



Birthingways

Fall 2009

Volume 14, Issue 2

The Newsletter of Birthingway College of Midwifery

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Calendar

Summer Break	7/4 – 9/8
“So You Want to Be a Midwife” Workshop	7/26
Fall Term Starts	9/8
“So You Want to Be a Lactation...” Workshop	10/4
Midwifery Program Application Deadline	10/15
Meet & Greet	11/20
Fall Term Ends	12/18

Graduation

Birthingway's Graduation ceremony this year was held at the lush Leach Botanical Gardens on Sunday, April 26th, 2009.

We are so proud to announce the following Graduates for 2009:

- 🕯 **Melissa L. Boyd**
- 🕯 **Carli Tamar Head**
- 🕯 **Shauna Kenealey**
- 🕯 **Aerlyn Sidney Pfeil**
- 🕯 **Stephanie Leigh Sherman**
- 🕯 **Briana Toland**
- 🕯 **Debbie Wong**
- 🕯 **Monica Wood**

We wish them a fulfilling midwifery practice with an abundance of mamas and babies to serve.

Many thanks to all the folks who helped make it a great day, including the BCM staff and student volunteers who made the venue beautiful and the audience of families, friends, preceptors and instructors whose participation in honoring the graduates brought tears to many eyes.

Special thank yous go out to the fabulous musicians: **Katherine Sanderson** and **Liz Collins**, and also to **Nichole Reding** who recited a moving poem written by **Marina Anderson**.



Graduates left to right: Debbie Wong, Briana Toland, Carli Head, Melissa Boyd, Aerlyn Pfeil, Stephanie Sherman. Not captured: Shauna Kenealey, Monica Wood



The incredible cakes were made by Mary Jane's Cakery. It simply wouldn't be a Birthingway gathering without good food and wonderful people!

HELP US SAVE SOME TREES WITH OUR EMAIL OPTION!

If you would prefer to receive this newsletter by email, write us at info@birthingway.edu or call 503.760.3131 and let us know!

So, You Wanna Be a Lactation Consultant?

An exciting workshop for anyone interested in supporting breastfeeding.

Sunday, October 4, 2009 11:30am — 4:30pm

At Birthingway College of Midwifery

12113 SE Foster Road, Portland, OR 97266 Ph: 503.760.3131

Fax: 503.760.3332 info@birthingway.edu www.birthingway.org

Cost on or before September 28, 2009 - \$40

Cost after September 28, 2009 - \$50

Schedule includes:

- * Sign-in, settle in - delicious lunch provided
- * Paths to becoming an IBCLC (Lactation Consultant)
 - * Other ways to support breastfeeding
 - * About our program
- * Panel discussions, questions, and wrap-up

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Please register me for So, You Want To Be a Lactation Consultant? – October 4, 2009

I am paying the \$40 workshop fee.....\$ _____

It's after September 28, 2009 so I have included the \$50 workshop fee.....\$ _____

Total \$ _____

I am enclosing a check or money order with my registration form.

I am paying with a credit card through PayPal (see below) and mailing or faxing my registration form.

NAME

ADDRESS

CITY

STATE

ZIP

PHONE

E-MAIL or additional contact number

Please make check/money order payable to and mail to: Birthingway College of Midwifery, 12113 SE Foster Road, Portland, OR 97266. Fax: 503.760.3332. Credit card payments are accepted through PayPal - please go to <http://birthingway.org/payment.html> for details. You don't need a PayPal account to pay with your credit card. The name on the credit card/PayPal account must match the person taking this workshop. Sorry, no exceptions.

Specialized Program News



Labor Doula

Our Labor Doula Practicum has never been busier! We have several students close to certification. We are also very excited to welcome the following to our Birthingway Practicum:

Alissa Martucci
Endre Echer Richards
Rose Sleanbeck
Laura Laney
Katie Bradshaw
Christine "Kit" Stuber
Rita Adamski
Molly Riesterer
Crystalyn Tadano

We would also like to congratulate **Hannah Clark** for certifying as a labor doula! Visit our website to learn more about these wonderful students!

If you or someone you know is interested in any of our Specialized Programs, give us a call! We would love to share information about our programs. You can also visit us online at www.birthingway.org

Postpartum Doula

In early June, we held our most recent Postpartum Doula training and several inspired student doulas are preparing to enter the practicum. If you know of anyone who would benefit from excellent postpartum care, please see our website, as new student and certified postpartum doulas will be added in the next few months.

Lactation Program

We are happy to announce that our 45 hour Lactation Education program has been approved by ILCA, the professional body for Lactation Consultants! We are continuing to work with IBLCE to develop a lengthier educational program that will meet the requirements for Exam Eligibility Pathway 2 (go to iblce.org for more information about the pathways).



Announcing the Grand Opening for our Low Cost Lactation Clinic

Birthingway is proud to announce an Open House event for our new Lactation Clinic on Sunday, October 4, 2009, from 5:30pm – 7:30pm.

12108 SE Carlton St. Portland, OR 97266

Come see the space, enjoy some refreshments, and hear about how this clinic might be able to serve you, your clients, or your friends and neighbors.

If you are an IBCLC and would be interested in supervising in our clinic, please give us a call at 503-760-3131

So, You Wanna Be a Midwife?

An exciting workshop for potential midwifery students.

Sunday, July 26th, 2009 9:00am - 5:00pm

Birthingway College of Midwifery

12113 SE Foster Road, Portland, OR 97266 Ph: 503.760.3131 Fax: 503.760.3332 info@birthingway.edu www.birthingway.org

Cost on or before July 17th, 2009 - \$70 (add \$10 for accompanying partner/spouse/parent)

Cost after July 17th, 2009 - \$80 (add \$15 for accompanying partner/spouse/parent)

Schedule includes:

- * Sign-in, settle in (coffee, tea and juice available)
 - * Welcome and introductions
 - * ALL about Birthingway College
 - * Paths to midwifery: Direct Entry and CNM
- * Students and apprentices discuss their experience
 - * Delicious Lunch provided
- * Midwives' families discuss living with a midwife
 - * Midwives tell their stories
 - * Questions, discussion and conclusions

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Please register me for So, You Want To Be a Midwife? – Saturday, July 26th, 2009

Cost on or before July 17th, 2009 - \$70 (add \$10 accompanying partner/spouse/parent)

Cost after July 17th, 2009 - \$80 (add \$15 accompanying partner/spouse/parent)

Total Amount Enclosed: \$ _____ Total Number Attending: _____

I am enclosing a check or money order with my registration form.

