



## Inspired Beginnings



Kirsten Dehmlow CLD, CCCE

After giving birth to five amazing children, four in the hospital and one at home, I've been inspired to learn more about the childbearing year. I believe that birth is natural, normal, and life changing. The birth of your baby is a precious event that you will always remember. I desire to empower you with the knowledge of how capable you are and the choices you have regarding the birth of your baby. I am blessed to be able to support families during their inspired beginning!

I have been a Childbirth Educator since 2006. I am also certified through CAPPAs as a Labor Doula and am working toward my CAPPAs Lactation Educator certification.