



Comox Valley Midwifery

Comox Valley Midwifery
343 Third Street
Courtenay
BC, V9N 1E3
250-338-4810

Welcome to Comox Valley Midwifery & the Birth Tides Clinic

The Birth Tides midwives and administrative team welcome you to our practice! We are looking forward to getting to know you and working with you and your family.

Our team

Deborah Kozlick, Liz Grose, Jenna Falk and Sabrina Roy Westra will be your midwives and your guides through the childbearing year. Occasionally we may also have a locum midwife working in the practice to cover holidays or vacation time. As a client you will have a chance to get to know each of the midwives during the course of your prenatal care. We meet regularly as a team to discuss our clients and review charts. By working together, we are able to provide you with continuity of care while ensuring that the midwife you are with is well rested.

Contacting a midwife

Two midwives are always on-call for the practice. Due to the complexity of when babies choose to be born and our on-call availability, we cannot guarantee which midwife will be with you at the time of your birth. The midwife on first call will be answering all of the pages, attending births, and conducting home visits. During active labour and birth, the midwife on call will provide you with one on one support in home or at the hospital. If you choose to give birth at home, two midwives will be present for your birth. If you give birth at St. Joseph's General Hospital, a midwife and a nurse will be present. The on-call midwife can be contacted via pager at any time during your pregnancy or postpartum for urgent concerns.

About Our Clinic

The Birth Tides Clinic is open for appointments four days of the week. Between 8:30 am-2:00 pm Monday through Thursday, our practice manager, Simone Pryde, can take your calls to book appointments, arrange times to speak to your midwife, and assist you with other needs that may arise. Questions sent in by email will be answered within a day or two, on clinic days only.

Prenatal Bookings

Attendance at prenatal appointments is an important element of your care. If you cannot attend, give us as much notice as possible and we will rebook your appointment. Appointments are 30 minutes long. You may book additional time if needed. Home visits are offered to women who have transportation problems or other difficulties attending in the clinic. We recommend that you attend in the clinic if possible so that you can enjoy all the resources the clinic has to offer.

Schedule of visits:

Based on your schedule and availability, clinic appointments are generally booked monthly until 28 weeks of pregnancy. Thereafter, appointments are generally every 2-3 weeks until 36 weeks. We see you about



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once a week in the last weeks leading up to your baby's birth. Following your birth you can expect 3-5 home visits for you and your new baby during the first week, followed by check ups in the clinic at approximately 2, 4 and 6 weeks postpartum. After 6 weeks we refer you and your baby for on going follow up with your family doctor.

Travel from out of area

Many women in our practice travel from outlying areas. We will provide appointment times that coordinate with your travel into the area and provide ferry travel vouchers from island communities to our clinic. Shared care arrangements can be made with care providers in other areas to decrease your travel time and help you access care closer to home when needed. We can assist you in finding local accommodations.

Philosophy of Care

With your guidance, we provide care that takes into consideration the full context of your pregnancy, supporting the decisions that work best for you and your family. This means that we take the time required to inform you about all upcoming tests and procedures so that you can make a decision based on the best available information and your own personal values. Our [resources](#) will help you gather information along your way. As an active participant in your care, we ask that you make us aware of your expectations, wishes and plans so that we can better individualize your care.

We look forward to working with you!

Contact Numbers:

Birth Tides Clinic: 250-338-4810

Midwife on call: 1-888-777-6615

St. Joseph's Hospital: 250-339-2242 (ask for Maternal Child Health)