I am paying with a credit card through PayPal (see below) and mailing or faxing my registration form.

NAME

ADDRESS

CITY

STATE

ZIP

PHONE

E-MAIL or additional contact number

Please make check/money order payable to and mail to: Birthingway College of Midwifery, 12113 SE Foster Road, Portland, OR 97266. Fax: 503.760.3332. Credit card payments are accepted through PayPal - please go to <http://birthingway.org/payment.html> for details. You don't need a PayPal account to pay with your credit card. The name on the credit card/PayPal account must match the person taking this workshop. Sorry, no exceptions.

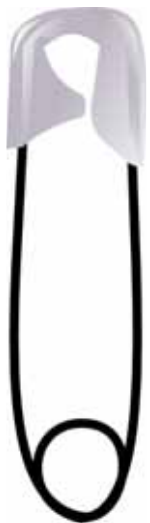
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Poems

We have found a way to live.
 But we wonder just how long it will take you to become ready.
 This planet is in trouble and human form is depleting its own.
 Too many years have been lost on frustrations of the soul. Do you not see the life you are meant to live?
 The life you are forging into being.
 We are here to show the way.
 Times of darkness bring clouds of light.
 Be open to the gifts we bring and you will be given choices beyond understanding.
 Is life not for living?
 Free to be who we really are.
 We are spirits dwelling in human form.
 Here to learn, to become. We gather in the spirit.
 Our selves long for freedom from being slaves to desire.
 Slaves to limitations of this form.
 Slaves to what we have been taught.
 The truth is coming. The spirit is
 waking to a long depth of knowledge hidden.
 Sacred journeys, path of the few.
 Chosen and blessed are they.
 Blessed are the souls touched.
 We dwell for purpose not yet seen by many.
 Few are here, more will come.
 We are the gatekeepers to doors forgotten.
 In ancient times we spoke of what was, and what was yet to be.
 Now we claim it is time to learn what it is to be free.
 As gatekeepers to the soul it takes much to grow.
 Life here is but a plain for those that are to become one of us.
 There is a level of freedom that comes with opening of the the gate.
 For the gate is the road to understanding.
 Understanding is a way of being.
 When understanding comes the soul
 When understanding comes the soul will flourish.
 It will be at peace.
 Anger, pain, fear, it will be no longer a need to hold.
 It will be shed from the being.



- Anonymous



Fantasy

Tender tits were the first sign.

Two weeks older than a meandering blastocyst and my nipples are already anticipating your pretty little mouth.

Every morsel I bring to my lips has your name written on it, and every gaseous bubble thereafter is for you, my love.

You are slowly hijacking this shop of mine. Inhaling deeply has become a conscious exercise. My ribs are the drum to your rhythmic kicks. I am sporting varicose veins and hemorrhoids for your pleasure.

My ruggae will flatten like socks that stretched a little too far in the wash. White war scars lace hips and belly, acid carves channels up the esophagus. One day my scalp will become a deciduous forest, my breasts will deflate when the party's over, and somehow, you are worth every bit of it.

I am so in love I never knew what being in love meant until now. Does that make me a narcissist?

My organs are remodeling – and not for aesthetic purposes. Intestines and stomach grumble that they must live in such close quarters,

my diaphragm barely musters a hiccup of discontent. Heavy, round, full, my hands petting myself all day long. I receive attention wherever I go and I purr.

The thought of labor makes me rush to the toilet with nervous excitement. I sense that I will be good at letting go, at opening up to this sacred ritual. I am ready for my rite of passage. My initiation. I am ready to discover the strength of my muscles.

- Iara Sapoznikow
(1st Year Student)

Human Anatomy & Physiology (AP101)

Overview For Midwives

3 credit hours. Satisfies Anatomy and Physiology prerequisite for Birthingway Midwifery Program and the Anatomy and Physiology requirement for the Lactation Program.

INSTRUCTOR: BONNIE McANNIS, B.A., L.M.T.

Monday evenings, 14 sessions

September 14 - December 14, 2009

Times: 9/14/09 6:00pm - 9:00pm. All remaining classes 5:15pm - 9:00pm

Text: Memmler's Human Body in Health and Disease, Text and Study Guide, 11th edition, 2008.

Books may be ordered through the College. Those registering after the deadline must order textbooks themselves.

There is a non-refundable \$75 late registration fee after the registration deadline of August 7, 2009.

Class is limited to a maximum of 16 and a minimum of 6 students. ~ Sorry, no walk-ins.

CANCELLATION CLAUSE - Should you decide to cancel this agreement in writing within three business days, you are entitled to a full refund of all fees and tuition. Textbook costs are not refundable. After the three-day cancellation period, should you decide to cancel your registration and not attend, refunds will be made per refund policy.

REFUND POLICY - You are expected to attend all classes for which you register. **If you do not attend or stop attending and do not drop this course within the refund period, you remain responsible for all tuition and fees.** For credit courses, you may cancel registration by providing signed and dated written notice to Birthingway and receive a refund of tuition per refund schedule below. **Registration fees and lab fees are non-refundable.** Please allow four to six weeks for receipt of refund.

<u>WITHDRAWAL DATE</u>	<u>TUITION REFUND</u>	<u>WITHDRAWAL DATE</u>	<u>TUITION REFUND</u>
On or before 1st day of term	100%	29 th day through 35 th day of term	45%
2 nd day through 7 th day of term	89%	36 th day through 42 nd day of term	34%
8 th day through 14 th day of term	78%	43 rd day through 49 th day of term	23%
15 th day through 21 st day of term	67%	50 th day through 56 th day of term	12%
22 nd day through 28 th day of term	56%	On or after 57 th day of term	No refund

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Anatomy and Physiology (AP101) - 3 credit hours at \$490 per credit hour	\$ 1470.00
Registration fee per term (non-refundable)	\$ 50.00
Text book and study guide \$67 (non-refundable)	\$ _____
Additional late registration fee of \$75 (non-refundable) if registering after 8/7/09	\$ _____

I am enclosing a check or money order with my registration form

I am paying with a credit card through PayPal (see below). I will fax or send my registration form.

TOTAL ENCLOSED \$ _____

NAME (please print)

SOCIAL SECURITY NUMBER

ADDRESS

PHONE NUMBER

E-MAIL if available

SIGNATURE

DATE

We must receive this completed registration form *and* full payment to register you for this class. Please make check/money order payable and mail to: Birthingway College of Midwifery, 12113 SE Foster Road, Portland, OR 97266. Fax: 503.760.3332.

