



Huckleberry Welcome Package

WELCOME TO HUCKLEBERRY MIDWIVES,

We look forward to getting to know you and your family over the coming months. Here is some information about who we are and what to expect as we move forward. We are a collective of registered midwives providing Indigenous led pregnancy, birth, postpartum care for 6 to 8 weeks. Learn more on our team's website <https://huckleberrymidwives.com/>

MEET YOUR MIDWIVES



Amanda Dowling, Moss Gibson, Mackenzie Churchill, Cello Lukey
(Please note, Cello has gone on parental leave, and Mackenzie is on a personal leave. Thank you for your patience with us while we work with a smaller team)

Click [here](#) to read out bios and meet the other midwives at Strathcona

YOUR PREGNANCY

There are many helpful resources to guide families along their pregnancy. Here is the [Indigenous pregnancy passport](#). This workbook has helpful things to consider on this journey. We have paper copies we can provide you in the clinic as needed.

Heba Al-Nashef is a highly experienced Registered Midwife. Heba trained in Jordan in 2008 and obtained a master's of midwifery from Nottingham, UK 2011. Soon after graduating, she pursued a midwifery career in the great white north. She finished the Ryerson bridging program in 2013 and immediately started working at the beautiful birth centre in Winnipeg, Manitoba. Heba's love for the mountains, ocean and family led her to Vancouver in 2016. She is an immigrant and settler in the traditional, ancestral and unceded territories of the Musqueam (Mus-kwee-um), Squamish (Skwa-mish) and Tsleil-Waututh (Slay-Wah- tuth) Nations.

Heba joined the Huckleberry team due to her commitment to working with indigenous midwifery team and the families they serve. In her work, she is committed to premium-quality, client-centred care. Heba went on a humanitarian medical mission in Gaza last year. She is thrilled to meet clients and provide care for them and their families.

When she is not catching babies, Heba enjoys cooking Arab Levant foods, reading, spending quality time with family and training in mixed martial arts, including Brazilian JiuJitsu.





[HealthLink BC](#) can provide some answers to common questions in pregnancy. HealthLink BC has also published a guide called [Baby's Best Chance](#), which includes helpful information on pregnancy, birth, postpartum, and baby considerations.

OUR CLINIC

Huckleberry Midwives is part of the Strathcona Midwifery Collective in the Strathcona/Chinatown neighbourhood of Vancouver located at **207-236 East Georgia Street, Vancouver, BC**. We also offer clinic visits at Lu'ma Medical Center for clients who already receive care at Lu'ma Medical.

The midwives of Strathcona Midwifery Collective acknowledge with gratitude that we live and work on the unceded traditional and ancestral territories of the xwməθkwəy̓ə m (Musqueam), Skwxwú7mesh (Squamish), Səl̓'ílwətaʔ/Selilwitulh (Tsleil-Waututh), and Stó:lō Nations. We also acknowledge that our clinic sits adjacent to the area known as Hogan's Alley which has important historical, cultural and social and political significance for Vancouver's Black community.

We strive to provide a welcoming environment for all people and all forms of families. In order to achieve safe care for our families, we are dedicated to ongoing education for ourselves and our staff about anti-racism, trauma-informed care, and cultural safety.

OUR CARE

In pregnancy, we follow the prenatal visit schedule seeing clients every 4-6 weeks in the first and second trimester and every 2-3 weeks in the third trimester. We offer 24/7 on-call availability. We can order routine pregnancy labs and ultrasounds and prescribe medications. For clients with complex health needs we share care with obstetricians (OB) or maternal fetal medicine (MFM) specialists.

At times, due to developing health concerns during a pregnancy, birth or postpartum, we will make referrals to obstetricians, pediatricians and family physicians in our community. In some cases, this will lead to shared care with the specialist and very rarely, primary care will be transferred to a consultant. Should this occur, we can continue to provide supportive care.

Our postpartum care includes home visits in the first week, and clinic visits until 6-8 weeks postpartum. Postpartum visits include parent and newborn exams, breastfeeding support, parenting education, and psychosocial support. Family members and friends are welcome to participate in all aspects of your care if you wish.

We offer choice of birth place, either in a home or hospital setting. Place of birth is mostly determined by each person's preference, and their clinical needs based on their medical history. We maintain active privileges at BC Women's Hospital. For families considering homebirth, you



will have the opportunity to explore this option with your midwives in discussions throughout the pregnancy.

Midwifery Students

Huckleberry Midwives is a teaching practice committed to growing Indigenous midwifery in BC. We precept learners from the University of British Columbia Midwifery Program. To learn more about how midwives are educated and trained, go to www.midwifery.ubc.ca.

HOW TO REACH YOUR MIDWIVES

NON-URGENT email info@huckleberrymidwives.com

We ask that as much as possible you keep non-urgent questions and concerns for your scheduled prenatal visits. If you have a question or concern that cannot wait until your next appointment and is a non-emergency you may send us an email and we will call you back within 24 hours.

URGENT calls 604-336-6468

Call anytime 24/7 *This will route you directly to the on-call midwife for your team*

1. If they cannot safely answer their phone, leave a message when prompted.
2. If you don't get a response within 15-20 minutes, call again.
3. If you still don't get a response within another 15 minutes, please call urgently to another team.
4. If you have no response from any of us, call Labor & Delivery at the nearest hospital, inform them of your situation and ask for help: BCWH (604) 875-3070

ADMIN CONTACT

Administrative questions or queries can be directed to our amazing office assistants: Cynthia, Jen & Maverick. They can be reached at the office at **604-558-1701**. They can also be reached by email at adminsmc@shaw.ca . Emails are not answered over the weekend.

Office hours

Monday: 8am-2pm

Tuesday/Wednesday/Thursday: 8am-5pm

Friday: 8am-2pm

Warmly,

Huckleberry Midwives