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I believe the birth process is an intimate and sacred event that I have the highest respect for. I am so grateful to my preceptors and the families and women in their care for being my mentors and teachers in my journey to becoming a midwife.

I have always been fascinated by birth and motherhood. After 5 years of unexplained infertility I have had the honor of birthing 4 wonderful human beings into this world and both of these stories deeply shape who I am today. Becoming a mother has been the most incredible journey I have been on. Support through the highs and lows from the community around me has been essential. I hope to be a small part of the community around you as you find your own strength and wisdom in the journey you are on.

I am always in awe at the strength and power a woman shows during pregnancy, labour and birth and feel privileged to accompany and care for a woman through this very special time of her life. Thank you for allowing me to be a part of your story.

Before I started with the UBC Midwifery Program, I worked as a birth doula, a backcountry wilderness guide, a tree-planter and a volunteer at a center with 'at-risk' moms of preschool children. I grew up in Parry Sound, Ontario where my love of nature and being outside was born. I have lived in BC with my family since 2001 and enjoyed the beauty of the wilderness here. In my spare time, I enjoy hiking, canoeing, kayaking, jogging and roasting marshmallows over campfires.