Credit card payments are accepted through PayPal - please go to <http://birthingway.org/payment.html> for details.

You don't need a PayPal account to pay with your credit card.

The name on the credit card/PayPal account must match the person taking this course. Sorry, no exceptions.

Poems (cont.)

Women speaks of Women

Daughter. Tell her that I wear the crown of all her sorrows. Tell her that it's a crown of leaves, not thorns. Tell her that it's a crown of stars. Tell her that the pain flows through generations like a river. Tell her that my river is blue, and it has deepened. It has smoothed the rocks underneath. Tell her I bathe in it, this river, and it no longer hurts me.

Tell her there is joy, too. My joy is like a secret orange, tasted in the moonlight, and hers, tell her. Tell her to unpeel it, and it will be that delicate skin and weight against her fingers it will glow.

Tell her that age is nothing but a story and life but faith. It's this faith which is a miracle.

Daughter, don't swallow your anger so it trickles and burns. Don't throw it back at yourself like a thousand hot knives.

Remember your river and let it run for you there.

Remember that you are an animal, you are a bright painted bird and a young lion, too, who has a roar, and daughter it will scare you but open your mouth.

I am telling you to roar, I am telling you to sing.

Otherwise we keep it closed and closed and we feel the stomach moving, a low boil, constant. It is when your stomach boils, baby, that you shake. You tremble imperceptibly and tight and that becomes your body and you tremble, you are terrified.

You don't feel your shaking anymore as such. You think it's the way the earth moves or the wind blows, it's the city you think, all those cars. And still it is shaking tense and hot, and if you could hear it the kettle would be whispering a reedy constant whistle but it's mute. It lies inside of you and you are wound like a coil and I tell you to let it out, if only you would open your mouth.

Listen baby there is a fire inside of you. This one licks the walls of your mind. It pops and crackles, it cackles, vicious fire. Sometimes it feeds you and you draw shapes and moons and you burn with living and like it there, alive, inside you.

And sometimes, it leaps, it spreads so smoky you can't see, so hot you are afraid, and each breath fans the flames.

And yet you live, everyday, and it's faith.

If only you could see the miracle, if only you would open your mouth.

Written by Kyla Danysh

Submitted by Terra Senter (2nd year student)

Student Voice

So You Want to Be an Apprentice?

Congratulations! You made it through the self reflective application, the Meet and Greet, and even an intense interview. You are now a Birthingway student, enjoying reading all sorts of books that feed your soul and creating forms for your future midwifery practice as homework; all while eating delicious lunch at least once a week and connecting with people who share your passion for childbirth. And then, the realization hits you-in one year, if you choose, you could add apprentice midwife to your growing list of titles: student, doula, nanny, etc.

Approaching my 2nd year, I found myself eager to experience more hands-on skills. Beginning my apprenticeship seemed logical and exciting. Rather than worry about finances, I decided first to see if I could find a compatible midwife to work with. After two interviews, I found a match and once the excitement wore off I realized that, after I started being on-call, neither of my jobs as a care-giver and gymnastics instructor would be compatible with leaving at various times during the week to attend birthing women. I am currently

embracing the changes it takes to be a student apprentice.

Friends and family often ask me "which work?" when I tell them "I'm headed to work early tomorrow," as I've been used to working a variety of jobs since I moved to Portland. Finding ways to earn money, while of course taking out student loans, and sharing a room with my supportive fiancé, has been a creative outlet. My housemate, a Birthingway extension student, and I decided to start a Handywomen Business. We nanny, clean houses, paint, build chicken coops, install gardens, and landscape. While we could mow your lawn, we prefer to replace it with tomatoes and chard instead. On the side, I have also been making large amounts of sauerkraut and kimchee, and selling to friends and students mostly to support my own love of fermented foods. While I'm still a very new apprentice, I'm hopeful and trust that with a little creativity and a lot of hard work, I will make ends meet.

Other apprentices figured out this system of doing several different off-the-grid jobs or regular night jobs. While going to school, one

recent Birthingway graduate I spoke with said she had a dog walking business during the week, worked nights as a CNA at the hospital and sometimes nannied on the weekend and attended classes during the week. Not everyone is driven to finish so quickly. Many students choose to wait until after core classes are finished, and they may even move out of state or overseas for part or all of their apprenticeship. Having children, getting married, and enjoying a slower pace are all reasons people may wait to start their apprenticeships. There are many channels to take on this river that leads to becoming a wise woman midwife. My two pieces of advice are 1) Enjoy being a student since you theoretically have three years of schooling and a lifetime to actually *be* a midwife and 2) be open, creative, and trusting when it comes to finding work during your apprenticeship (and go to an OMC meeting once in a while)! Feel free to write your own experience, hopes, frustrations, or desires in the next installment of this newsletter.

-Melanya Gonshorowski
(2nd year student)

Childbirth Educator Training

Birthingway's distinctive biodynamic approach to childbirth

This course constitutes one step towards Birthingway's Childbirth Educator Certification

INSTRUCTOR: Nichole Reding, MA, CD

Five Sessions (2 weekends)

9/11/09 (Friday - 9am-4pm), 9/12/09 (Saturday - 9am-6pm), 9/13/09 (Sunday - 10am-6pm)

9/26/09 (Saturday - 9am-6pm) and 9/27/09 (Sunday - 10am-6pm)

Birthingway College of Midwifery - Carlton House

12108 SE Carlton St., Portland, OR 97266 ~ P) 503.760.3131 ~ F) 503.760.3332

info@birthingway.edu ~ www.birthingway.org

Cost: Workshop - \$595, Readings Binder (Required) - \$50*

Or take it as a 2-credit course for \$980 (you will be expected to do more work)

~ Full payment and completed form (below) is needed to register ~ Sorry, No Walk-in's.
There is a \$75 non-refundable late registration fee after August 14, 2009.

*The Readings Binder will be available for pick up after the registration deadline at Birthingway College of Midwifery, Mon-Fri 8:30am-4:30pm. Binder articles must be read before the first class session. Please Note: If you register late, you may not have enough time to read everything before the workshop starts. Please allow enough time to complete all the readings.

