



More women are choosing birth centers than ever before.

A woman's desire for a safe, active, non-tethered birth experience is something we have supported and celebrated here at Alma, through our 13 years of experience.

We offer water births, privacy, relaxation, and a secure and warm environment, designed to support the way a healthy birth naturally unfolds. Not only are we staffed by Portland's best Certified Nurse Midwives but Alma is also a place where women and their babies are liberated from unnecessary interventions. At Alma, partners are involved in the birthing process, and the babies pass from the womb to the mother's arms without stopping at an examination table.

Families know that giving birth is not an emergency but a journey, and that is why they are choosing Alma Midwifery Birth Center right in the center of Portland.

Call for a Meet & Greet with a midwife and a tour of our birth center Most insurance accepted. Nitrous Oxide available for labor.

503-233-3001 almamidwifery.com



