



Birthingways

The Newsletter of Birthingway College of Midwifery



Birthingway garden. A brief dedication ceremony will be held on June 30th when we place it in our garden.

We are also pleased to announce the establishment of the Natalie Jacobs Memorial Scholarship fund. We have already received several generous donations in Natalie's honor. We welcome all contributions, which are tax deductible. Please make a note on your check so we know it is for Natalie's Memorial fund.

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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 annual Meet and Greet on November 21st. Applicants then have a little time to finish up any fall-term prerequisites before our final decision meeting the first week of winter term. It's a busy, fun time that we look forward to every year!

Graduation

A beautiful ceremony was held on Sunday, May 4 at the North Star Ballroom for eleven incredible Birthingway graduates, including:

- Yvette Blanchette*
- Melissa Gordon-Magnus*
- Joy Jech*
- Kim Kincade*
- Kori Muth*
- Laurie Perron-Mednick*
- Betsy Smith*
- Lynette Tilley*
- Jen Warnock*
- Ondra Watson*

Much love and thoughtful participation went into this event with a reading by **Marina Anderson**, a song by Ani DiFranco sung by **Dawn Baker** and an original song written and performed by **Katherine Sanderson**.

Memorials for Natalie

Beloved midwifery student **Natalie Jacobs**, who passed away in January, now has two permanent memorials here at Birthingway.

Student Council has donated funds for the purchase of a memorial stone for the

Calendar

- Summer Break 7/4 - 9/1
- "So You Want to Be a Midwife" Workshop 8/2
- Fall Term Starts 9/2
- Midwifery Program Application Deadline 10/15
- Meet & Greet 11/21
- Winter Break 12/13 - 1/4
- Winter Term Starts 1/5/09

So, You Want to Be a Midwife?

An exciting workshop for potential midwifery students

Sunday, August 2, 2008 – 9:00am to 5:00pm

Day's Events Include:

- 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 experiences
 - ~ Delicious lunch provided ~
 - Midwives' families discuss living with a midwife
 - Midwives tell their stories
 - Questions, discussion, and conclusions
- (Please detach lower portion and include with payment)

SO, YOU WANT TO BE A MIDWIFE? REGISTRATION FORM

August 2, 2008 ~ 9:00am–5:00pm

Registration fee received:

On or before July 25, 2008 \$65 individual / \$10 accompanying partner/spouse/parent

After July 25, 2008 ~ \$75 individual / \$15 accompanying partner/spouse/parent

TOTAL AMOUNT ENCLOSED _____ NUMBER ATTENDING _____

NAME (please print)

ADDRESS

CITY

STATE

ZIP

PHONE

EMAIL

Please fill out this form and send with a check or money order to:

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

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

P) 503.760.3131 ~ F) 503.760.3332 ~ info@birthingway.edu ~ www.birthingway.edu You don't need a PayPal account to pay with your credit card. The name on the credit card/PayPal account must be the same as the person taking this workshop.

Sorry, no exceptions.

Baby & Wedding News



Two third year students gave birth to beautiful baby boys at the end of their second year!

Jamie Dudman brought **Melot Shanti** into the world on February 2nd. He has become the new class mascot, wowing us all with his irresistible cuteness. His mama says

that he "loves her classmates, loves to breastfeed, loves beaded curtains and can roll over halfway. He has just learned that he can squeak and likes to take his socks off. He is especially yummy!"

Malik was born to **Kellie Gnain** on February 16. Not long afterwards Kellie, Malik, and his beautiful big sister Galia moved to Kansas to be with husband and papa Moez who is stationed there. They hope to return to Portland in about a year. Now, at four months, Kellie writes that "he has a dimple on each side and wakes up smiling. His laugh is growing to a full belly laugh!"

Also, as I write this entry, second year student **Lora Munn** has just given birth to a precious baby girl. **Mia Rising** was born on Lora's core class day – Wed, June 18th – to the delight of her class. Congratulations to Lora, Michael, and their two sons and welcome to the world little one!

Big events are coming in twos! **Micaela Evans** and **Jennifer Sanders** are both getting married this summer.

Micaela and Caleb's wedding will be held on August 16 in St. Louis, Missouri.

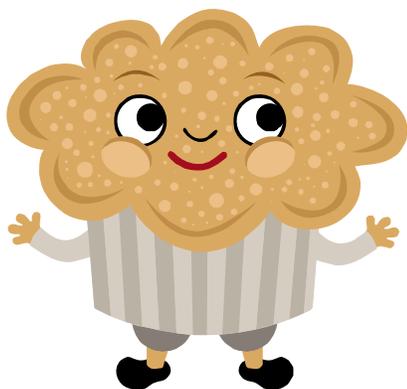
Jen and Al will be married on the new moon, August 1, at Oxbow Park. Jen says she always starts things she wants to last on the new moon!

Blessings to you both and may you continue to grow in love.

On a similar note, **Kim Wilson** is engaged to Dave, the ever-patient, ever-loving father of their daughter Harper. The wedding will be next June, 2009 and we want them to know that the third year class rejoices for them!