REFUND POLICY: Written notice of refund request must be received no later than seven days prior to first day of class to receive a 95% refund; then 80% of the course or audit fee will be refunded up to the first class day. Readings Binder fee will not be refunded if you drop after the registration deadline. No refund or credit voucher will be given on or after the first class day. Sorry, no exceptions. Late registration fee is nonrefundable. Minimum class is 5 students. If the minimum class enrollment is not achieved, the class will be canceled and all fees will be refunded.

> > > Please detach lower portion and include with payment < < <

Please register me for the Childbirth Educator Training – Deadline is August 14, 2009

- I am paying the \$595 workshop fee.....\$ _____
- I would like to take the 2-credit course for \$980.....\$ _____
- Readings Binder (required) add \$50. Add \$6.00 postage/handling if you want it sent to you.....\$ _____
- Oops, it's after August 14, 2009. I have included the \$75 late registration fee.....\$ _____
- I am enclosing a check or money order with my registration form. Total \$ _____
- I am paying with a credit card through PayPal (see below) and mailing or faxing my registration form.

NAME _____

ADDRESS _____

CITY STATE ZIP PHONE E-MAIL or additional contact number

Please make check/money order payable and mail to: Birthingway College of Midwifery, 12113 SE Foster Road, Portland, OR 97266. Fax: 503.760.3332. Credit card payments are accepted through PayPal - please go to <http://birthingway.org/payment.html> for details. You don't need a PayPal account to pay with your credit card. The name on the credit card/PayPal account must match the person taking this workshop. Sorry, no exceptions.

New Staff/Faculty Bios



We are excited to welcome these fabulous new staff and faculty members to our Birthingway community.

Jena Novotny – Faculty Coordinator

“I come to Birthingway College of Midwifery with a background in working in fundraising for educational institutions and most recently as a doula with Birthjourneys Doula Collective. For many years I have been focused on the wonders of birth and the amazing wisdom of a woman's body. I first became interested in birth when I lived in New York City and worked for a wonderful doula who focused her practice on water birth. She helped open my eyes to the different methods of birth and I became intrigued with doulas and what they have to offer. I was sold on the idea of a woman being surrounded by continuous support throughout her labor!

When I am not working at Birthingway or as a doula, I am a wife, a mother of a three-year-old little girl, and enjoy running and playing outdoors.

I am thrilled to be part of the Birthingway community and to work with women dedicated to teaching and supporting our midwifery students.”

Sadie Eck – Operations Assistant

Sadie is originally from a very small town in Central Indiana. After graduating high school she spent a year working for Americorps NCCC in South Carolina. It was there she started thinking about

becoming a home birth midwife. After Americorps, she moved to Northern California, going to school and working with teens with disabilities. She started to look into the birthing community more and while visiting Portland, she fell in love with the city and found Birthingway College. She moved here a few months after visiting and jumped into her doula training. Sadie has been a labor and postpartum doula for years now and is very excited to be a new member of the Birthingway community. She enjoys knitting, cooking and taking her dog, Luka, for long walks.

Julia Reid – Administrative Programs Coordinator/Financial Aid Officer

“I am honored to be a part of the Birthingway staff. Before coming here, I was a 2007 graduate of Lewis and Clark College. While at Lewis and Clark, I studied Sociology/Anthropology with an emphasis on education. During this time, I was fortunate enough to pursue this passion by working with an amazing group of students at Capitol Hill Elementary in SW Portland as they moved from kindergarten through third grade.

After graduation, I found a teacher assistant position to three 5th grade classrooms in North Carolina. Unfortunately, NC wasn't the best fit for me, and after spending some time with family in Wisconsin, I decided to come back to the city I love...Portland!

Birthingway has allowed me to work with education from a completely different vantage point and I am very excited to be a part of the wonderful work that is going on here. As a new auntie (Parker, my nephew, being one reason for my brief stay in the Midwest), I have great respect for the work all of you wonderful students have chosen to pursue. My goal is to be a resource for all students as they pursue their dreams here at Birthingway. When not at Birthingway, you can find me hiking, biking, running, gardening, cooking and exploring all corners of the Pacific Northwest.”

Corey Branstrom – Technical Coordinator

Originally from Santa Barbara, CA, Corey went to UC Berkeley, then moved to San Francisco where he rode the dot com boom by working for several companies that no longer exist. He met his future wife at a costume birthday party in SoMa and they were married in 2000. Corey and Emily Rose moved to Eugene for a slower paced lifestyle and the chance to go back to school. Corey earned his MA in Elementary Education from the U of O. Their son, Brillig, was born in February 2005. After 3 years of teaching, Corey realized that it was not the career for him. Seeking a more urban environment, the family moved to Portland in 2007. With almost a decade of experience working with computers and the internet, he has returned to his nerdy roots as the Technical Coordinator for Birthingway.

Stephanie Farrell - Instructor

Dr. Stephanie Farrell, N.D. has joined Birthingway as our new Microbiology teacher. “I consider myself fortunate to have the opportunity to teach midwifery students who play an important role in supporting women and their families.” Dr. Farrell has wanted to teach and practice Naturopathic medicine since an early age. After receiving her Bachelors degree from Portland State University, she moved to Japan and taught English there. She was impressed by Japanese ancient healthcare practices and this experience cemented her calling to practice natural healthcare. In 2007, Dr. Farrell graduated from the National College of Natural Medicine in Portland, Oregon. She founded the Inspire Natural Health Center in Northeast Portland and offers clinical nutrition, botanical medicine, homeopathy and physical medicine there. She has a three year old daughter, born at home with her midwives assistance, and enjoys being with her family, gardening, hiking, bicycling and camping.

The Labor Doula: Assisting Women with Birth

Readings, lecture, and practical skills for providing emotional and physical support for women in labor and immediate postpartum. This course constitutes one step towards Birthingway's Labor Doula Certification, and also meets our prerequisite for admission to our midwifery program.

INSTRUCTOR: Adrienne Fuson, LMT, CD

This workshop is being offered twice this fall:

9 Session Workshop: Sundays on 9/20, 10/4 - 11/22/09 ~ 5:00pm - 8:00pm
(Registration Deadline: 8/21/09 - late fee of \$75 after this date)

~ OR ~

2 Weekend Workshop: 11/21-11/22 and 12/5 - 12/6/09 ~ 9:00am - 5:00pm
(Registration Deadline: 10/23/09 - late fee of \$75 after this date)

This workshop is held at Birthingway College of Midwifery, 12113 SE Foster Road, Portland, OR 97266
P) 503.760.3131 ~ F) 503.760.3332 ~ info@birthingway.edu ~ www.birthingway.edu

Cost: Workshop - \$485, Readings Binder (Required) - \$40*
Cost for Refresher Course for continuing education credits: \$220**

*The Readings Binder will be available for pick up after the registration deadline at Birthingway College of Midwifery, Mon-Fri 8:30am-4:30pm. Binder articles must be read before the first class session. Please Note: If you register late, you may not have enough time to read everything before the workshop starts. Please allow enough time to complete all the readings.

