



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 two primary Certified Professional Midwives and two assistant midwives.

At this time Brenda Surabian and Acadia Gantz are the primary midwives and split all practice duties. We will be welcoming Grace Pease in 2022.

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 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 continue giving the quality midwifery care we love and being able to make the connections with our clients that make this work so rewarding, while balancing the needs of our own families as well. Striving for balance, we know all will benefit.

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

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

We will primarily see you in the Limington office since we gave up our Portland office after the spring of Covid. We will come visit you in your home occasionally as our schedule allows, especially in Portland as we can do multiple visits for our “on the road days” We will come to your home at least twice during the prenatal time and at least two of the four postpartum visits are at home.

Who will be at my birth?

Acadia and Brenda each take 7 days off call a month. That means that it is likely that both of them will be at your birth or you will have one of them and one of our assistants. We will have a monthly Picnic and meet up so you can meet our assistants. Please check our website for the schedule. 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 How to Reach the Midwife on Call to get a further idea of how our practice works. You can email us any time with questions! sacopeemidwives@gmail.com

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