



# BCAPOP's

## 25th Annual Perinatal Conference Program

May 14th & 15th 2024  
Westin Wall Centre, Vancouver Airport



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## LAND ACKNOWLEDGEMENT

We respectfully acknowledge that our conference is held on the ancestral, traditional and unceded territory of the Coast Salish Peoples, of the Musqueam, Squamish, Tsleil-Waututh nations.

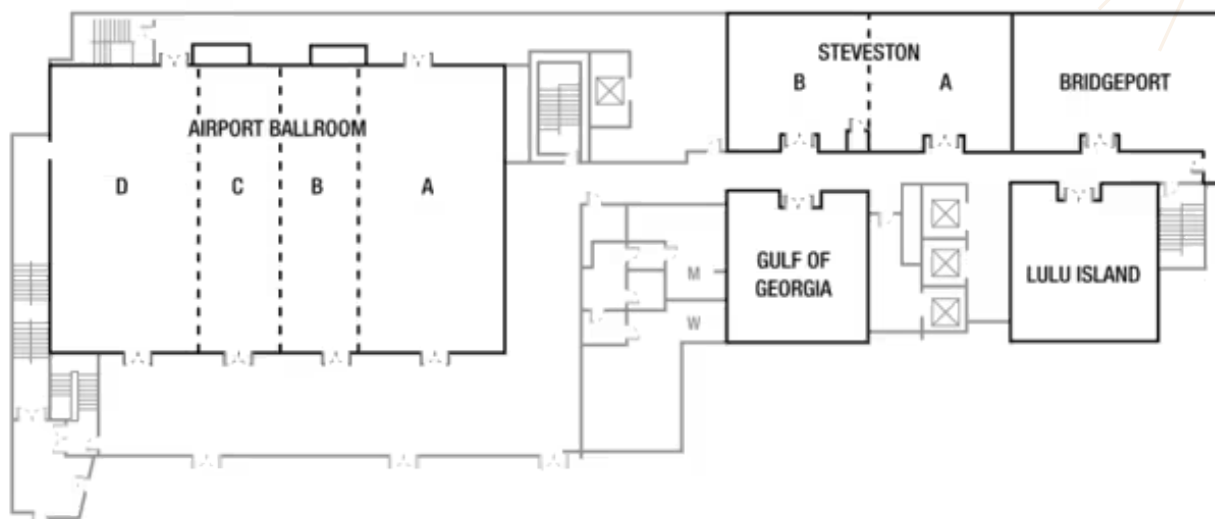
## Conference at a glance! What to look forward to!

<b>Monday May 13th 2024</b> <b>4:30-6:30 PM</b>	Perinatal Services BC Networking Reception and pre check-in
<b>Tuesday May 14th 2024</b> <b>8-4:30 PM</b>	<b>Keynote</b> Supporting Families on their Chest/Breastfeeding Journey <i>With Erin Fulton , RN, BScN, IBCLC, MSN</i>
<b>Wednesday May 15th 2024</b> <b>8-4:00 PM</b>	<b>Feature Presentation</b> An Indigenous Nt̓əʔkepm̓x Spilahem Twin Birth Story of Resiliency for k̓wəmeʔ tə səx̣wsux̣w <i>with Sue Sterling-Bur, Ph.D. Candidate</i>

Westin Wall Centre Vancouver Airport,  
 3099 Corvette Way, Richmond BC, V6X 4K3



We will be on the Conference Floor.







# Networking Reception Sponsor

Monday, May 13th 2024

4:30 PM - 6:30 PM

Sponsored by



**Perinatal  
Services BC**

Provincial Health Services Authority

More info to come. Please  
check back.





# General Sponsors

More info to come.  
Are you interested in becoming a  
general sponsor?

[Click here for our Sponsorship  
Package!](#)

Contact Jenna at [Jenna@bcapop.ca](mailto:Jenna@bcapop.ca)



# Exhibitors

Be sure to stop by each exhibitor table to stamp up your exhibitor passport.

Completed passports will be collected and entered into a prize draw!



