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BCAPOP'S

25TH ANNUAL PERINATAL CONFERENCE

May 14TH & 15TH, 2024

WESTIN WALL CENTRE, VANCOUVER AIRPORT





WELCOME TO BCAPOP'S 25TH ANNUAL PERINATAL CONFERENCE

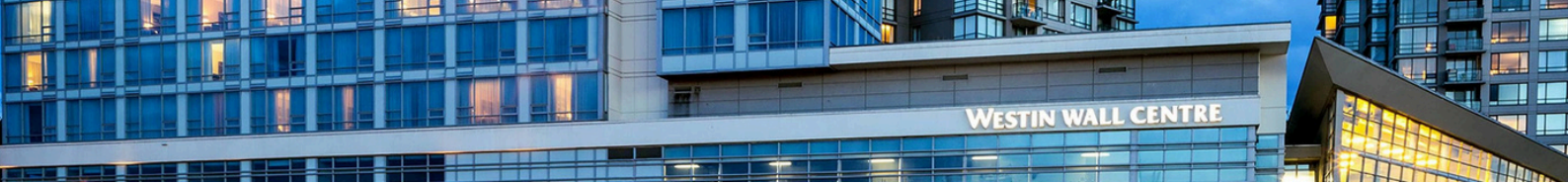
TABLE OF CONTENTS

- 1 Conference at a Glance & Floor Map
- 2 Networking Reception
- 3 Sponsors & Donors
- 4 Exhibitor Lineup
- 5 Day One Schedule
- 6 Day Two Schedule
- 7 Day One Agenda
- 8 Day Two Agenda
- 9 Breakout Session Descriptions
- 12 Indigenous Elder
- 14 Speaker Bios
- 17 BCAPOP Team
- 18 Contact Us

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.

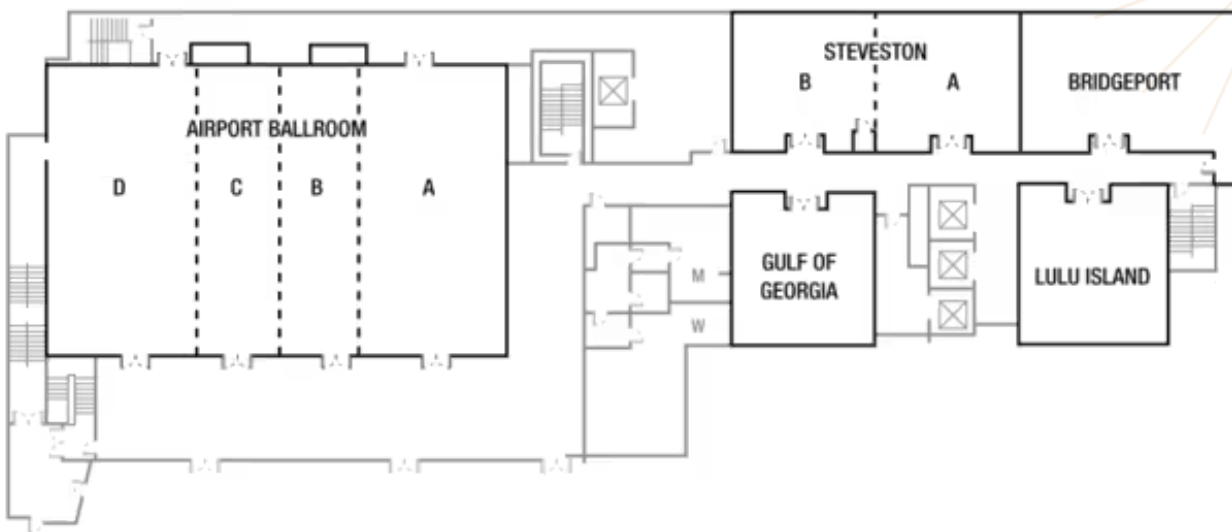
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CONFERENCE AT A GLANCE

