



Sacopee Midwives
Certified Professional Midwives serving greater
Portland and beyond since 1995

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How our Practice Works:

Welcome to Sacopee Valley Birthing Services! We are a group practice of three primary Certified Professional Midwives and two assistant midwives. At this time Brenda Surabian, Acadia Gantz, and Grace Pease are the primary midwives and split all practice duties.

A group practice means that our clients benefit from our collective knowledge and experience, and have more than one midwife to oversee their care and get to know them. It also means you will always have a well-rested team of at least two at your birth.

For the midwives, it means that we can have certain days when we are on-call only for our families, which keeps us fresh and balanced to provide the best midwifery care possible. We feel this group practice model offers a sustainable way to give our clients quality, individualized midwifery care, while also balancing the needs of our own families.

Who will I see for prenatal and postpartum visits and where will they be?

You will see Brenda, Acadia, and Grace for your prenatal and postpartum visits.

We will primarily see you in the Limington office, but will come visit you in your home occasionally as our schedule allows. You are guaranteed a home visit at least once during the prenatal time, and at least two of the four postpartum visits are at home.

Who will be at my birth?

Acadia, Brenda, and Grace each take about 7 days off-call each month. That means that it is likely that you will have two of the midwives at your birth, although you may have one midwife and one of our assistants if there are multiple births in progress at the same time. You can read more about each of the Sacopee Midwives in their bio's on our website, www.sacopeemidwives.org.

Also, when considering our practice for your care, please read the other following documents; Informed Choice, Financial Agreement, Emergency Care Plan, and When to Call to get a further idea of how our practice works. You can email us any time with questions at sacopeemidwives@gmail.com!

We so appreciate your interest in our practice and wish you a happy, healthy pregnancy and birth.