Pregnancy & Infant Loss  
support centre



**Perinatal  
Services BC**

Provincial Health Services Authority



**centre of excellence  
for women's health**



REPRESENTATIVE FOR  
CHILDREN AND YOUTH

**CHILD HEALTH BC**

LEAD BENEFACTOR

**saveonfoods**



**First Nations Health Authority**  
Health through wellness



BRITISH COLUMBIA  
CENTRE ON  
**SUBSTANCE USE**

Networking researchers, educators & care providers



**Doulas for  
Aboriginal Families  
Grant Program**



**BC WOMEN'S  
HOSPITAL+  
HEALTH CENTRE**

Provincial Health Services Authority

# MAY 14TH 2024 SCHEDULE

Time	Airport Ballroom	Bridgeport	Steveston	LuLu Island	Gulf of Georgia
8:00 AM – 9:00 AM	Breakfast				
9:00 am - 9:20 am	Traditional Welcome & BCAPOP Welcoming Remarks				
9:30 am - 10:30 am	<b>Pregnancy Plot Twists</b> with Dr, Alicia Power, MD & Dr. Sarah Lea, MD	<b>Reducing Stigma</b> with Lindsay Wolfson, MPH and Dr. Nancy Poole PHD	<b>My Baby Won't Latch</b> with Erin Fulton, RN, BScN, IBCLC, MSN	<b>Inviting Fear Forward</b> with Morgan Glover, CBE, CBS, LCI	<b>Nurturing Child and Infant Rights</b> with Tracey Eyles
10:30 am - 11:00 am	Wellness Break				
11:00 am - 12:30 pm	<i>Continued</i> <b>Pregnancy Plot Twists</b> with Dr, Alicia Power, MD & Dr. Sarah Lea, MD	<i>Continued</i> <b>Reducing Stigma</b> with Lindsay Wolfson, MPH and Dr. Nancy Poole PHD	<i>Continued</i> <b>My Baby Won't Latch</b> with Erin Fulton, RN, BScN, IBCLC, MSN	<i>Continued</i> <b>Inviting Fear Forward</b> with Morgan Glover, CBE, CBS, LCI	<i>Continued</i> <b>Nurturing Child and Infant Rights</b> with Tracey Eyles
12:30 pm - 1:30 pm	Lunch Break				
1:30 pm - 2:45 pm	<b>Keynote Supporting Families on their Chest/Breastfeeding Journey</b> With Erin Fulton, RN, BScN, IBCLC, MSN				
2:45 pm - 3:15 pm	Wellness Break				
3:15 pm - 4:20 pm	Exhibitor Panel Presentations				
4:20 pm - 4:30 pm	Closing Remarks				



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12:30 pm - 1:30 pm	<b>Lunch Break</b>				
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2:30 pm - 3:30 pm	<b>Feature Presentation</b> An Indigenous Nłe?kepmx Spilahem Twin Birth Story of Resiliency for <i>íwəme? tə səxʷsuxʷ</i> with Sue Sterling-Bur, Ph.D. Candidate				
3:30 pm - 4:00 pm	<b>Closing Remarks &amp; End of Day Draws (must be present)</b>				

# MAY 14TH 2024 AGENDA

**Breakfast** 8:00 am - 9:00 am

**Continental Breakfast**, Airport Ballroom

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**Opening and  
Traditional Welcome**

9:00 am - 9:20 am

*Musqueam Nation*

**Heather Cameron**, RN, BCAPOP Executive Director

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**Wellness Break** 10:30 am - 11:00 am

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**Breakout Sessions** 9:30 am - 12:30 pm

**Airport Ballroom** Pregnancy Plot Twists with Dr. Alicia Power, MD and Dr. Sarah Lea, MD

**Steveston** My Baby Won't Latch with Erin Fulton, RN, BScN, IBCLC, MSN

**Bridgeport** Reducing Stigma with Lindsay Wolfson, MPH and Dr. Nancy Poole PHD

**LuLu Island** Inviting Fear Forward with Morgan Glover, CBE, CBS, LCI

**Gulf of Georgia** Nurturing Child and Infant Rights with Tracey Eyles

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**Lunch Break** 12:30 pm - 1:30 pm

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**Keynote in Airport Ballroom** 1:30 pm - 2:45 pm

**Supporting Families  
on their  
Chest/Breastfeeding  
Journey**

With Erin Fulton  
RN, BScN, IBCLC, MSN

This session will provide perinatal professionals and helping peers who support lactating people with the basic knowledge and understanding of the properties and health benefits of chest/breastfeeding, as well as, demonstrating effective and sensitive counselling skills. Understanding how lactating bodies are designed and how to use effective counselling skills will enhance therapeutic relationships and the outcomes of our families and their infant feeding journeys.

