



# Welcome!

## **Midwifery for the community**

Our goal at Pomegranate is to provide you with an enriching and valuable experience during your pregnancy, birth and beyond. We offer you professional care, access to enriching classes and many opportunities for making meaningful connections with others.

We are a group of midwives, midwifery students and over a dozen instructors, facilitators and practitioners who make maternity care their dedicated interest. Our group of midwives is joined by massage therapists, acupuncturists, nutritionists, childbirth educators, yoga instructors, lactation consultants, and workshop facilitators. We offer quality classes, workshops, information sessions and special events that will expand your awareness as well as your circle of friends!

There are many ways to explore pregnancy and parenting at Pomegranate and we hope that you will feel welcome to be part of this growing community.

## **Pomegranate Pocket Guide: Your information resource to midwifery care**

Ok... so it doesn't fit in your pocket, but at least it sounds good.

Your Pomegranate Pocket Guide is designed to supplement your interactions and discussions with your midwife. The guidelines and handouts we have created for you here will help prepare you for many of the issues that are commonly raised during your pregnancy, birth and postpartum period. We have taken current medical literature as well as clinical guidelines to summarize many of the topics that will be discussed during your care with us. We hope that you will find this a useful resource.

Information is power. With so many "do's and don'ts" in pregnancy, we hope that you will find this compilation helpful but not dogmatic. Pregnancy, birth, postpartum and parenting are unique experiences that deserve flexible, inspirational and empowering care. We look forward to providing you with midwifery care that meets your expectations for professional, safe and holistic maternity care.

## **Pomegranate Website: [www.pomegranate-midwives.com](http://www.pomegranate-midwives.com)**

Please check our website for the most current biographies of our midwives, students and others. As well, the Resource page of the website is kept as up-to-date as possible with referrals and links to what is available in your community.

### **Disclaimer**

Please regard this as a supplement, not a replacement, to midwifery care. We hope that the handouts in the Pomegranate Pocket Guide will help you gather information about options for maternity care but we do not intend for the information that we have provided here to replace clinical judgment. Please also note that we are often updating the handouts in this Pocket Guide which will be provided to our current clients. Please ask us for permission if you intend to copy any part of this compilation. Thank you!