What It's Like to Be Pregnant Muffins



When the First Years were asked to create something that represents what it's like to be pregnant, I got an overwhelming urge to bake. I dug out my favorite sweet potato muffin recipe. The sweet potatoes represent the Earth and how grounded I sense that pregnant women are. The muffins also have walnuts, which grow on trees, trees being the intermediaries of the

Earth and the Heavens. The union of Heaven and Earth symbolizes that there's more to pregnancy than just physiology. While I was giving the batter a final stir and smugly congratulating myself on a job well done, I realized that part of the wooden spoon I was using had broken off and was lost in the batter. I decided that the broken spoon was the perfect reminder that even when you do everything just right during your pregnancy, sometimes things don't turn out perfectly. Of course I had to warn everyone in class that their muffin might be the muffin with the chunk of spoon, another reminder uncertainty is inevitable.

1/2 cup all purpose flour
1/2 cup whole wheat pastry flour
1/2 cup oat flour
2 teaspoons baking powder

1 1/4 teaspoons ground cinnamon
1/4 teaspoon ground nutmeg
1/4 cup or so each raisins and chopped walnuts
1/2 teaspoon salt
1 cup cooked sweet potato all mashed up
2/3 cup sugar in the raw, and I bet you could go with even less
1/2 or more milk
1/3 cup butter, melted and cooled
1 large egg

Mix it all up at bake at 350 until they're brown on top and bounce back when you press on them.

- **Jocelyn Brown**
(First Year Student)



Human Anatomy & Physiology

Overview For Midwives

AP101, 3 credit hours. Satisfies Anatomy and Physiology prerequisite for Birthingway Midwifery Program.

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

Monday evenings, 14 sessions

September 8 - 6:00pm - 9:00pm

September 15 - December 8, 2008 - 5:15Pm - 9:00pm

Text: Memler's *Human Body in Health and Disease, Text and Study Guide*, 10th edition, 2005

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

There is a nonrefundable \$75 late registration fee after the Registration Deadline of August 8, 2008

CLASS IS LIMITED TO A MAXIMUM OF 16 AND A MINIMUM OF 6 STUDENTS

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 FAIL TO DROP 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. 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

Anatomy and Physiology, AP101, 3 credit hrs. at \$460 per credit hr.	\$ 1380.00
Registration fee per term (non-refundable)	\$ 50.00
Text book and study guide \$66 (non-refundable)	\$ _____
Non-refundable late registration fee \$75 if received after August 8, 2008	\$ _____
TOTAL ENCLOSED	\$ _____

NAME (please print)

SOCIAL SECURITY NUMBER

ADDRESS

PHONE NUMBER

EMAIL if available

SIGNATURE

DATE

Full payment is needed at time of registration. Please make check/money order payable and mail to:

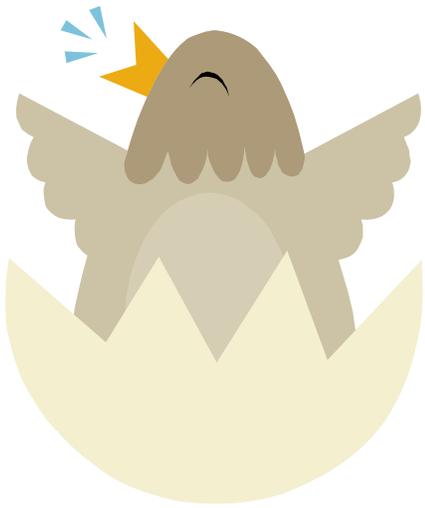
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Midwifery Practice News



It is very exciting to announce the formation of two new midwifery partnerships!

Kim Kincade, Laurie Perron-Mednick and Jen Warnock, all Birthingway graduates, will soon open their practice **Nest Midwifery** (nestpdx.com).

Says Kim about their new practice:

"Laurie, Jen and I met in the A&P class, in the winter of 2003. We all 'made it in' to Birthingway in the spring of 2004. Laurie and Jen apprenticed at Alma Midwifery, and I apprenticed with Helping Hands/Creative Space Midwifery.

"Jen reflects that even after 3 years of 'checking in,' she's just now really getting to know us better. We all found ourselves ready to form a practice at nearly the same time, after graduating from Birthingway. Having shared the common experience of Birthingway Core, Gynecology, blood draws, and setting IV's on each other, we knew that each of us was trustworthy, smart, passionate about homebirth, generally on time, and practiced relatively good personal hygiene. And our separate apprenticeship

experiences and life experiences only broaden what we have to offer our clients and each other.

"We are excited to offer families homebirth care that includes a focus on education, informed choice, movement, a 'do it yourself' attitude and loving good humor. We are also excited to find an office space, a nest for Nest, if you will.

"We are very pleased to announce Nest Midwifery, because Mother Nature still knows best. "

Birthingway grads **Lynette Tilley and Yvette Blanchette** have also formed a partnership, **Columbia Gorge Midwifery**.

Lynette tells us that, "After a lot of scrubbing, painting, wainscot and carpet, Columbia Gorge Midwifery is now moved into a lovely office space in downtown Hood River! We are very excited to be continuing our home-birth midwifery services while expanding our gynecology care, childbirth classes, and new mommy support. Of course we love to have visitors, so for anyone venturing out this way, feel free to give us a ring and come on by for some tea and a little tour! 541-490-3140."

May you all have thriving practices with an abundance of lovely homebirth families to work with. They will be very lucky to have your care!

Apprenticeship News

Meanwhile, there are some new apprenticeships in the second year class:

Micaela Evans began apprenticing with Madrona Bourdeau in January and is thoroughly enjoying her prenatal and birth experiences.