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**Wellness Break** 2:45 pm - 3:15 pm

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**Exhibitor Panel Presentations** 3:15 pm - 4:20 pm

Join us for a 10 minute presentation from each of our Exhibitors in the Airport Ballroom.

**Perinatal Services BC**

**Representative for Children and Youth**

**Doulas for Aboriginal Families Grant**

**Child Health BC, Provincial Health Services Authority**

**Pregnancy for Professionals**

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**Closing** 4:20 pm - 4:30 pm

**Heather Cameron**, RN, BCAPOP Executive Director

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**Lunch Break** 12:30 pm - 1:30 pm

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**Exhibitor Panel Presentations** 1:30 pm - 2:30 pm

Join us for a 10 minute presentation from each of our Exhibitors in the Airport Ballroom.

**BC Centre on Substance Use**

**BC Women's Hospital, Provincial Perinatal Substance Use Program**

**First Nations Health Authority**

**Centre for Excellence in Woman's Health**

**Pregnancy & Infant Loss Support Centre**

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**Feature Presentation** 2:30 pm - 3:30 pm

**An Indigenous  
Nte?kepmx  
Spilahem Twin Birth  
Story of Resiliency  
for k'wəme? tə  
səx<sup>w</sup>sux<sup>w</sup>**

with Sue Sterling-Bur, *Ph.D.*  
*Candidate*

Sue will share her Spilahem/personal birth story of her twin boys k'wəme? tə səx<sup>w</sup>sux<sup>w</sup>, which shows the resiliency families need when they experience a birthing journey that includes the Neonatal Intensive Care Unit for their children. k'wəme? tə səx<sup>w</sup>sux<sup>w</sup>, Avery and Emmett were delivered 7.5 weeks earlier than expected. As an Indigenous mother, Sue will share the support and resources that helped her and her family survive a three-week NICU stay and identify the Indigenous supports that would have helped them through this experience

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**Closing** 3:30 pm - 4:00 pm

**Heather Cameron, RN, BCAPOP Executive Director**





# Breakout Sessions

## **Pregnancy Plot Twists: Unraveling the Mystery of Medical Complications!**

with Dr. Alicia Power, MD &  
Dr. Sarah Lea, MD

From hypothyroidism to hypertension and everything in between, this session aims to offer a comprehensive review of the most prevalent medical issues during pregnancy. The session format is designed to be evidence-based and accessible, avoiding medical jargon and acronyms. Instead, the focus is on delivering straightforward insights to help enhance your care for pregnant patients and clients.

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Understanding the reasons why babies aren't ready to latch, as well as, honoring the unique journey of all chest/breastfeeding dyads is an important role for any perinatal professional working with perinatal families. This session will provide perinatal professionals who support lactating people with the ability to establish and identify an effective latch using hands on experience with tools, which support chest/breastfeeding people who are experiencing challenges getting baby to latch. Together we will explore a myriad of tools used to manage a baby not ready to latch. We will look at hand expression, pumps, finger feeds, spoon feeds, nipple shields, bottles and cups. We will work through case scenarios as a group so that you walk away with concrete knowledge and a tool kit to help our families that are struggling.

## **“My Baby Won’t Latch”: Management of chest/breastfeeding difficulties**

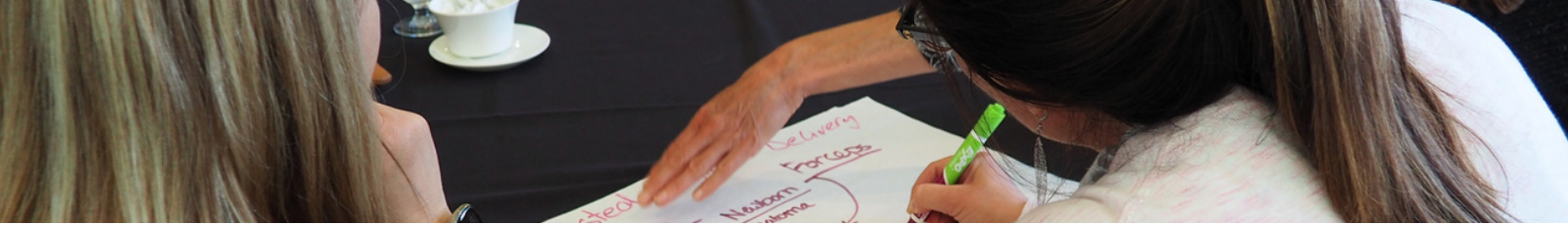
with Erin Fulton  
RN, BScN, IBCLC, MSN

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## **Inviting Fear Forward**

