

About Us

Background

Katie Paquin founded her Helping Habit in 2018 with the sole mission of changing lives. Canada's premier Known Egg Donation advocate, founder, and Clinical Lead at Her Helping Habit has aided countless individuals worldwide on their journey to parenthood via known egg donor coordination, fertility consulting, surrogacy services, and online counselling.

Her Helping Habit prides itself on offering these services with honesty, respect, and transparency, all with the added benefit of an onsite registered social worker and therapist providing emotional support to all HHH clients. Her Helping Habit is a team of former egg donors and surrogates using first-hand knowledge to make this industry better.



• ACTIVE LISTENERS



• RESEARCHERS



• ADVENTURERS



• ADVOCATES



• NO B.S.

Why Mexico?

HHH has been thinking outside the box for some time about how we can provide affordable and accessible options for parents to be. Canada is becoming too expensive! We have negotiated a discount rate for our clients with a reputable clinic in Mexico City.

CONTACT US



+1 403.910.9208
+1 778.837.8715



Vancouver, BC
Canada



www.herhelpinghabit.com



info@herhelpinghabit.com



HER HELPING
HABIT



Her Helping Habit

MEXICO TRAVELLING PROGRAM

Mexico Known Donor Program

This program takes place twice a year with Known Egg Donors travelling together to Mexico with an experienced donor coordinator who will accompany and supervise the group and provide support in place of a donor companion. All eggs retrieved will be just for your use. You can ship sperm or give a fresh sample to fertilize immediately upon retrieval. You can freeze all the eggs instead with the option to export these or your created embryos back to your local clinic, depending on your circumstance.

\$30k - 35k+ CAD ALL INCLUSIVE



Need Frozen Known Donor Eggs?

- Pick an HHH-Known Donor and cycle at our partner clinic in Mexico, where we can arrange for all your eggs to be shipped to any clinic of your choice.
- Based on your chosen donor and shipment destination, we can provide you an estimate upon request.



**KEEP CALM AND LET
HER HELPING HABIT
HELP YOU**



Why Choose This Program?

- Affordable clinic fees and access to more donors on a budget
- Experience fertility clinic with state-of-the-art technology
- Option to cycle your donor, freeze your eggs, and ship them anywhere in the world
- Ability to outright compensate your known donor if this is a model you agree with or prefer
- Quick Accessible access to local Surrogates
- Hands-on in-person support for your donor
- A memorable experience with the chance to take a mini vacation with your partner if you chose to travel for an embryo transfer or to give a semen sample