Jen Sanders has been doing prenats at Andaluz Birth Center with preceptor (and Birthingway

grad) Jessica Dolin since October and began going to births in May...life is getting very busy for her!



ARM MODELS

Have a little extra time on Tuesday 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 an afternoon with our very gentle and loving students, call the school at 503-760-3131.



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.

INSTRUCTOR: Adrienne Fuson, LMT, CD

Four Sessions ~ Saturdays & Sundays 10:00am—5:00pm
10/25 & 10/26, 11/8 & 11/9

At Birthingway College of Midwifery, 12113 SE Foster Rd, Portland, OR 97266
P) 503.760.3131 ~ F) 503.760.3332 ~ info@birthingway.edu ~ www.birthingway.edu

Cost: Workshop - \$385, Readings Binder (Required) - \$40*
Cost for Refresher Course for continuing education credits: \$220**

There is a \$75 non-refundable late registration fee after September 19, 2008

Full payment is needed at registration

*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. Auditing students may be bumped by those paying the full course fee. Auditing this workshop also meets the documented continuing education requirement for re-certification of Birthingway Certified Doulas. Readings Binder not required for auditing students.

THIS COURSE CONSTITUTES ONE STEP TOWARDS LABOR DOULA CERTIFICATION FROM BIRTHINGWAY AND MEETS BIRTHINGWAY'S PREREQUISITE FOR ADMISSION TO THE MIDWIFERY PROGRAM

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

- ◆ Kitzinger S. *The Complete Book of Pregnancy and Childbirth* 4th ed. Alfred A. Knopf, Inc; 2003.
- ◆ Simkin P. *The Birth Partner: Everything You Need to Know to Help a Woman Through Childbirth*. 2nd ed. Harvard Common Press; 2001.

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

- ◆ England P, Howowitz R. *Birthing from Within*. Partera Press; 1998.
- ◆ Klaus MH, Kennell JH, Klaus PH. *The Doula Book*. Perseus Publishing; 2002.
- ◆ 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 will be made on or after the first class day. 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 Labor Doula workshop — Deadline is September 19, 2008

- I am paying the \$385 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 _____ (date) \$ _____
- Oops, it's after September 19, 2008. I have included the \$75 late registration fee..... \$ _____
- Total \$ _____
- I am enclosing a check or money order I am paying with a credit card through PayPal (see below)

NAME _____

ADDRESS _____

CITY _____

STATE _____

ZIP _____

PHONE _____

E-mail or additional contact number _____

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Poems

To Angelina Rain Slapper
~my lil back yard beauty

Beauty is...

round
dirty
darkness,
in this world we must squint to see clearly
the beauty that is the reason we came.

fallen from heaven
we stand,
breathe,
love,
hate,
breed life,
hearts beat
until we fall up,
truly alive,

Remember why you came?
this body
holds our souls in,
this place
holds lessons learned,
Feelings of being alive,
Love hate
Experience pain
Fear fully
Rage truly
Hurt beautifully
Live life
Feel alive
Breathe
Sweet toxicity
Remember
Your spirit has purpose
Reasons
Forgotten yet there
Our spirits yearned
to fall down,
this was the plan,
here we are
fallen angels
sunken spirits
just waiting once again,
to fall up

-Sally Acosta (Extension Student)



a haiku

Round, emanating
Body glow, baby showing
Interdependent

- Melanya Gonshorowski
(First Year Student)

As I lay on this warm spring day
Eyes closed
A stirring deep within
I feel the flutter of a butterfly

Full of life
Changing day to day
Doing things uncommon

Always on the go
You move
You dance
You beg to run

Glimpses of who you are
This is what I see
Belly naked in the sun
You turn to face its rays

A connection deep
Within the soul
I learn in watching you become

- Melissa Maureen
(First Year Student)

Gentle birth on holy earth,
Angel found on fertile ground,
Hit your knees beneath weeping trees,
Flying dreams sent through shining beams,
Angel sent to holy hands... intentions unplanned,
Siblings giggling,
New life wriggling,
Feeling father,
Angel daughter,
Moving mother holds her new lover.

-Sally Acosta

Congratulations!

The following amazing students recently completed the midwifery core:

Sally Acosta
Marina Anderson
Jennifer Elkins
Dionne Frey
Cristyl Garner
Brandee Grider
Jacqueline Lynch
Angela Truby
Debbie Wong

So You Want to Be a Lactation Consultant?

An exciting workshop for anyone interested in supporting breastfeeding

Sunday, September 21, 2008 ~ 12:00pm to 5:00pm

Day's Events include:

- 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

So, you want to be a Lactation Consultant? September 21, 2008 Registration Form

Registration fee received:

On or before September 15 ~ \$25 individual ~ Includes lunch and materials

After September 15, 2008 ~ \$35 individual ~ Includes lunch and materials

TOTAL AMOUNT ENCLOSED _____

NAME (please print)

ADDRESS

CITY

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The name on the credit card/PayPal account must be the same as the person taking this workshop. Sorry, no exceptions.



Birthingway College of Midwifery

now offering

Lactation Consultant Training

Birthingway has developed a variety of ways to help people interested in becoming an International Board Certified Lactation Consultant (IBCLC).

