



# Island Mother

## Birthing from Within Workshop March 2014

Thank you for a lovely day together. I encourage each of you to keep in touch with one another over the coming weeks, months, and years.

Below you will find the contact information for your group. Consider a potluck dinner after the babies have been born, supporting one another postpartum with meals, annual group birthday gatherings... Enjoy!

Nathalia & Elliot	<a href="mailto:jsjhealingarts@gmail.com">jsjhealingarts@gmail.com</a>	250.888.6435	April 11th
Marisa & Martin	<a href="mailto:marisassmiles@gmail.com">marisassmiles@gmail.com</a>	250.544.4965	May 31st
Candice & Morgan	<a href="mailto:candice.n.caron@gmail.com">candice.n.caron@gmail.com</a>	250.661.0615	April 17th
Alex & Timonthy	<a href="mailto:bonsaibirth@gmail.com">bonsaibirth@gmail.com</a>	250.220.0724	June
Lesley & Kelby	<a href="mailto:lpalmer@videa.ca">lpalmer@videa.ca</a>	250.592.9262	May 27th
Sara & Greg	<a href="mailto:sarac@shaw.ca">sarac@shaw.ca</a>	250.508.6481	May 15th
Amy & Chad	<a href="mailto:amyforest78@hotmail.com">amyforest78@hotmail.com</a>	250.294.8733	April 22nd

Please know that we are here for you as a resource now, and through the years to come as your family grows. You can reach us at [info@islandmother.com](mailto:info@islandmother.com)

*Blessings, Sarah & Robin*

[www.IslandMother.com](http://www.IslandMother.com)

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