



BC Association of Pregnancy Outreach Programs
BCAPOP
Leadership • Support • Advocacy

2017

21st Annual BCAPOP Conference

October 18 - 20, 2017



Strengthening Connections and Building Capacity

Practical information and skills to enhance relationships
and offer holistic support to perinatal women and families

General Information

Hotel

The Westin Wall Centre, Vancouver Airport

3099 Corvette Way
Richmond BC V6X 4K3

<http://www.westinvancouverairport.com/>

Parking

Day Guests: Please purchase parking ticket from the parkade meter. Daily rate: \$15.00.

Overnight Guests: Parking will be charged directly to the guestroom. Please register your vehicle with the hotel front desk upon arrival.

Transit

- Bridgeport Station, Canada Line

Reservations

Rooms at the BCAPOP Conference rates are limited and available on a first come, first-served basis. Book early to secure your room. Call the hotel and request the BCAPOP conference rate. Rooms will be held at our special conference rate until September 16, 2017.

Conference rate: \$145/night + applicable taxes

Guests also have the selection of booking a Club Room for \$195/night + applicable taxes. Please confirm your preferences with the hotel at time of booking.

To make your reservation:

Call 604-303-6565 or 1-866-932-7742

Registration Information:

For questions about registration, please contact Barbara Bremner at 250-886-4915 or popinfo@bcapop.ca

Target Audience

Anyone interested in Maternal/Child Health within the context of marginalized and vulnerable families:

- Outreach Counsellors
- Registered Dietitians
- Doulas
- Policy Makers
- Educators
- Family Support Workers
- Social Workers
- Midwives
- Indigenous Organizations
- Psychologists
- Registered Nurses
- Addictions Counsellors
- Physicians
- Students



Please note: Conference presentations are intended for a mature audience. In order to protect children from exposure to potentially sensitive content and to respect the experience of conference delegates, children over 6 months of age should not attend the conference.

Support



First Nations Health Authority
Health through wellness



Pre-conference Session

INFANT MASSAGE INSTRUCTOR TRAINING

October 16 - 17, 2017

This 2-day course includes theory as well as practice with volunteer families.

Day 1: Monday, October 16th 11:00 AM - 5:00 PM

Day 2: Tuesday, October 17th 8:00 AM - 5:00 PM

OVERVIEW

Bring infant massage to your community! Infant massage encourages attachment and bonding between a baby and his/her caregiver. Parents who massage their babies report feeling less stressed and more confident reading their babies' cues. Infant massage helps baby to sleep better, relaxes and soothes, aids digestion, contributes to development. Research shows further benefits for babies with colic, eczema, babies with special needs, and adoptive families.

Before the Course

- 1) Purchase and read *Infant Massage – A Handbook for Loving Parents* by Vimala McClure. Available at www.chaptersindigo.ca.
- 2) By October 11, 2017: Complete a multiple choice online assignment related to the above book. You can access this assignment here: https://fit4two.skyprepapp.com/users/enrol?course_id=35834 The subscriber key is BCAPEP2017PCA.
- 3) Purchase a 19-21 inches long doll with a soft body; hard hands and feet; and a moveable head. Bring this doll to the course.

Practicum

Delegates arrange a series of four (4) practicum classes with a minimum of four (4) volunteer families in their community. They will submit their class plans and handouts by email to Fit 4 Two® at least five (5) business days before their practicum is set to begin. Families will be asked to fill out an instructor evaluation form which will be submitted to Fit 4 Two® for evaluation. **The practicum must be completed within three months of the course.**

INSTRUCTOR

Melanie Osmack, MA, is the founder and director of Fit 4 Two®. She has been a certified infant massage instructor through the International Association of Infant Massage (IAIM) since 2003. Since that time she has helped hundreds of families enjoy the benefits of nurturing touch. In 2008, Melanie drew on her education and experience in curriculum development in order to create the Fit 4 Two® Infant Massage Instructor Training Course. She looks forward to bringing the course to the BCAPEP conference and helping front line workers expand their skill set.