We are enthusiastically offering:

- The basic 45 hours of Breastfeeding Education taught by recertified IBCLC's
- All background education required
- All additional CEU hours necessary to sit for the IBCLC exam
- Guidance about which pathway will work for you to get your Breastfeeding Counseling hours (BC hours)

We are excited to begin offering the coursework this year. Register in Fall 2008 for Breastfeeding I to begin your path.

Or join us for our
"So You Want To Be a Lactation Consultant" Workshop
Sunday, September 21, 2008
12:00PM – 5:00PM
See Registration form for more information.

Contact Nichole Reding
at Birthingway:

503-760-3131
nichole@birthingway.edu

If you already have Breastfeeding Education we might still be able to help. Call and ask for Nichole to set up an appointment so that we can develop the right plan for you!



Childbirth Educator Training

Birthingway's distinctive biodynamic approach to childbirth

INSTRUCTOR: Nichole Reding, MA, CD

Two weekends - Six Sessions

10/3, 10/4, 10/5, 10/17, 10/18, 10/19/08

Fridays 6:00pm-9:00pm, Saturdays 9:00am-6:00pm, Sundays 10:00am-6:00pm

At Birthingway College of Midwifery, 12113 SE Foster Rd, Portland, OR 97266
P) 503.760.3131 ~ F) 503.760.3332 ~ info@birthingway.edu ~ www.birthingway.edu

Cost: Workshop - \$535, Readings Binder (Required) - \$50

Or take it as a 2-credit course for \$920 (you will be expected to do more work)

This course constitutes one step towards Childbirth Educator Certification from
Birthingway College of Midwifery

There is a \$75 non-refundable late registration fee after September 19, 2008
Full payment is needed at time of registration.

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(Please detach lower portion and include with payment)

Please register me for the Childbirth Educator Training – Deadline is September 19, 2008

- I am paying the \$535 workshop fee \$ _____
- I would like to take the 2-credit course for \$920 \$ _____
- Readings Binder (required) add \$50. Add \$6.00 postage/handling if you want it sent to you \$ _____
- Oops, it's after September 19, 2008. I have included the \$75 late registration fee \$ _____
- Total \$ _____
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Thank You's



Plant Sale Thank You's

We are happy to announce that we had another successful Plant Sale this year! The success of the Plant Sale was due very much to board member **Polly Gottesman's** endless enthusiasm and passion for plants! Thanks also go to our amazing Birthingway volunteer support!! This year the Plant Sale coincided with the Birthingway Graduation Ceremony, which could have spelled disaster, but the commitment from our volunteers was strong! We mean it when we say, we couldn't have done it without you!

Thank you to all of you fabulous folks who gave us your time and energy:

Kim Henderson, Terra Senter, Melanya Gonshorowski, Sahara Foster, Maura Jansen's amazing brother and sister in law **Damon and Laura Jansen, Zalayshia Jackson, Cassandra Breer, Dionne Frey, Emilia Smith and Jennifer Lunceford**

We also want to give a special thank you to Polly, for all her hard work and preparation. and to **Tim at Ben and Jerry's** for always giving us a great, central spot in which to have our Plant Sale.

Thank you all!

Graduation Thank You's

Many volunteers contributed to filling the graduation space with flowers and a delicious spread of finger foods, cakes, champagne and punch. We particularly want to thank **Jen Sanders** (our fabulous bartender), **Mirra Nerenberg,**

Debbie Wong, Jules Moon, Liz Collins, & Jacqueline Lynch. We also had generous donations from: **Portland's White House Bed and Breakfast, Cru Wine Bar, Sokol Blosser Winery, and Zerba Cellars Winery.** Their contributions this year helped to make our ceremony especially special and festive.

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 donations from **Madrona Bourdeau, Rhonda Baker, Sally Acosta, Beth Sagli, Marilyn Milestone, Jessica Dolin and Andaluz Birth Center, Lorell Miller and Radiant Belly Supplies, Alma Midwifery, and Melissa Boyd.**

Thanks also to **Cascade Healthcare** for their donation of books to the Birthingway Library.

We are ever-grateful to our community for your support!

Student & Community Events



As we go to press, Student Council is planning a **Summer Picnic** on June 28 for all students, staff, faculty, family and friends. It will be a potluck held at Kruger's Farm on Sauvie Island and fun and games are sure to be had. It also includes a hayride out to the strawberry fields to pick berries to take home. Many thanks to the student council for this gift to our community!

First year student **Melissa Maureen's** shop, **Nature's Apothecary & Wellness,** will soon be moving to a new location at 5241 SE 72nd Ave. There will be an open house party on the 25th of July starting at 4pm with delicious treats, coffee, some wine, champagne and beer. Melissa says that people are also welcome to bring food or drink items to share.

2nd year student **Jen Sanders** is helping to coordinate a production of the play BIRTH and says, "We would like to thank Birthingway for donating the space for us to do auditions and rehearsals! It is a pro-midwifery play about several different women's birth experiences. We have cast all the main parts and we are thrilled that there are a few Birthingway students who will be involved. **Gabriel Zaffiro, Susan**

Buckley, Zalayshia Jackson and Melanya Gonshorowski will be playing 4 of the 8 main cast members. **Erika Morley** is the director and **Jesica Dolin** and **Jacqueline Zapp-Garcia,** myself, and other midwifery allies are helping to organize the event. It is going to benefit OMC and will be on a Sat. afternoon in September."

E-mail Option

If you would prefer to receive this newsletter by e-mail, just write us at info@birthingway.edu and let us know!