with Morgan  
Glover  
CBE, CBS, LCI

Pregnancy is a transformational and vulnerable time, where many expectant parents anticipate the childbirth process with fear. As supporting professionals and peers, we have the opportunity to lean in and invite this powerful emotion forward. When we honour and embrace what is true for our clients, relationships deepen, and the potential for healing transpires. After participating in this breakout session, you'll feel inspired and equipped to hold presence through difficult conversations and help your clients find courage in the face of fear.



# Breakout Sessions

## **Reducing Stigma: Tools to Support Women and Gender Diverse People who use Opioids**

with Dr. Nancy Poole, PHD  
and Lindsay Wolfson, MPH

Women and gender diverse people who use opioids experience stigma, particularly in the context of pregnancy and parenting. This stigma impacts how those who are pregnant and postpartum are able to access health and social services. In this breakout session, we will introduce tools from both the Mothering and Opioids: Addressing Stigma, Acting Collaboratively resource and a digital guide on women+ centered chronic pain approaches, offering the hands on opportunity to see the utility of these tools in various contexts of programming, personal practice, and cross-system collaboration. These tools offer strategies for reducing stigma and improving the health, safety, and needs of women and gender diverse people in our practice.

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To empower perinatal professionals and helping peers with a deep understanding of child and infant rights as outlined in the UN Convention on the Rights of the Child and the British Columbia Child and Family Community Services Act. This workshop aims to provide practical insights and strategies that align with the diverse approaches of perinatal professionals and helping peers, ultimately enhancing support and outcomes for pregnant, postpartum, and newly parenting individuals and their infants. This workshop is designed to cater to the unique context of perinatal support, emphasizing the importance of diversity, collaboration, and practical application of child and infant rights principles. The interactive elements, real-life case studies, and panel discussion will create a dynamic participant learning experience.

## **Nurturing Child and Infant Rights: A Collaborative Approach for Perinatal Professionals and Helping Peers**

with Tracey Eyles

# ELDER

## Elder Glida Morgan

(She/Her)

is from the Tla'amin First Nation. Elder Glida is determined to bring healing light to our Indigenous People in her roles as a front-line worker and Elder in the areas of family violence, mental wellness & women's health and perinatal substance use. Elder Glida has explored ways in which culture can be integrated into the health care plans for Indigenous people. Elder Glida remains and active member of her community, spreading healing and wellness by performing at community events across the lower mainland; being involved in a group who provide medicine in the form of songs for patients in palliative care, singing & drumming Traditional songs. Emote.





# EMCEE



## **Heather Cameron,**

**BScN., RN. (she/her)**

Heather Cameron is honoured to work, play and live on the ancestral, traditional and unceded territory of the Secwepemc Nation. Heather is a Registered Nurse with a Perinatal Specialty Certificate who has been working with pregnant people in a variety of settings since 2005. Her experience includes program planning, public speaking, and spearheading community development events. As a Registered Nurse, Heather has worked in several fields including withdrawal management, labour & delivery, and maternity.

Heather has a proven track record of being able to bring communities together with her experience organizing conferences, creating grass-roots programs, and influencing system changes at the local, regional, and provincial levels. Heather's experience, passion and credentials all contribute to her drive to guide BCAPOP as Executive Director.

# PRESENTERS

## Keynote & Breakout Presenter



### **Erin Fulton,**

**RN, BScN, IBCLC, MSN (she/her)**

is a Kamloops public health nurse with 22 years experience supporting families through their journey of pregnancy, labour, birth and postpartum. I have been a certified childbirth educator for 20 years and am very passionate about creating a safe, healthy space for families and health care providers to support woman through the beautiful journey of mothering. I have 3 children of my own and one granddaughter. My passion for perinatal nursing and educating came from my personal birth experiences. My current position is in a specialized program that supports young vulnerable woman and their children, to be happy, healthy, safe and successful in reaching their heart's desire.

