

Welcome to Art of Opening Midwifery,

We are looking forward to meeting you and wanted to share a little bit about ourselves and the values of our practice. We find that in communicating our value systems, the families interviewing will already understand when they arrive a little bit about us. We invest in the people that we serve and want to make sure we are a good fit with one another. We do suggest you interview several other midwives to help in that decision.

Art of Opening is committed to safe space practices, and social justice practices are a priority. We uphold principles of anti-racism and anti-oppression and look towards increasing care options in our community here in San Diego. As some students or back-up midwives in our practice are Black and Brown as well as LGBTQ, we want the families we serve to not only be comfortable in our practice but also those in the practice to feel welcome and respected during your care and in your home. Respectful care is part of community care. For more information about the importance of anti-oppression in birthwork, feel free to look through some of the resources on our website: <https://artofopening.com/resources/>

In attending births, we work as a team. There are typically 3 of us present.

We are also committed to doing our best to listen for what you are looking for in your care. Not all of our families will make the same decisions on labs or ultrasounds. Each family will have their own guiding principles or understandings about what they want for their birth and baby. We look towards listening and education alongside informed choice in supporting you on this journey.

For more information on our views of how we practice midwifery or to learn more about us, you can go to: <https://artofopening.com/midwifery/>

A reminder that our office is located inside of Wild Harmony Wellness at 3633 Camino Del Rio South, Suite 206, San Diego CA 92108. We are on the second floor of the building located in the Mission Valley area of San Diego. Always check messages in case we need to reschedule if we are at a birth.

Please wear a mask in the shared spaces of the building. When you arrive, you will see keys hanging next to the cabinet in front of the door. You can use the key to access the bathrooms that are in the hallway of the building. When you arrive, please wash hands.

Thanks for reading this and we look forward to connecting with you at the office. Feel free to call 619-252-4784 if you get lost or have problem accessing the front door if you are coming on a Sunday.