<p>Monday, May 13th, 2024 4:30-6:30PM</p>	<p>Networking Reception sponsored by Perinatal Services BC & conference pre-registration</p>
<p>Tuesday, May 14th, 2024 8:00AM-4:30PM</p>	<p>Keynote Supporting Families on their Chest/Breastfeeding Journey <i>With Erin Fulton , RN, BScN, IBCLC, MSN</i></p>
<p>Wednesday, May 15th, 2024 8:00AM-4:00PM</p>	<p>Feature Presentation An Indigenous Nte?kepmx Spilahem Twin Birth Story of Resiliency for k'wəme? tə səx^wsux^w <i>with Sue Sterling-Bur, Ph.D. Candidate</i></p>

Conference Floor Map



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NETWORKING RECEPTION

MONDAY MAY 13TH 4:30-6:30pm

With [Perinatal Services BC's](#) (PSBC) gracious sponsorship, we are excited to present our first-ever Networking Reception the afternoon before BCAPOP 's 25th Annual Perinatal Conference on Monday, May 13th from 4:30–6:30 pm.

Conference registrants are invited to join us anytime during the reception for an assortment of delicious canapes and to try our signature alcohol-free refresher beverage that will be served in the Airport Ballroom Lobby.

The PSBC team will be on-site with exciting resources, updates, and a chance to hear about their latest projects. In the tradition of all BCAPOP events, there will also be fantastic prizes to be won!

Pre-registration for the conference will be available during the reception, so it's the perfect opportunity to pick up your conference package, re-connect with previous acquaintances, and meet new attendees. We cannot wait to see you there!

We are pleased to offer a safe space for everyone by offering this alcohol-free event.

Sponsored by:



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NETWORKING RECEPTION SPONSOR



WELLNESS BREAK SPONSOR



LIVED & LIVING EXPERIENCE CONFERENCE REGISTRANT SPONSOR



DOOR PRIZE DONOR



We are grateful to our sponsors and donors for supporting BCAPOP's 25th Annual Perinatal Conference. If you are interested in becoming a sponsor or donor for next year's conference, please email Heather at ed@bcapop.ca.

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EXHIBITOR LINEUP

EXHIBITOR PASSPORT

Be sure to stop by every exhibitor table to have your exhibitor passport stamped. Completed passports will be collected and entered into a prize draw!



Pregnancy & Infant Loss
support centre



First Nations Health Authority
Health through wellness



BC WOMEN'S
HOSPITAL+
HEALTH CENTRE
Provincial Health Services Authority



Doulas for
Aboriginal Families
Grant Program



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DAY ONE SCHEDULE

TUESDAY, MAY 14TH, 2024

TIME	AIRPORT BALLROOM	BRIDGEPORT	STEVESTON	LULU ISLAND	GULF OF GEORGIA
8:00–9:00am	BREAKFAST				
9:00–9:20am	Traditional Welcome & Opening				
9:30–10:30am	Nurturing Child and Infant Rights: A Collaborative Approach for Perinatal Professionals & Peers Tracey Eyles, BSc, MEd (Candidate)	Reducing Stigma: Tools to Support Women & Gender Diverse People Who Use Opioids Lindsay Wolfson, MPH & Dr. Nancy Poole, PHD	“My Baby Won’t Latch”: Management of Chest & Breastfeeding Difficulties Erin Fulton, RN, BScN, IBCLC, MSN	Prenatal in a Day For Professionals Morgan Glover, CBE, CBS	Pregnancy Plot Twists: Unraveling the Mystery of Medical Complications Dr. Alicia Power, MD & Dr. Sarah Lea, MD
10:30–11:00am	WELLNESS BREAK				
11:00am–12:30pm	<i>(Continued)</i> Nurturing Child and Infant Rights	<i>(Continued)</i> Reducing Stigma	<i>(Continued)</i> My Baby Won’t Latch	<i>(Continued)</i> Prenatal in a Day For Professionals	<i>(Continued)</i> Pregnancy Plot Twists
12:30–1:30pm	LUNCH BREAK				
1:30–2:45pm	Keynote Supporting Families on their Chest/ Breast-feeding Journey With Erin Fulton, RN, BScN, IBCLC, MSN				
2:45–3:15pm	WELLNESS BREAK (SPONSORED BY L&M ENGINEERING)				
3:15–4:30pm	Exhibitor Panel & Closing				