## Feature Presenter

### **Sue Sterling-Bur**

**Ph.D. Candidate (She/Her)**

is from the Nl̓eʔkepmx and Sto:Lo Nations and is the Vice President for Students for the Nicola Valley Institute of Technology(NVIT), the only Indigenous public post-secondary in B.C. Sue's educational experience includes having an Early Childhood Diploma and a Master's Degree in Social Work; she is currently a Ph.D. Candidate at UBC, Okanagan. Her doctoral research will provide a perspective on Indigenous ways of knowing, being and supporting children with differences and disabilities. She will base her research on the Nl̓eʔkepmx Spilahem stories to identify the ethics, values, and Indigenous knowledge that will guide working with and supporting Indigenous people with disabilities.



# BREAKOUT PRESENTERS



## **Morgan Glover**

**CBE, CBS, LCI (She/Her)**

Morgan Glover humbly resides on the unceded ancestral territory of the Lheidli T'enneh First Nation. Her training and experience as a Dual-Certified Childbirth Educator, Certified Breastfeeding Specialist, Lactation Consultant Intern in pursuit of IBCLC, Certified Birth and Postpartum Doula, and parent who respects that the journey from pregnancy through early parenthood is unforgettable, holds profound emotional significance and is unique for everyone, has shaped her person-centred approach to care. She serves individuals and families across BC as Manager of The Pregnancy HUB and owner of Be with birth.

## **Tracey Eyles**

**Manager, Outreach and Community Engagement,  
(She/They)**

is an Advocate at the Representative for Children and Youth office since 2013, brings over two decades of experience supporting children, youth, and families in Northern British Columbia's remote areas. With an unyielding passion for their rights, Tracey champions awareness and education while pursuing a master's degree. Her holistic approach, blending practical experience with academic pursuit, strengthens her commitment to empowering vulnerable lives.





# BREAKOUT PRESENTERS



## **Dr. Nancy Poole**

**PhD (She/Her)**

is the Director of the Centre of Excellence for Women's Health, and the Prevention Lead for CanFASD Research Network. She has worked with governments, organizations, and groups across Canada and internationally, offering creative thinking on complex issues such as the interconnections between substance use problems and the experience of trauma and intimate partner violence. Dedicated to connecting across distance, cultures, genders and sectors, Nancy is catalyst for bringing knowledge to practice and policy, to make social change.

## **Lindsay Wolfson**

**MPH (She/Her)**

is the Manager at the Centre of Excellence for Women's Health and a researcher with the CanFASD Research Network. She holds a Master of Public Health, Social Inequities and Health, from Simon Fraser University. Lindsay is responsible for research and collaboration on projects relating to the operationalization of the Truth and Reconciliation Commission, fetal alcohol spectrum disorder prevention, and the integration of gender-, trauma-, culture- and equity-informed approaches into policy and research.



# BREAKOUT PRESENTERS

## **Dr. Sarah Lea**

**MD (She/Her)**

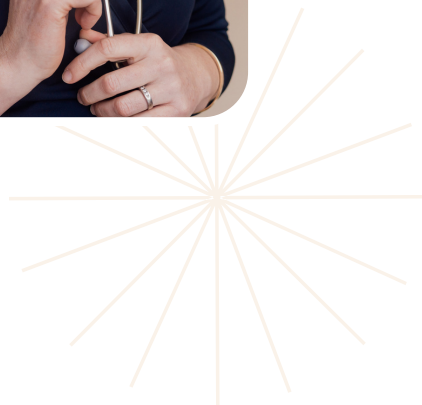
I am a family, maternity and addiction medicine physician. I work with a group of incredible female physicians where we do full service family practice and maternity care. Before medical school I trained in epidemiology and community health, which ignited my passion for accessible and reliable health information!



## **Dr. Alicia Power**

**MD (She/Her)**

I am a family doc who is passionate about the care of young families from pre pregnancy through the entire lifespan! I also work with Dr. Sarah at Grow Health. I started my medical journey with kinesiology, which instilled in me a passion for healthy living as medicine!





# Contact us!

**Email Jenna** with your questions at  
Jenna@bcapop.ca

**Call or Text Jenna** at 778-584-6147

**Purchase your ticket [here](#)!**