**To take as a Refresher Course, you must have attended this workshop previously. Please note when you attended on the registration form below. Refresher students may be bumped by those paying the full course fee. Registering for the Refresher Course also meets the documented continuing education requirement for Birthingway Certified Doula re-certification. Readings binder is not required for students taking the Refresher Course.

The following book must be read prior to attending the workshop (but is not required to be owned):

- Kitzinger S. *The Complete Book of Pregnancy and Childbirth*. 4th ed. Alfred A. Knopf, Inc; 2003.

The following books will be read during the workshop (but are not required to be owned):

- England P and Horowitz R. *Birthing from Within*. Albuquerque: Partera Press; 1998.
- Gaskin IM. *Ina May's Guide to Childbirth*. Bantam Dell Publishing Group; 2003.
- Renfrew M, Fisher C, Arms S. *Bestfeeding - How to Breastfeed Your Baby*. Celestial Arts; 2004.

REFUND POLICY: Written notice of refund request must be received no later than seven days prior to first day of class to receive a 95% refund, then 80% of the course or audit fee will be refunded up to the first class day. Readings Binder fee will not be refunded if you drop after the registration deadline. No refund or credit voucher will be given on or after the first class day. Sorry, no exceptions. Late registration fee is nonrefundable. Minimum class is 5 students. If the minimum class enrollment is not achieved, the class will be canceled and all fees will be refunded.

> > > Please detach lower portion and include with payment < < <

Please register me for the **9 Session Workshop** **2 Weekend Workshop** (PLEASE CHECK ONE)

I am paying the \$485 workshop fee.....\$ _____

Readings Binder (required) add \$40. Add \$6.00 postage/handling if you want it sent to you.....\$ _____

I am paying \$220 to take the refresher course. I attended the workshop before on _____....\$ _____

Oops! I am enclosing a \$75 late fee (Registration Deadlines: 9 Session - 8/21/09 | 2 Weekend - 10/23/09).....\$ _____

I am enclosing a check or money order with my registration form. Total \$ _____

I am paying with a credit card through PayPal (see below) and mailing or faxing my registration form.

NAME _____

ADDRESS _____

CITY STATE ZIP PHONE E-MAIL or additional contact number

Please make check/money order payable and mail to: Birthingway College of Midwifery, 12113 SE Foster Road, Portland, OR 97266. Fax: 503.760.3332. Credit card payments are accepted through PayPal - please go to <http://birthingway.org/payment.html> for details. You don't need a PayPal account to pay with your credit card. The name on the credit card/PayPal account must match the person taking this workshop. Sorry, no exceptions.

Baby & Wedding News

Wedding Bells

Melanya Gonshorowski (2nd year student) and her sweetheart **Alex** will be married on September 11, 2009 in Nevada City, CA. They will be having a 3 day camp-out wedding bash there and will also have a Portland celebration at the end of August.

Kim Wilson (extension student) and her sweet man, **Dayv**, will be married on June 19th, 2009 in Bridal Veil, OR. Their adorable 2 ½ year old daughter, Harper, will be one of their flower girls.

Melissa Maureen (2nd year student) and her soul mate, **Tim**, will be married in the Celtic tradition of a handfasting ceremony on August 1st. They will be wed, and then "roll" across the broom, on the property that Tim grew up on in Clatskanie, OR.

May Blessings Abound!

Pregnancies

Two little beings sprouted in the bellies of Birthingway students this term. **Micaela Evans** (3rd year student) and her partner Caleb, and **Emilia Smith** (2nd year student) and her partner Oliver, are pregnant. Both babies are due in December. Also, Birthingway alumni and midwife/preceptor (at Andaluz Waterbirth Center) **Jesica Dolin** is due with her first baby in October. We wish them all much good health and joy in this growthful time.

Births

Our beloved **Rachael Koeson** (former Faculty Coordinator) and her partner, **Aaron**, have a new addition to their family. Beautiful 8 lb **Ruby Mae** was born at sunrise on June 1st, 2009 in their little cabin in Corbett. Rachael explained, "it was a long and difficult labor for all of us and she came gently into the world, healthy, perfect and in her own time." They have spent the last week staring, watching, listening, touching and watching, listening, touching and loving



their precious baby girl. Rachael added, "We are so grateful for all of your love, support, interest, gifts, food, and excitement with us. Thank you!"

Former student **Kimberly Wise** gave birth to baby **Sage** born at home on June 19, 2009. She was received into her father's hands in the wee hours of the morning weighing 9 lbs, and is a complete joy!

Finally, BCM alumni and practicing midwife, **Jacqueline Meyer** (previously Zapp-Garcia) and her wife **Mari** welcomed their precious son **Abraham Charles** on April 13, 2009. He was born at home and weighed in at 8 lbs, 14oz.

Welcome to the World!

Clinical Training (formerly Apprenticeship) News

Many new preceptor/student relationships have been born this term. Here are the excited students who will soon begin, or have already begun, attending births:

- **Angela Beach** (1st year student) with **Adeline Kell**, ND at A Better Choice
- **Jocelyn Brown** (2nd year student) with **Jesica Dolin** at Andaluz Waterbirth Center
- **Cristyl Garner** (extension student) with **Madrona Bourdeau** at A Women's Point of View
- **Tzipora Kirschner** (2nd year student) with **Adele Rose** at Andaluz
- **Melissa Maureen** (2nd year student) with **Dana Shibley** at Andaluz
- **Terra Senter** (2nd year student) with **Madrona Bourdeau** at A Women's Point of View

CONGRATULATIONS TO ALL OF YOU!





Homeopathy CEU

Birth and postpartum professionals do important work, but the burnout rate is high. Birthingway is excited to announce the first in a series of classes designed to help birth professionals with self-care. Class size is limited...register early!