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DAY TWO SCHEDULE

WEDNESDAY, MAY 15TH, 2024

TIME	AIRPORT BALLROOM	BRIDGEPORT	STEVESTON	LULU ISLAND	GULF OF GEORGIA
8:00–9:00am	BREAKFAST				
9:00–9:20am	Traditional Welcome & Opening				
9:30–10:30am	Nurturing Child and Infant Rights: A Collaborative Approach for Perinatal Professionals & Peers Tracey Eyles, BSc, MEd (Candidate)	Reducing Stigma: Tools to Support Women & Gender Diverse People Who Use Opioids Lindsay Wolfson, MPH & Dr. Nancy Poole, PHD	“My Baby Won’t Latch”: Management of Chest & Breastfeeding Difficulties Erin Fulton, RN, BScN, IBCLC, MSN	Prenatal in a Day For Professionals Morgan Glover, CBE, CBS	Pregnancy Plot Twists: Unraveling the Mystery of Medical Complications Dr. Alicia Power, MD & Dr. Sarah Lea, MD
10:30–11:00am	WELLNESS BREAK				
11:00am–12:30pm	<i>(Continued)</i> Nurturing Child and Infant Rights	<i>(Continued)</i> Reducing Stigma	<i>(Continued)</i> My Baby Won’t Latch	<i>(Continued)</i> Prenatal in a Day For Professionals	<i>(Continued)</i> Pregnancy Plot Twists
12:30–1:30pm	LUNCH BREAK				
1:30–2:30pm	Exhibitor Panel				
2:30–3:30pm	Feature Presentation: An Indigenous Nte?kepmx Spilahem Twin Birth Story of Resiliency for k’wame? tə səx^wsux^w Sue Sterling-Bur, Ph.D. Candidate				
3:30–4:00pm	Closing & Prizes (must be present to win!)				

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DAY ONE AGENDA

TUESDAY, May 14TH, 2024

8:00-9:00am	Continental Breakfast	Airport Ballroom
9:00-9:20am	Traditional Welcome, Elder, Musqueam Nation Opening Remarks, Heather Cameron, RN, BCAPOP <i>Executive Director</i>	Airport Ballroom
9:30-10:30am	Breakout Sessions <ul style="list-style-type: none">• Nurturing Child & Infant Rights: A Collaborative Approach for Perinatal Professionals & Peers• Reducing Stigma: Tools to Support Women & Gender Diverse People Who Use Opioids• Pregnancy Plot Twists: Unraveling the Mystery of Medical Complications• "My Baby Won't Latch": Management of Chest/Breastfeeding Difficulties• Prenatal in a Day For Professionals	<ul style="list-style-type: none">• Airport Ballroom• Bridgeport• Gulf of Georgia• Steveston• Lulu Island
10:30-11:00am	Wellness Break	Airport Ballroom Lobby
11:00am-12:30pm	Breakout Sessions Continued (<i>see above</i>)	
12:30-1:30pm	Lunch Break	Airport Ballroom
1:30-2:45pm	Keynote Speaker Supporting Families on their Chest/Breastfeeding Journey, <i>Erin Fulton, RN, BScN, IBCLB, MSN</i>	Airport Ballroom
2:45-3:15pm	Wellness Break, Sponsored by L&M Engineering	Airport Ballroom Lobby
3:15-4:20pm	Exhibitor Panel Presentations <ul style="list-style-type: none">• Perinatal Services BC• Representative for Child & Youth• Doulas for Aboriginal Families Grants• Child Health BC, Provincial Health Services Authority• She Found Motherhood	Airport Ballroom
4:20-4:30pm	Closing, Heather Cameron, RN & Elder Glida Morgan	Airport Ballroom