The Postpartum Doula

Supporting Transitions After Birth

INSTRUCTOR: Kimberly Bepler, ICPE, PCD, CPD, CLE

Three Day Workshop

Friday, November 14, 2008 - 4:30pm to 8:30pm

Saturday & Sunday November 15 & 16, 2008 - 9:00am - 6:00pm

At Birthingway College of Midwifery ~ 12113 SE Foster Rd, Portland, OR 97266
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(Or take it as a 1-credit course for \$460—you will be expected to do more work)

**THIS COURSE CONSTITUTES ONE STEP TOWARDS POSTPARTUM DOULA CERTIFICATION
FROM BIRTHINGWAY**

There is a \$75 non-refundable late registration fee after October 31, 2008

The Readings Binder will be available for pick up after the registration deadline at Birthingway College of Midwifery (M-F 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 the readings.

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

- ◆ Sally Placksin. **Mothering the New Mother: Women's Feelings and Needs After Childbirth a Support and Resource Guide**, 2nd ed. Newmarket Press. 2000.
- ◆ La Leche League International. **The Womanly Art of Breastfeeding**, 7th ed. Plume. 2004.
- ◆ Laura A. Jana, Jennifer Shu. **Heading Home with Your Newborn: From Birth to Reality** American Academy of Pediatrics. 2005

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 will be made on or after the first class day. 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 The Postpartum Doula — Deadline is October 31, 2008

- I am paying the \$345 workshop fee \$ _____
- I would like to take the 1-credit course for \$460 \$ _____
- Readings Binder (required) add \$30. Add \$6.00 postage/handling if you want it sent to you \$ _____
- Oops, it's after October 31, 2008. I have included the \$75 late registration fee \$ _____
- Total \$ _____
- I am enclosing a check or money order I am paying with a credit card through PayPal (see below)

NAME

ADDRESS

CITY

STATE

ZIP

PHONE

E-mail or additional contact number

Make check/money order payable and mail to: Birthingway College of Midwifery, 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 be the same as the person taking this workshop. Sorry, no exceptions.

Library News



Library Summer Hours:

During the summer, the library will be open

Tues – Thurs 10-6

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

Regular Hours resume on September 2nd:

Mon 12-6; Tues-Thurs 10-6

The Library now has barcodes!

Barcoding began this spring at Birthingway library. This means students, faculty, and staff got new picture IDs with a barcode on the back. New community members also got barcodes, but without the picture. Approximately 300 items have been barcoded so far and library patrons seem to enjoy how easy and quick this makes borrowing items from the library. If you are a student or faculty member and don't have a picture ID with a new library barcode, please stop by and we'll make one up just for you. You'll need it to check things out!

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

Newest Additions:

Journal/zine: *Birth Project*

New DVDs for checkout:

Birth as We Know It

Gentle Birth Choices

I Watched My Brother Being Born

Psalm and Zoya

Relaxation, Rhythm, Ritual: The 3Rs of Childbirth

What Babies Want: An Exploration of the Consciousness of Infants

New Rebozo Way 2008

New books include:

The Newborn Lung. By Bancalari, Eduardo and Polin, 2008.

Placenta: Gift of Life. By Enning, Cornelia. Motherbaby Press. 2007.

Pre-Perinatal Massage: a comprehensive practioners' guide to pregnancy, labor, postpartum. By Osborne-Sheets, Carole. Body Therapy Associates. 1998.

Voices of Mayan Midwives: Oral Histories of Practicing Traditional Midwives from the Mam Region of Guatemala. By Proechel, Sarah. 2005.

Survivor Moms: Women's Stories of Birthing, Mothering and Healing after Sexual Abuse. By Sperlich, Mickey, Seng, Julia S. 2008.

The New Essential Guide to Lesbian Conception, Pregnancy, and Birth. By Brill, Stephanie, Sacks, Preston. 2006.

Cesarean Voices. By Scott, Krista Cornish editor. 2007. International Cesarean Awareness Network.

Auxiliary Program News

Please join us at Birthingway on July 24th, 6pm – 8pm, for our **Doula Support Group**. Contact Stacey at the school if you have any questions or to RSVP.

We began the spring with two amazing doula workshops- both for labor and postpartum. They were packed with students interested in joining our practicum. They are as follows:

Labor Doulas:

DeLisa Carr
Sarah Krebs
Ann Obuchowski
Endre Richards
Hannah Clark
Desiree Lang

Postpartum Doulas:

Emilia Smith
Kristy Geffen
Suzy Wright
Ann Obuchowski

We have quite a few labor doulas very close to completing their practicum, good luck to all of them!!! The postpartum doulas are also very close to certification – we have been getting numerous calls from community members seeking postpartum care.

Congrats to **Suzy Wright** for completing the practicum and certifying as a postpartum doula!!!! Way to go Suzy!

And a big congrats to our recently certified Childbirth Educators:

Abby Barella ,
Sara Kipperman
and Sara Tretter

BIRTHINGWAY COLLEGE OF MIDWIFERY

12113 SE Foster Rd., Portland, OR 97266 ~ Ph: 503.760.3131 ~ Fax: 503.760.3332 ~ www.birthingway.edu

Maternal and Neonatal Resuscitation

Friday, December 5, 2008 ~ 9:00am to 5:00pm

(1 hour Brown bag lunch)
Denise Clark, EMT-P, Instructor

Workshop Cost: \$130

This course meets all requirements for licensing of direct-entry midwives in Oregon.

