

# Island Mother

Birthing from Within Workshop May 2014

## *Keeping in Touch*

We encourage 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!

Jenn & James	250 514 7056	<a href="mailto:jennhoogland@hotmail.com">jennhoogland@hotmail.com</a>
Kaily & Rylar	250 217 0285	<a href="mailto:kailyboo15@gmail.com">kailyboo15@gmail.com</a>
Becky & Keenan	250 216 3837	<a href="mailto:rebeccaebanks08@gmail.com">rebeccaebanks08@gmail.com</a>
Faye & baby	250 385 0592	<a href="mailto:picturefaye@shaw.ca">picturefaye@shaw.ca</a>
Shyla & Graham	250 385 0592	<a href="mailto:shyla.graham@gmail.com">shyla.graham@gmail.com</a>
Jennie & Daniel		<a href="mailto:jen_nash@hotmail.com">jen_nash@hotmail.com</a>

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 by email at [info@islandmother.com](mailto:info@islandmother.com)

Blessings,

*Robin & Sarah*

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