



Welcome!

Thank you so much for coming to the BBB 2021! We are absolutely delighted to have you here with us and cannot wait to get to know you.

My name is Autumn Baker and I am the creator and director of this event. I am a local doula and childbirth educator that has been serving Bellflower and the surrounding areas since 2019. I also have three children of my own, the youngest of which is only a year old. This event was inspired by the realization that, even as an "experienced" mother and a birth worker in the community, I had very little idea of what resources were available to young families locally. When I went to Google to find out, I was utterly overwhelmed.

In light of this, I sought out to actually meet the people behind these services and bring them all to one physical location for the benefit of the community at large. As I cast the vision for this event to the professionals in our area, I was blessed to encounter some of the sweetest and most passionate workers in these fields who jumped in wholeheartedly. Each practitioner and service provider here today bring with them their expertise, experience, and genuine desire to humbly serve families like yours.

I designed this event to be equal parts education and engagement. I realize that not everyone will be familiar with all of these services or how they benefit maternity care, so each professional will have an opportunity to share on these topics. It's also my hope that this event will be as little like a Google search as possible, so I wanted each family to have time to approach and interact with each service provider personally. As you engage with each of these professionals in real time, I hope the heart behind each of these businesses is apparent and you discover exactly who you trust to walk alongside you in this season.

Please refer to the itinerary to find out what you can expect from this event and don't forget to stick around to the end, we have some AMAZING raffle prizes! Feel free to find me at any point if you have questions. I'm happy to help any way I can.

Blessings,

Autumn Baker





Resource List

Autumn Baker

Doula & Childbirth Educator
Grace and Peace Birth Services
www.gracepeacebirth.com
gracepeacebirth@gmail.com
619-755-7816 @gracepeacebirth

Naomi Antinarelli

Full-Spectrum Doula & Herbalist
Heart Centered Services
www.heartcenteredservices.net
naomiantin@gmail.com
760-805-7109 @heartcenteredluz

Dr. CeCe Bettencourt

Prenatal, Family, Pediatric Chiropractor
Simply Well Chiropractic
www.simplywellchiropractic.com
simplywellchiropractic@gmail.com
562-253-9292 @simplywellchiropractic

Alaina Nuñez

Birth, Newborn, Family Photography
Alaina Nuñez Photography
www.alainanunez.com
info@alainanunez.com
562-400-2579 @alainanunez_birthstories

Angelica Miller

Full-Spectrum Midwifery
Rowan Midwifery
www.rowanmidwifery.com
angelica@rowanmidwifery.com
530-237-7755 @Midwife_ang

Angelica Miller

Natural Baby Items
Rowan & Company
www.rowancobaby.com
rowancoservices@gmail.com
@rowanandcompany



Laura Emanuel

'Mothership Rising' Creator
Mothership Rising
www.mothershiprising.com
mothershiprising@gmail.com
718-974-2270 @mothershiprising

Skylar Lenarra

Perinatal Psychotherapist
Lenarra Therapy
www.lenarratherapy.com
skylar@lenarratherapy.com
714-333-0307 @homebirththerapist

Ruby Bratcher

Mentor for Teen Moms
Generation Her
www.generationher.org
Text 626-825-7874
949-292-4810 @generationher

KT Broadoak

Lactation Counselor & Doula
Thrive Services: birth.life.nourish
ktbroadoak@gmail.com
917-280-1590

Sharon Thompson

Pelvic Physical Therapist
Kintsu Physical Therapy & Wellness
www.kintsupt.com
sharon@kintsupt.com
714-696-6293 @thedydoctor

Linda Zamora, Soralla Rojo

Plaza de la Raza
Child Development Services, Inc.
www.plazadelarazacds.org
karlab@pdlr.org
562-447-5195 FB Business Page

Cindy Nelson

Holistic Nutritional Advisor & Body Worker
CinsVision
www.CinsVision.com
CinsVision@gmail.com
562-350-1806 @CinsVision

Jovanna Sangria Romero

Prenatal Pilates Instructor
White House Pilates
jovannasangria@gmail.com
562-310-0190





Itinerary

Education

11am - 1pm

Autumn Baker
Cindy Nelson
Jovanna Sangria
Dr. CeCe Bettencourt
Angelica Miller
Alaina Nunez
Naomi Antinarelli
Laura Emanuel
Skylar Lenarra
KT Broadoak
Sharon Thompson
Ruby Bratcher
Linda Zamora, Soralla Rojo, &
Susana Gonzales

Engagement

1pm-2pm

Please feel free to walk around and meet your service providers. Ask questions, gather resources, and get to know them!

Raffle

1:55pm

Listen for your number! :)

