



## Episode 18: A Conversation with Rainier Valley Midwives!

Hello and thank you for listening! Welcome to our fourth installment of South Seattle Stories; a conversation with Rainier Valley Midwives. Here we chat with executive director Tara Lawal, and Community Outreach Coordinator Jade Jost about their organizations positive impact on women's health. Here they share with us multiple stories that have led them to where they are today. Be sure to

check out our social media, website, or youtube channel to learn more about past and future Mirror Stage happenings.

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### Call to Action:

- Learn more about Rainer Valley Midwives: <https://www.myrvcc.org/> Here you can learn about the different services they offer, as well as learn about the difference they are making in the community
- Do your part this Martin Luther King Jr Day by volunteering your time with *World Relief Seattle* visit: <https://worldrelief.org/seattle/get-involved/events/> to learn more about their Paradise Parking Plots community garden.

### Music:

- *Inspired* by Kevin MacLeod
  - Link: <https://incompetech.filmmusic.io/song/3918-inspired>
  - License: <http://creativecommons.org/licenses/by/4.0/>
- *Get the Groove* by Dave Miles
  - Music from <http://www.zapsplat.com>
- Additional music by Tycarius Cummings

### Have questions? Ask Q and get an A!

Email any questions or thoughts about our show to QuiQui at [quiquid@mirrorstage.org](mailto:quiquid@mirrorstage.org)

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