigating fears, hopes, and meaning, and emotional processing.



Family Care Visit

Rate: \$250 per hour

Dedicated space for family members and caregivers to process emotions, fears, and expectations around the end-of-life process. These sessions include anticipatory grief support, conflict navigation, ritual suggestions, and tools for emotional regulation. These sessions can help reduce overwhelm and create group understanding within the family system.



Living Funeral/Celebration of Life

Rate: \$150 per hour

Support in creating and planning a personalized ceremony or gathering to honor the person's life while they are still present. Includes intention-setting, structural planning, and, if desired, day-of support.



Errands/Practical Family Support

Rate: \$50 per hour

This includes grocery shopping/pickup, household tasks, organization, scheduling, appointment support, meal train coordination, and other practical needs that lighten the family's load.



SERVICES



Gloom & Bloom



Vigil Support/Bedside Presence

Rate:

Daytime: \$100 per hour (2 hour minimum)

Nighttime: \$150 per hour (3 hour minimum)

Grounding presence at the bedside during the active dying phase. Support may include calming the environment, offering comfort rituals, reading to the dying person, supporting communication among loved ones.



After Death Care Visit

Free for all Gloom and Bloom clients

The After Death Care Visit is a complimentary offering for every family who chooses support through Gloom and Bloom. This visit is designed to provide compassion, and practical guidance after a loved one has died. During this visit, I will:

- Hold space for you and anyone present
- Extend my condolences and offer grounding emotional support
- Offer brief rituals or grounding practices if desired



This visit is to ensure you don't feel alone or unsupported. It is simply a moment of presence, care, and guidance during a vulnerable transition. You deserve compassion and care in these moments and I am honored to offer it.

After Death Grief Integration Sessions

Rate: \$175

This includes 2, hour long sessions after your loved one passes. These visits gently support early grief processing, somatic grounding, and the beginning phases of grief integration. This is in addition to the after death family care visit. This can be 2 consecutive hours or can be separated.



PACKAGES



Gloom & Bloom



Six Hour Support Package

\$900 - \$1200

This package can include a combination of Client Care Visits and Family Care Visits. The hours may be used flexibly.

Twelve Hour Support Package

\$1700 - \$2200

This package is helpful for families navigating more complex needs. This is also helpful for families who know they are looking for consistent weekly support.

One Month Comprehensive Support

\$2500 - \$4000

This package includes:

- Weekly Client Care Visits
 - Weekly Family Care Visits
 - Text check-ins between visits
 - Discounted vigil hours
 - Discounted legacy package
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Vigil Package

\$600 - \$1200

This package includes 12 hours of dedicated bedside support during active dying, including emotional support for the family. These hours can be separated into two days.



LIFE REVIEW & STORY PACKAGE



Gloom & Bloom

Life Review Package

\$1200 - \$1800

The Life Review Package is a guided storytelling experience. It helps the dying person reflect on the moments that shaped them, the relationships they cherished, and the wisdom they want to pass forward.

What's Included

1. Storytelling Sessions (4-5 hours)

Structured conversations where the dying person recounts meaningful life experiences, themes, memories, and messages they wish to share.

These hours can be scheduled in one long session or broken into 2-4 shorter visits depending on energy level and preference. During these sessions, I will gently guide the conversation, take notes, and capture their voice, tone, and emotional truth. Together, we'll decide how their story will be preserved and shared.

Options may include:

- Written narrative or booklet
- Audio or video tribute
- Blessing or legacy letter to loved ones
- A themed collection of memories
- Scrap/Memory Book

2. Review Creation (3 hours)

After the storytelling sessions, I will craft a life review using the client's words, stories, and emotional themes.

This may include:

- A narrative arc
- Wisdom, reflections, and messages
- Key memories and turning points
- Hopes for how they want to be remembered

The goal is to honor their voice while creating something meaningful and shareable.

3. Final Review Session (1 hour)

A dedicated conversation where we read through the life review together.

We will:

- Edit or refine details
- Clarify meaning
- Decide on final recipients
- Discuss how and when it should be shared (before or after death)

This ensures the story feels authentic, dignified, and aligned with their wishes.

