

Your Birth.
Your Choice.
Your Way.



Midwifery Services at MarinHealth

MarinHealth[®] is proud to offer midwifery services during your pregnancy and birth.

Midwives trust women and trust birth. Midwifery care is individualized, emphatic, and evidenced-based. By empowering women with knowledge, midwives encourage shared decision-making, a model of care in which women are active participants, not mere recipients, of care. Midwives individualized oversight instills in women a sense of confidence and calm during pregnancy and birth, all the while ensuring the safety of mom and baby.

To support the normal physiological process of birth, midwives encourage eating, drinking, freedom of movement during labor, birthing in whatever position a mother chooses, and skin-to-skin contact between mom and baby. Our midwives recognize that each labor is unique, has its own rhythm, and unfolds in its own time. Allowing for these differences help us achieve high rates of vaginal deliveries and lowers our cesarean section rate.

Midwives are available for your prenatal, gynecological, postpartum, and birthing needs.

**To make an appointment with a midwife, call MarinHealth
OB/GYN: 1-415-461-7800**

2021 Virtual Meet the Midwives Events

January 19
May 18
September 21
6:00 pm – 7:00 pm

Zoom Dial-in Details
Meeting ID: 965 6111 5475
Password: 982275

Or use the direct link below:
www.mymarinhealth.org/mtm

For more information call:
Mary Newberry, CNM
Co-Lead of MarinHealth
Midwifery Services
1-415-842-5107