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DAY TWO AGENDA

Wednesday, May 15TH , 2024

8:00-9:00am	Continental Breakfast	Airport Ballroom
9:00-9:20am	Traditional Welcome, Elder, Musqueam Nation Opening Remarks, Heather Cameron, RN, BCAPOP <i>Executive Director</i>	Airport Ballroom
9:30-10:30am	Breakout Sessions <ul style="list-style-type: none"> • Nurturing Child & Infant Rights: A Collaborative Approach for Perinatal Professionals & Peers • Reducing Stigma: Tools to Support Women & Gender Diverse People Who Use Opioids • Pregnancy Plot Twists: Unraveling the Mystery of Medical Complications • “My Baby Won’t Latch”: Management of Chest/Breastfeeding Difficulties • Prenatal in a Day For Professionals 	<ul style="list-style-type: none"> • Airport Ballroom • Bridgeport • Gulf of Georgia • Steveston • Lulu Island
10:30-11:00am	Wellness Break	Airport Ballroom Lobby
11:00am-12:30pm	Breakout Sessions Continued <i>(see above)</i>	
12:30-1:30pm	Lunch Break	Airport Ballroom
1:30-2:30pm	Exhibitor Panel Presentations <ul style="list-style-type: none"> • BC Centre on Substance Use • First Nations Health Authority • Centre of Excellence for Women’s Health • Pregnancy & Infant Loss Support Centre 	Airport Ballroom
2:30-3:30pm	Feature Presentation An Indigenous Nte?kepmx Spilahem Twin Birth Story of Resiliency for k’wəme? tə səx’wux’w, <i>Sue Sterling-Bur, Ph.D. Candidate</i>	Airport Ballroom
3:30-4:00pm	Closing, Heather Cameron, RN & Elder Glida Morgan	Airport Ballroom

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SESSION DESCRIPTIONS

KEYNOTE & FEATURE PRESENTATIONS

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.

Sue will share her Spilahem/personal birth story of her twin boys *k'wəme? tə səx^wsux^w*, 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^wsux^w*, 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.

AN INDIGENOUS NŁE?KEPMX SPILAHM TWIN BIRTH STORY OF RESILIENCY FOR K'WƏME? TƏ SƏX^wSUX^w

with Sue Sterling-Bur, Ph.D.
Candidate



SESSION DESCRIPTIONS

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.

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

PRENATAL IN A DAY FOR PROFESSIONALS

with Morgan Glover
CBE, CBS

In this breakout session, you'll have the opportunity to put yourself in the shoes of an expectant parent and receive evidence-based information in a compassionate, judgment-free, and empowering manner. You will learn about the birth process, coping strategies, comfort measures, and how to make informed decisions and communicate effectively with your healthcare and birth support team. This breakout session aims to enhance your comprehension of information that your clients will encounter during childbirth education, enabling you to assist them in their learning and birth planning in a positive and constructive way.



SESSION DESCRIPTIONS

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.

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 group discussions will create a dynamic participant learning experience.