Pre-registration only. No drop-ins. Sorry, no exceptions.

Registration and payment must be received no later than November 21, 2008.

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.

No refund will be made on or after the first class day. Minimum class requirement is 6 students. Maximum class size is 12. If the minimum class requirement is not achieved, the class will be cancelled and all fees will be refunded in full.

(Please detach lower portion and send with payment)

Please register me for the Maternal and Neonatal Resuscitation workshop.
Deadline is November 21, 2008

I am enclosing a check or money order I am paying with a credit card through PayPal (see below)

Name (including middle initial) _____

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

Address _____

City _____ State _____ Zip _____

Phone _____ E-mail _____

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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 be the same as the person taking this workshop. Sorry, no exceptions.



CEU Series: Postpartum Topics

Saturday, October 11, 2008 will be a "Tricks of the Trade" seminar, in which all birth and post-partum professionals or students are encouraged to share stories and knowledge of working with families postpartum. Facilitated case study round table will be an amazing practical application learning opportunity.

Saturday, December 6, 2008 explores the aftereffects of interventions, including cesarean birth, on mom and baby postpartum, emphasizing the impact on nursing and how to support/counsel postpartum families.

These workshops have been designed to coincide with the initiation of Birthingway's Lactation Consultant Training Program, but will benefit anyone working with families throughout birth and the postpartum period. The series will count as 12 hours toward the 105 hours of additional education required by "Pathway G" under IBLCE rules for Breastfeeding Counseling Hours. If you have any questions about this program, please contact Nichole at Birthingway.

All Workshops run from 10:00am - 5:00pm (30 minute brown bag lunch)

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

P) 503.760.3131 F) 503.760.3332 info@birthingway.edu www.birthingway.org

Workshops cost \$80.00 each

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 fee will be refunded up to the first class day. If you register for the series and are unable to attend one session, you will be refunded based upon the individual cost of the workshops. Minimum class is 5 students. Maximum class size is 16 students. If the minimum class enrollment is not achieved, the class will be cancelled and all fees will be refunded in full.

(Please detach lower portion and include with payment)

Please sign me up!

- Saturday, October 11, 2008 - Case Study Roundtable - \$80.00
- Saturday, December 6, 2008 - Interventions' Effects on the Postpartum - \$80.00
- I am enclosing a check or money order
- I am paying with a credit card through PayPal (see below)

NAME

ADDRESS

CITY

STATE

ZIP

PHONE

E-mail or additional contact number

Make check payable and mail to: Birthingway College of Midwifery, 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 be the same as the person taking this workshop. Sorry, no exceptions.

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Legend Drugs and Devices Initial Education Curriculum

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.

All classes held at Birthingway College of Midwifery. Pre-registration only. Sorry, we cannot accept drop-ins. Registration and payment must be received no later than August 18, 2008.

PHARMACOLOGY

Friday, August 22, 2008

9:00am to 5:30pm

~ 30 min. brown bag lunch ~

Holly Scholles, MA, CPM, LDM – Instructor

Cost of this workshop is \$110.

MEDICATIONS BY INJECTION

Friday, August 22, 2008

6:00pm to 8:00pm

Holly Scholles, MA, CPM, LDM – Instructor

Cost of this workshop is \$30

SUTURING

Sunday, August 24, 2008

9:00am – 5:30pm

~ 10 min. brown bag lunch ~

Holly Scholles, CPM, LDM – Instructor

The cost for the one-day workshop is \$130

YOU MUST BRING THE FOLLOWING EQUIPMENT TO PARTICIPATE:

- ◆ 1 needle holder – 6" preferred
- ◆ Either 1 6" Russian tissue forceps OR a 6" regular tissue forceps with 2x3 teeth
- ◆ 1 suture scissors
- ◆ 2 hemostats
- ◆ Plus 1 more needle holder or hemostat

TREATMENT OF SHOCK INCLUDING IV THERAPY

Theory of shock; non-invasive treatment of shock; intravenous fluid therapy; purpose of IV fluid therapy; equipment; appropriate sites; procedure; rate of administration; and care of equipment.

Thursday, Aug. 21 & Saturday, Aug. 23, 2007

9:00am to 5:30pm both days

~ Half hour brown bag lunch ~

Denise Clark, EMT-P, Instructor

Cost of workshop – \$295

(Includes I.V. Kit)

Students will be demonstrating I.V. placement on each other.

Classes are subject to cancellation if minimum pre-registration of five is not met by deadline.

Participants may request refunds for workshops by sending written notice of refund request to be received by the College no later than seven days prior to the first class day to receive a 95% refund, then 80% of the workshop fee will be refunded up to the first class day. No refund will be made on or after the first class day. In the event of cancellation all fees will be refunded in full.

=====

Please register me for the workshops marked.

_____ Pharmacology 8/22, \$110

_____ Meds by Injection 4/22, \$30

_____ Suturing 8/24 \$130

_____ Treatment of Shock/IV 8/21 & 8/23, \$295

_____ ALL workshops – Full Initial Training \$495 (A \$50 savings!)

_____ Full payment is enclosed. _____ I am paying by PayPal (see below).

Name (including middle initial) _____

Social Security Number _____ Date of birth _____

The above information is required by the State of Oregon for your transcript.