- ♥ Learn about Homeopathy and how it works
- ♥ Learn about selecting remedies for basic self care
- ♥ Go home with three remedies that you will make in class

Instructor: Cari Nyland, ND

October 24, 2009 ~ 9:00am – 3:00pm (30 minute brown bag lunch)

Registration Deadline: October 16, 2009

Cost: \$70

All classes held at Birthingway College of Midwifery

12113 SE Foster Road, Portland, OR 97266 Ph) 503.760.3131 Fax) 503.760.3332 info@birthingway.edu www.birthingway.org

Registration and payment must be received no later than October 16, 2009

Pre-registration only. Sorry, we cannot accept any drop-ins. This workshop is subject to cancellation if minimum registration of five is not met.

Refund Policy: Written notice of refund request must be received no later than seven days prior to the first class day to receive a 95% refund, then 80% of the course will be refunded up to the first class day. No refund or credit voucher will be given on or after the first class day. Sorry, no exceptions. Classes are subject to cancellation if minimum pre-registration of five is not met by the registration deadline. If Birthingway cancels the workshop, all fees will be refunded in full.

(Please complete bottom portion and include with payment)

Please register me for the Homeopathy CEU – October 24, 2009

- I am enclosing \$70 with my registration form.
- I am paying by PayPal (see below). I will fax or send in my registration form.

First Name _____ M.I. _____ Last Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ E-mail _____

Please make check/money order payable to Birthingway College of Midwifery and send to 12113 SE Foster Rd., Portland, OR 97266. Credit card payments are accepted through PayPal – please go to <http://birthingway.org/payment.html> for details. You need not have a PayPal account to pay with your credit card. The name on the credit card/PayPal account must match the person taking this workshop. Sorry, No Exceptions.

Library News



Library Summer Hours:

Beginning July 6th and ending September 8th, the Library will be open:

Tues – Wed 10 – 6
Thurs 10:00 – 5:30

Since summer is so packed with fun and vacations, **please call to confirm that someone will be available to help you.** Students, faculty and staff, please inquire about our Summer Reading Program!

Regular Hours resume on September 14th:

Mon 12-6; Tues-Thurs 10-6

If you are a student or faculty member that doesn't have a picture ID with a new barcode, please stop by and we'll make one for you. You'll need it to check things out!

The Birthingway Library has been shopping! Last year, we saved our library allowance so that we could spend, spend, spend when the economy needed it the most. Come, check out all the stuff we bought to stimulate the economy and, hopefully, your mind!

New DVDs for checkout:

Business of Being Born
Orgasmic Birth
Pregnant in America
Baby-led Breastfeeding
Relaxation, Rhythm, Ritual: The 3Rs of Childbirth
Baby Baby Oh Baby! Baby Massage
Comfort Measures for Childbirth: The Rebozo Way
Birth Joy
Feeding Christian
Birth in the Squatting Position
First Breath
Water Babies
Birth Day, Extended Edition DVD
Mother Touch: nurturing touch for birth

Some new books include:

My Miserable Lonely Lesbian Pregnancy. Andrea Askowitz; 2008.
Gentle Birth, Gentle Mothering. New edition! Sarah J. Buckley; 2009.
The Midwife: a memoir of birth, joy, and hard times. Jennifer Worth; 2009.

Something Like Beautiful: one single mother's story. Asha Bandele; 2009.

If These Boobs Could Talk: a little humor to pump up the breastfeeding mom. Shannon Payette Seip; 2008.

Pushed: the painful truth about childbirth and modern maternity care. Jennifer Block; 2009.

What's in This Stuff? The hidden toxins in everyday products and what you can do about them. Pat Thomas; 2008.

Unbuttoned: women open up about the pleasures, pains, and politics of breastfeeding. Dana Sullivan & Maureen Connolly; 2009.

Memories of a Victorian Midwife. Charlotte Fuhrer; 2008.

Wild Feminine: finding power, spirit, and joy in the root of the female body. Tami Kent; 2008.

Community Library Cards

Everyone is welcome to come browse the library, read a book, or watch a video. Community members who'd like to borrow materials may purchase a community library card:

\$15 for three months
\$25 for six months
\$40 for the entire year



Legend Drugs and Devices Initial Education Curriculum: Pharmacology ~ Medications by Injection Suturing* ~ Treatment of Shock, Including IV Therapy



All Direct-Entry Midwives must complete state or Oregon recognized Suturing, Medications by Injection, Pharmacology, Treatment of Shock including IV Therapy, and CPR/Neonatal Resuscitation courses prior to licensing. This course meets the Oregon state requirements for initial education for Legend Drugs and Devices endorsement for licensure as a Direct Entry Midwife. LD&D must be renewed every 4 years. Maternal and Neonatal Resuscitation is taught separately. Please call for information about upcoming resuscitation workshops.

All classes held at Birthingway College of Midwifery

12113 SE Foster Road, Portland, OR 97266 Ph) 503.760.3131 Fax) 503.760.3332 info@birthingway.edu www.birthingway.org

October 15 – 18, ~ \$495

Instructors: Holly Scholles, MA, CPM, LDM
Denise Clark, EMT-P and Pamela Echevario, CPM, LDM

 Registration and payment must be received no later than October 12, 2009 
Pre-registration only. *Sorry, we cannot accept any drop-ins. This workshop is subject to cancellation if minimum registration of six is not met.*

Schedule:

Thursday Oct. 15th ~ 9:00am – 6:00pm (brown bag lunch)

Friday, Oct. 16th ~ 9:00am–8:30pm (brown bag lunch, 1 hour break from 5:30pm –6:30pm)

Saturday, Oct. 17th ~ 9:00am–6:00 pm (brown bag lunch)

Sunday Oct. 18th ~ 9:00am–6:00pm (brown bag lunch)

***You must bring the following equipment to participate in Suturing: One needle holder (6” preferred), either one 6” Russian tissue forceps OR one 6” regular tissue forceps, one suture scissors, two hemostats, plus 1 more needle holder or hemostat.**

Refund Policy: Written notice of refund request must be received no later than seven days prior to the first class day to receive a 95% refund; then 80% of the course will be refunded up to the first class day. No refund or credit voucher will be given on or after the first class day. Sorry, no exceptions. Classes are subject to cancellation if minimum pre-registration of 5 is not met by the registration deadline. If Birthingway cancels the workshop, all fees will be refunded in full.

(Please complete bottom portion and include with payment)

Please register me for the LD&D Initial Ed Curriculum – October 15 – 18, 2009

I am enclosing \$495 with my registration form.

I am paying by PayPal (see below). I will fax or send in my registration form.

First Name _____ M.I. _____ Last Name _____

Social Security Number _____ Date of Birth _____

(The above information is required for your transcript.)

