

Alissa Hopkins

Founder & End of Life Doula



Before I Go

What is an End of Life Doula or Death Doula? Pronunciation: Doula /ˈduː.lə/

As an End of Life Doula or Death Doula I offer non-medical practical services to the dying person and their support group by helping to navigate through pre-planning for before, during, and after one's death.

Who am I?

I was a Caregiver for my father for 15+ years until he passed while simultaneously working a full-time job and trying to balance everyday living. I've grieved the unexpected loss of my mother and brother and watched close friends fight their diagnosis until the end. I know how it is to be overwhelmed, scared, lonely, tired, dealing with unexpected changes, challenges, and the list goes on.

I realized there is such a void to be filled in the deathcare industry and with every conversation and experience each one is so uniquely different. We're all so special in our own way and deserve non-judgmental compassion and care as we go along this journey. This led me to become a Certified Death Doula through Going with Grace and I've also volunteered with Hospice in home and at assisted living facilities.

Services offered (all non-medical):

Respite for Caregivers, Companionship, Sitting Vigil, Legacy Planning, Living Celebrations, Obituary/Eulogy Writing, Speaking Engagements, and Advocacy.

*Pricing will vary as we'll personalize a plan together to your specific needs and areas of interest.

To learn more, schedule a free consultation which can be done virtually or by phone:

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813-360-1161

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Serving the Tampa Bay area and Surrounding Counties



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Before I Go advocates to fill a void in the deathcare industry by offering Death Doula services including Respite for Caregivers and Companionship, Living Celebrations, Legacy Projects, Sitting Vigil, and After Care Planning while compassionately providing support and resources in helping to honor your individuality.