Address _____

City _____ State _____ Zip _____

Phone _____ E-mail _____

Make check/money order payable and mail to: Birthingway College of Midwifery, 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 be the same as the person taking this workshop. Sorry, no exceptions.

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LD&D Renewal

Monday, November 10, 2008 ~ 9:00am to 6:00pm

(Brown bag lunch)

Holly Scholles, CPM, LDM, Instructor

Workshop Cost: \$95

Course includes 8.5 combined hours of theory, skills, and testing for Suturing, IV Skills, Meds by Injection, and Pharmacology.

Maternal and Neonatal Resuscitation is NOT covered in this workshop.

This course meets the Oregon State requirements for renewal of the Legend Drugs and Devices endorsement for licensure as a Direct Entry Midwife. LD&D must be renewed every 3 years. Maternal and Neonatal Resuscitation is taught separately. Please call for information about upcoming resuscitation workshops.

Registration deadline: October 27, 2008.

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 will be refunded up to the first class day. No refund will be made on or after the first class day. Minimum class requirement is 4 students. If the minimum class requirement is not achieved, the class will be cancelled and all fees will be refunded in full.

PLEASE TAKE ADVANTAGE OF THIS OPPORTUNITY...

THIS COURSE WILL NOT BE OFFERED AGAIN UNTIL MAY 2009.

(Please detach lower portion and send with payment)

Please register me for the LD&D Renewal workshop - Deadline is October 27, 2008

I am enclosing a check or money order I am paying with a credit card through PayPal (see below)

Name (including middle initial) _____

Social Security Number _____ Date of Birth _____

The above information is required for your transcript.

Address _____

City _____ State _____ Zip _____

Phone _____ E-mail _____

Make check/money order payable and mail to: Birthingway College of Midwifery, 12113 SE Foster Rd, Portland, OR 97266
P) 503.760.3131 ~ F) 503.760.3332 ~ info@birthingway.edu ~ www.birthingway.edu

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 be the same as the person taking this workshop. Sorry, no exceptions.

FALL 2008 Community Course Offering

Registration Start Date: JULY 14, 2008. Registration Deadline: AUGUST 8, 2008

Please complete the attached registration form and return with your tuition and fees no later than **August 8, 2008**. 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 \$68. 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 9/15-11/17/08
Time: 9:30am – 12:30pm
- ◆ **Breastfeeding I (BF241) 1 credit hour. Course-pack \$13. 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 9/29, 10/13, 10/27, 11/10, 11/24/08
Time: 1:00pm – 4:00pm
- ◆ **Chinese Medicine (TCM341) 1 credit hour. Course-pack \$13. 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: Thursday evenings on 9/11, 9/18, 9/25, 10/2, 10/9/08
Time: 5:00pm – 8:00pm
- ◆ **Ethics in Midwifery (ET441) 1 credit hour. Course-pack \$24.** Five sessions. Problem solving ethical dilemmas that can occur in midwifery practice. Instructor: Debbe Kettle, M.Div.
Date: Tuesday evenings on 11/11, 11/18, 11/25, 12/2, 12/9/08
Time: 5:30pm – 8:30pm
- ◆ **Human Genetics (GN441) 2 credit hours. Course-pack \$10. Textbook Required – see Text Order Form.** Ten sessions. Covers basic genetics, genetic screening and pregnancy counseling. Instructor: Jamilyn Daniels, MS
Date: Friday afternoons starting 9/5 – 11/7/08
Time: 1:00pm – 4:00pm
- ◆ **Nutrition (NUT241) 1 credit hour. Course-pack \$13. Textbook Required – see Text Order Form.** Five sessions. Overview of nutrition concepts. Instructor: Mindy Cash, ND, Lac, MSOM
Date: Thursday evenings on 10/16, 10/23, 10/30, 11/6, 11/13/08
Time: 5:00pm – 8:00pm
- ◆ **Plant Medicine II (PM342) 1 credit hour. Lab Fee \$25. 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: Friday mornings on 9/12, 9/19, 10/3, 10/17, 10/31/08
Time: 9:30am – 12:30pm

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

- ◆ **Homeopathy II (HOM472) 1 credit hour. Course-pack \$5. 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 on 10/1, 10/15, 10/29, 11/12
Time: 5:00pm – 9:00pm
- ◆ **International Midwifery (IM371) 1 credit hour. Course-pack \$30.** Five sessions. Midwifery abroad: developing countries to other industrialized states including legal, health, social, economic and political topics. Instructor: Nichole Reding, MA
Date: Wednesday evenings on 9/10, 9/24, 10/8, 10/22, 11/5/08
Time: 5:00pm – 8:00pm
- ◆ **Primary Care of Infants (PCI471) 1 credit hour. Course-pack \$30. Lab fee \$12.** *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: Monday evenings on 9/8, 9/22, 10/6, 10/20, 11/3 11/17 make-up day.
Time: 2:00pm – 5:00pm