Address _____

City _____ State _____ Zip _____

Phone _____ E-mail _____

Please make check/money order payable to Birthingway College of Midwifery and send to 12113 SE Foster Rd., Portland, OR 97266. Credit card payments are accepted through PayPal – please go to <http://birthingway.org/payment.html> for details. You need not have a PayPal account to pay with your credit card. The name on the credit card/PayPal account must match the person taking this workshop. Sorry, No Exceptions.

Thank You's



Plant Sale Thank You's

What a success in 2009! We had our 7th annual Plant Sale the first weekend of May. Many thanks to all involved to make this event happen:

Ben & Jerry's on Hawthorne, **Polly Gottesman** with Pumpkin Ridge Gardens, **Nicole Bendotoff**, **Jasmine Marotta-Jaenecke**, **Whitney Stolman**, **Catherine Bailey**, **Serena Lynch**, **Terra Senter** and **Melanya Gonshorowski**.

We would also like to thank everyone who donated starts, including **Aurora Crosetti**, **Cassandra Breer**, **Melanya Gonshorowski** and **Caitlin Lopez**.

See everyone next year-happy planting!

Donation Thank You's

Thank you to the generous area midwives and community members who have provided donations of expired and/or unneeded supplies for our students to use in skills class! So far this year we have received supply donations from **Alma Midwifery**, **Andaluz Waterbirth Center**, **Heather Hack**, and **Madrona Bourdeau**.

We would like to thank **Susan Moray**, **Anne Frye** and **Kathryn Constant** for donating books and videos to our library.

We would like to thank **Karen Roeske** for providing us the supplies from her practice at a low cost! Our Lactation Consultant clinic will be well stocked thanks to her generosity.

Thanks also to **Melinda Russell** for donating two beautiful love seats for our new clinic space!

Your generous contributions help us continue to provide quality education for aspiring midwives while keeping tuition as low as possible! Thank you.

ARM MODELS

Have a little extra time on Wednesday afternoons? Please come by Birthingway to be an IV model! Our third year students practice IV skills every term, and we are always in need of extra "arms". To be an IV model you must be over 18 and have veins. You will earn \$10 per poke, limit one poke per arm. Please call the school at 503-760-3131 to make sure class is being held the day you want to come.

BELLY MODELS

All through fall term, our students will need tummies to touch and listen to so they can practice their midwifery skills. If you (or someone you know) will be at least 20 weeks pregnant by September and would like to earn \$20 for 1 hour – 2 hours with our very gentle and loving students, call the school at 503-760-3131.

Federal Work Study Updates

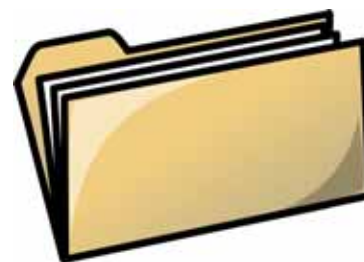
We are just wrapping up our first year of Federal Work Study and are excited to announce our plans to continue offering this program for 2009-10. Federal Work Study is a wonderful program available to eligible students who qualify for federal aid. Under this program, students can work up to part-time to earn money towards their education.

This past year, we began by offering work-study positions with SMART, a Portland area literacy program that places you and your love of reading with a second or third grade student. We are excited to continue working with literacy programming in the Portland area for the upcoming award year.

We anticipate being able to offer work study awards to 3-4 Birthingway students.

Complete Your FAFSA!

Now is the time to complete your Free Application for Federal Student Aid (FAFSA) for fall 2009 through spring 2010! The FAFSA can be completed online at www.fafsa.ed.gov and is due August 7th, 2009. If you have any questions or concerns, please stop by and see Julia or email julia@birthingway.edu.



Application Season

Fall term for Birthingway means midwifery program admissions! The application deadline is October 15th, then interviews are scheduled over the following month or so, up to the Meet and Greet on November 20th. Applicants then have a little time to finish up any fall-term prerequisites before our final decision meeting in early January. It is an exciting time that we look forward to each year!

Maternal and Neonatal Resuscitation

Birthingway certification in neonatal resuscitation including use of bag/valve/mask. AHA Healthcare Provider level CPR certification includes use of AED, infant, child and adult resuscitation.

Birthingway College of Midwifery

12113 SE Foster Road, Portland, OR 97266 Ph) 503.760.3131 Fax) 503.760.3332 info@birthingway.edu www.birthingway.org

Friday, December 4, 2009 ~ 9:00am – 5:00pm
(Brown bag lunch)

Workshop cost: \$130

Instructor: Denise Clark, EMT-P

Registration and payment must be received no later than November 30, 2009
Pre-registration only. Sorry, we cannot accept any drop-ins. This workshop is subject to cancellation if minimum registration of five is not met.

Refund Policy: Written notice of refund request must be received no later than seven days prior to the first class day to receive a 95% refund, then 80% of the course will be refunded up to the first class day. No refund or credit voucher will be given on or after the first class day. Sorry, no exceptions. Classes are subject to cancellation if minimum registration is not met by the registration deadline. If Birthingway cancels the workshop, all fees will be refunded in full.

(Please complete bottom portion and include with payment)

Please register me Maternal and Neonatal Resuscitation – December 4, 2009

- I am enclosing \$130 with my registration form.
 I am paying by PayPal (see below). I will fax or send in my registration form.

First Name _____ M.I. _____ Last Name _____

Social Security Number _____ Date of Birth _____
(the above information is required for your transcript)

Address _____

City _____ State _____ Zip _____

Phone _____ E-mail _____

Please make check/money order payable to Birthingway College of Midwifery and send to 12113 SE Foster Rd., Portland, OR 97266. Credit card payments are accepted through PayPal – please go to <http://birthingway.org/payment.html> for details. You need not have a PayPal account to pay with your credit card. The name on the credit card/PayPal account must match the person taking this workshop.
Sorry, No Exceptions.

Spanish for Birth Professionals

CEU Workshop

Want to communicate better with clients and support persons who are Spanish speakers? Come to this workshop and learn key Spanish phrases to help women in labor. If you've been to one or one hundred births, this workshop will help you gain the knowledge and insight of birth and the postpartum period within the Spanish community. This seminar will satisfy 6 Continuing Education Units.