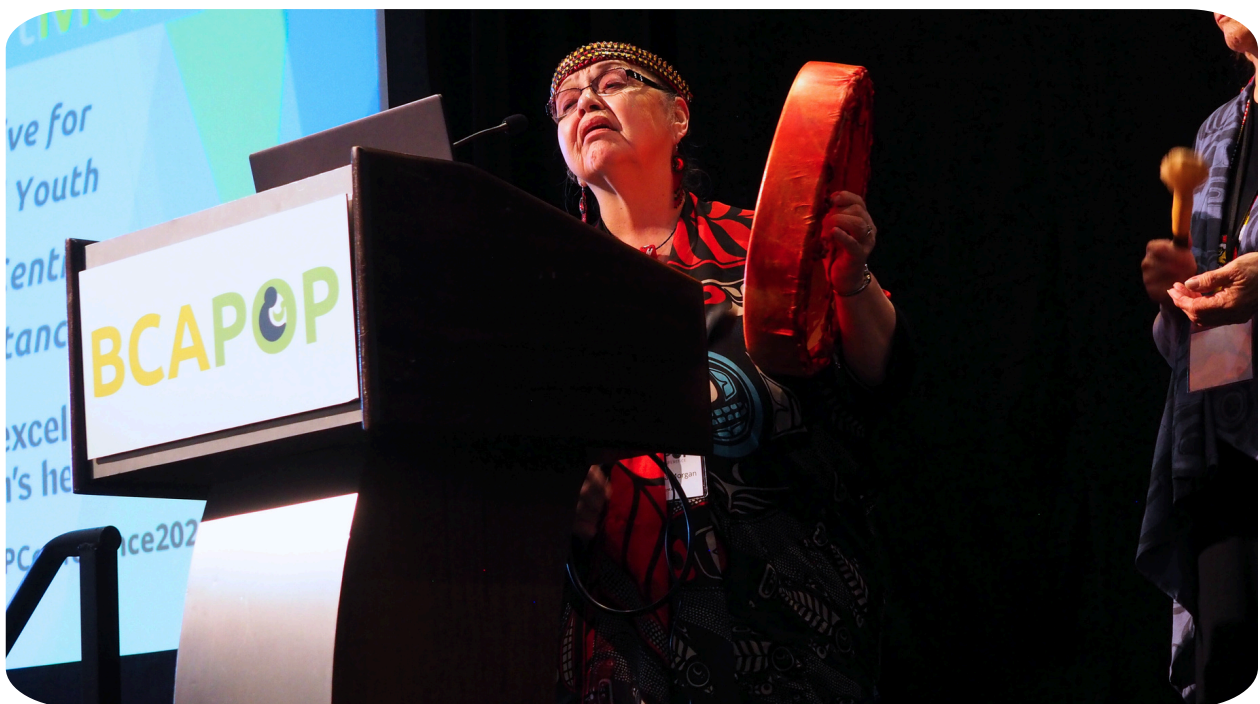
NURTURING CHILD AND INFANT RIGHTS: A COLLABORATIVE APPROACH FOR PERINATAL PROFESSIONALS & HELPING PEERS

with Tracey Eyles, , BSc, MEd
(Candidate)

INDIGENOUS ELDER

ELDER GLIDA MORGAN (SHE/HER)

Elder Glida Morgan 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.



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SPEAKER BIOS

KEYNOTE & FEATURED SPEAKERS



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.

Sue Sterling-Bur

PH.D. CANDIDATE (SHE/HER)

is from the Nt̓eʔkepmx 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 Nt̓eʔkepmx Spilahem stories to identify the ethics, values, and Indigenous knowledge that will guide working with and supporting Indigenous people with disabilities.



SPEAKER BIOS

BREAKOUT SESSION SPEAKERS



MORGAN GLOVER **CBE, CBS (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 **BSC, MED (CANDIDATE),** **(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.



SPEAKER BIOS

BREAKOUT SESSION SPEAKERS



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.



SPEAKER BIOS

BREAKOUT SESSION SPEAKERS

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!

BCAPOP TEAM

MEET YOUR HOSTS



JENNA LANG (SHE/HER)
ADMINISTRATIVE COORDINATOR

ANDREA GRADY (SHE/HER)
**PROJECT MANAGER, HEALTHY
CARE PREGNANCY PROGRAM**



HEATHER CAMERON (SHE/HER)
EXECUTIVE DIRECTOR



CONTACT US

GET IN TOUCH

GENERAL INQUIRIES & GROUP TICKETING

Email | Jenna@bcapop.ca

Call or Text | Jenna at 778-584-6147

Website | www.bcapop.ca

Tickets | Purchase your ticket [here](#)

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Email | Heather at ed@bcapop.ca

SPEAKER APPLICATION

Application Link | www.bcapop.ca/Presenter

MAILING ADDRESS

230-1210 Summit Drive #425

Kamloops, BC

V2C 6M1

ON-SITE CONTACT DURING THE CONFERENCE

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