Fall 2008 Community Registration Form

Registration Start Date: JULY 14, 2008. Registration Deadline: AUGUST 8, 2008

SUPPLEMENTAL COURSES: Tuition = \$460 per credit. Audit Fee = \$300 per credit**			
Botanicals II (BOT432) 2 credits X \$460 per credit + \$68 Course-pack =	\$988 for credit	<input type="checkbox"/> I wish to audit	\$
Breastfeeding I (BF241) 1 credit X \$460 per credit + \$13 Course-pack =	\$473 for credit	<input type="checkbox"/> I wish to audit	\$
Chinese Medicine (TCM341) 1 credit X \$460 per credit + \$13 Course-pack + \$30 Lab Fee =	\$503 for credit	<input type="checkbox"/> I wish to audit	\$
Ethics in Midwifery (ET441) 1 credit X \$460 per credit + \$24 Course-pack =	\$484 for credit	<input type="checkbox"/> I wish to audit	\$
Human Genetics (GN441) 2 credits X \$460 per credit + \$10 Course-pack =	\$930 for credit	<input type="checkbox"/> I wish to audit	\$
Nutrition (NUT241) 1 credit X \$460 per credit + \$13 Course-pack =	\$473 for credit	<input type="checkbox"/> I wish to audit	\$
Plant Medicine II (PM342) 1 credit X \$460 per credit + \$25 Lab Fee =	\$485 for credit	<input type="checkbox"/> I wish to audit	\$
ELECTIVES:			
Homeopathy II (HOM472) 1 credit X \$460 per credit + \$5 Course-pack =	\$465 for credit	<input type="checkbox"/> I wish to audit	\$
International Midwifery (IM371) 1 credit X \$460 per credit + \$40 Course-pack =	\$500 for credit	<input type="checkbox"/> I wish to audit	\$
Primary Care of Infants (PCI471) 1 credit X \$460 per credit + \$30 Course-pack + \$12 Lab Fee =	\$502 for credit	<input type="checkbox"/> I wish to audit	\$
TEXTBOOKS:			
Botanicals II	Gladstar R. <i>Herbal healing for Women: Simple Home Remedies for Women of All Ages</i> New York, NY: Fireside Press. 1993.	\$12	\$
Breastfeeding I (BF241)	Lauwers, Shiniskie. <i>Counseling the Nursing Mother: A Lactation Consultant's Guide.</i> 4 th ed, 2005.	\$70	\$
Homeopathy II	Phatak S.R. <i>Materia Medica of Homeopathic Medicines.</i> 2002	\$20	\$
	Kent J.T. <i>Reperatory of the Homeopathic Materia Medica and a Word Index.</i> 6 th ed. 2002.	\$20	\$
	Yingling W.A. <i>Accoucher's Emergency Manual for Pregnancy and Labor.</i> 6 th ed. 2004	\$10	\$
Human Genetics (GN441)	Wexler K, Wexler L. <i>The ABC's of Prenatal Diagnosis: A Guide to Pregnancy Testing and Issues.</i> 2 nd ed. 2002.	\$17	\$
Nutrition	Frye A. <i>Holistic Midwifery: Volume 1.</i> Portland, Ore: Labrys Press. 1998	\$70	\$
Plant Medicine II (PM342)	Green J. <i>The Herbal Medicine Maker's Handbook: A Home Manual.</i> Crossing Press. 2000.	\$16	\$
Primary Care of Infants	Schmidt B.D. <i>Pediatric Telephone Protocols.</i> 11 th ed. 2006.	\$85	\$
		REGISTRATION FEE(non-refundable)	\$50.00
		Late registration fee after deadline of August 8, 2008 - \$75 (in addition to registration fee)	
		TOTAL ENCLOSED	

**>> NO TEXTBOOK ORDERS OR CANCELLATIONS WILL BE ACCEPTED AFTER THE REGISTRATION DEADLINE – AUGUST 8, 2008 <<
 >> ALL TUITION, FEES, AND TEXTBOOK COSTS ARE PAYABLE AT THE TIME OF REGISTRATION. <<**

****Auditing a class:** You may audit a class for \$300 per credit hour. Please indicate in the checkbox if you would like to audit. You will not receive college credit. You are not required to do homework or take tests when you audit a class. Instructors will not review any homework or tests that you choose to complete. Course-pack or textbook purchase is not required when you audit. If you would like a course-pack or textbook, please indicate on your order form and include the course-pack fee or textbook cost stated for the course.

Last name	First name	Middle Initial

Mailing address	City	State Zip

Home phone	Cell / other phone	E-mail if available

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. **After the three-day cancellation period, should you decide to cancel your registration and not attend, refunds will be made per policy.**

REFUND POLICY - You are expected to attend all classes for which you register. IF YOU DO NOT ATTEND OR STOP ATTENDING AND FAIL TO DROP 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 schedule below. 95% of the audit or course fee for non-credit, audit only courses, or workshops will be made upon written request, up to seven days prior to the first class day, 80% of the audit or course fee will be refunded up to the first class day. No refund for non-credit or audit only courses or workshops will be made on or after the first class day. **Registration fees and textbook costs are non-refundable.** Allow four to six weeks for receipt of refund.

<u>WITHDRAWAL DATE</u>	<u>TUITION REFUND AMOUNT</u>	<u>WITHDRAWAL DATE</u>	<u>TUITION REFUND AMOUNT</u>
On or before 1 st 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%	Day 57 through end of term	No Refund

I have completed this form, and have read and understand the refund policy and three-day cancellation period clause. Payment in full is included with this form (please make checks payable to Birthingway College of Midwifery). 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 be the same as the person taking this workshop. Sorry, no exceptions.

_____	_____
STUDENT SIGNATURE	DATE



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E-mail:
info@birthingway.edu



Above: Kim Wilson's daughter Harper at orientation
Left: Fledgling midwives at graduation



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