Saturday, August 22, 2009 ~ 9:00am – 1:00pm

Cost: \$50

Instructor: Lucina Armstrong

All classes held at Birthingway College of Midwifery

12113 SE Foster Road, Portland, OR 97266 Ph) 503.760.3131 Fax) 503.760.3332 info@birthingway.edu www.birthingway.org

Registration and payment must be received no later than August 14, 2009

Pre-registration only. Sorry, we cannot accept any drop-ins. This workshop is subject to cancellation if minimum registration of six is not met.

Refund Policy: Written notice of refund request must be received no later than seven days prior to the first class day to receive a 95% refund; then 80% of the course will be refunded up to the first class day. No refund or credit voucher will be given on or after the first class day. Sorry, no exceptions. Classes are subject to cancellation if minimum pre-registration of six is not met by the registration deadline. If Birthingway cancels the workshop, all fees will be refunded in full.

(Please complete bottom portion and include with payment)

Please register me for the Spanish for Birth Professionals CEU – August 22, 2009

- I am enclosing \$50 with my registration form.
 I am paying by PayPal (see below). I will fax or send in my registration form.

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ E-mail _____

Please make check/money order payable to Birthingway College of Midwifery and send to 12113 SE Foster Rd., Portland, OR 97266. Credit card payments are accepted through PayPal – please go to <http://birthingway.org/payment.html> for details. You need not have a PayPal account to pay with your credit card. **The name on the credit card/PayPal account must match the person taking this workshop. Sorry. No Exceptions.**

FALL 2009 Community Course Offering

Registration Start Date: JULY 13, 2009. Registration Deadline: AUGUST 7, 2009

Please complete the attached registration form and return with your tuition and fees no later than **August 7, 2009**. Registration and/or payments received after that date will incur a \$75 late fee. Class minimum is 5 and maximum is 16 students (unless otherwise noted).

Supplemental Courses – Open to members of the community. Prerequisites, fees, and text requirements are noted.

- ◆ **Botanicals II (BOT432) 2 credit hours. Course-pack \$76. Textbook required – see Text Order Form.** 10 sessions.
Prerequisite: Botanicals I. Materia medica for fertility, preconception, pregnancy, intrapartum, postpartum, infancy and well-woman gynecology. Mindy Cash, ND LAc, MSOM
Date: Monday mornings starting 9/21-11/23/2009 for 10 weeks
Time: 9:00am – 12:00pm
- ◆ **Breastfeeding I (BF241) 1 credit hour. Course-pack \$22. Textbook required - see Text Order Form.** Five sessions. Covers prenatal education and the normal course of breastfeeding. Instructor: Dixie Whetsell, MS, IBCLC
Date: Monday afternoons on 10/12, 10/26, 11/9, 11/23, 11/30/2009
Time: 1:00pm – 4:00pm
Location: Carlton House - 12108 SE Carlton St. (directly behind the Foster building).
- ◆ **Chinese Medicine (TCM341) 1 credit hour. Course-pack \$15. Lab fee \$30.** Five sessions. Introduction to traditional Chinese medicine as a healing modality and its relevance to midwifery. Instructor: Mindy Cash, ND, LAc, MSOM
Date: Friday evenings on 11/6, 11/13, 11/27, 12/4, 12/11/2009
Time: 1:00pm – 4:00pm
- ◆ **Ethics in Midwifery (ET441) 1 credit hour. Course-pack \$30.** Five sessions. Ethical theories and scenarios in midwifery practice. Instructor: Nichole Reding, MA
Date: Wednesday evenings starting 11/4, 11/11, 11/18, 11/25, 12/2/09
Time: 5:00pm – 8:00pm
- ◆ **Human Genetics (GN441) 2 credit hours. Course-pack \$17. Textbook Required – see Text Order Form.** Ten sessions. Covers basic genetics, genetic screening and pregnancy counseling. Instructor: Jamilyn Daniels, MS
Date: Thursday evenings starting 9/10-11/12/2009 for 10 weeks.
Time: 5:00pm – 8:00pm
- ◆ **Nutrition (NUT241) 1 credit hour. Course-pack \$15. Textbook Required – see Text Order Form.** Five sessions. Overview of nutrition concepts. Instructor: Mindy Cash, ND, LAc, MSOM
Date: Friday afternoons on 9/25, 10/9, 10/16, 10/23, 10/30/2009
Time: 1:00pm – 4:00pm
- ◆ **Plant Medicine II (PM342) 1 credit hour. Lab Fee \$28. Textbook required - see Text Order Form.** Five sessions.
Prerequisite: Plant Medicine I. Five sessions. Topical applications. Preparation of herbal baths, salves and creams. Preparation of lozenges and suppositories. Instructor: Cari Nyland, ND
Date: Monday afternoons on 9/21, 10/5, 10/19, 11/2, 11/16/09
Time: 1:30pm – 4:30pm

Elective Courses – Open to members of the community. Prerequisites, fees, and text requirements are noted.

- ◆ **Homeopathy II (HOM472) 1 credit hour. Course-pack 6. Textbook Required – see Text Order Form.** Four sessions.
Prerequisite: Homeopathy I. More in-depth look at homeopathic remedies, use of repertory and material medica. Instructor: Jennifer Means, ND, LAC
Date: Wednesday evenings starting 10/7-10/28/2009 for 4 weeks
Time: 5:00pm – 9:00pm
- ◆ **Pelvic Floor Health (PFH471) 1 credit hour. Course-pack \$10.** Five sessions. Assessing and maintaining pelvic floor health, including low and high tone, with hands-on practice. Instructor: Pamela Echevario, CPM, LDM, and Jen Warnock, CPM, LDM
Date: Monday afternoons on 9/21, 9/28, 10/5, 10/19, 11/2/2009
Time: 1:00pm – 4:00pm
- ◆ **Primary Care of Infants (PCI471) 1 credit hour. Course-pack \$33. Lab fee \$14.** *Prerequisites: Postpartum (PTM213), Basic Skills III (PTM213s), Infancy (IN241).* Five Sessions. Recognizing signs of infant illness for appropriate home treatment or referral. Instructor: Sara Ohgushi, ND
Date: Friday mornings on 9/18, 9/25, 10/9, 10/23, 11/6/2009 (11/13 make-up day)
Time: 9:00am – 12:00pm



**Birthingway
College of Midwifery**
12113 SE Foster Rd.
Portland, OR 97266

Phone:
503.760.3131

Fax:
503.760.3332

E-mail:
info@birthingway.edu

E-Mail Option:

Don't forget! You can download all
registration forms at:
www.birthingway.edu



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College of Midwifery**
12113 SE Foster Rd.
Portland, OR 97266

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