Relationship Matters: Harnessing the Power of Attachment

October 18, 2017 9:00 AM - 5:00 PM
Keynote Session by Dr. Gordon Neufeld

OVERVIEW

When we think of parenting, we typically focus on what skills need to be learned to effectively raise our young. Science has affirmed however, that the secret to this ancient dance lies in the relationship between the child and the care-giver. Although the implications of this pivotal principle are profound, we have unfortunately lost the cultural traditions that support this basic truth. Dr. Neufeld will elaborate on how we can foster right relationship between parents and their children, thus rendering parents more intuitive and effective in their caring as well as children more receptive to their care.

SPEAKER



Dr. Gordon Neufeld is a Vancouver-based developmental psychologist with over 45 years of experience with children and youth and those responsible for them. A foremost authority on child development, Dr. Neufeld is an international speaker, a bestselling author (*Hold On To Your Kids*) and a leading interpreter of the developmental paradigm. Dr. Neufeld has a widespread reputation for making sense of complex problems and for opening doors for change. While formerly involved in university teaching and private practice, he now devotes his time to teaching and training others, including educators and helping professionals. His Neufeld Institute is now a world-wide charitable organization devoted to applying developmental science to the task of raising children. Dr. Neufeld appears regularly on radio and television. He is a father of five and a grandfather to six.

Conference Day 2

MORNING BREAKOUT SESSIONS

October 19, 2017 8:45 AM - 12:30 PM

Making Your Doula Practice Yours

OVERVIEW

As a Birth and Postpartum Doula, I am well aware that some aspects to starting your business can feel daunting! I am often asked by newer doulas how I built up my agency, what type of training I've completed, how I attract new clients and how I build relationships with primary health care providers. In this fun, light and educational 3-hour workshop you will learn all of this and more! I will also share my tried, tested and true tips and tricks and I will leave you with handouts that include sample essays, client reviews and every day forms that I use in my own business. FNHA will also provide thank you cards, post cards and notebooks so you do not have to buy in order to keep track of these.

Workshop objectives include:

- 1) Clarifying your values. Practicing solo or in a partnership with your client? Finding balance, drawing from your strengths and making your practice unique. These are the questions you need to explore.
- 2) "Getting In" with primary care (midwives, doctors and nurses) providers - Becoming part of the team and building relationships within the birth professional community.
- 3) Evaluations and Essays - Earning 5 star ratings from your clients and health care providers. Learning from and moving forward when you don't receive 5 stars reviews. Writing effective essays that tell your story clearly.

SPEAKER

Marlo Muscutt, Bunky Bambino Holistic Doula Agency

Marlo is a Birth and Postpartum Doula that owns and operate a successful and well known practice in Vancouver. Over the span of 15 years she has attended 250+ births and has served more than 100 families throughout the postpartum period. She is dedicated to supporting, caring for and educating women and their families throughout the childbearing year. Marlo is active in the Vancouver birth community and serves as a Birth Doula, Doula Mentor and is a member of the Doula Team Board of Directors at the South Community Birth Program. She is looking forward to getting you excited about building your practice in a fulfilling way!

Bunky Bambino - <http://www.bunkybambino.com>
South Community Birth Program - <https://www.scbp.ca>

Conference Day 2

MORNING BREAKOUT SESSIONS (Continued)

October 19, 2017 8:45 AM - 12:30 PM

Heart-Mind Well-Being and Self-Care

OVERVIEW

The Heart-Mind Well-Being Professional Development Wellness Workshop (HMWB) promotes social emotional learning, personal wellness, and adult self-care through the lens of DLC's Heart-Mind Well-Being Framework. This Framework was developed in partnership with the Human Early Learning Partnership (HELP) at UBC and is grounded in latest social and emotional learning research and best practice models in the field.

Workshop objectives include:

- 1) Provide a practical and meaningful experience for professionals to engage in their own social and emotional learning and deepen their understanding of evidence informed ways to strengthen their own heart mind well-being and that of the adults, youth and children in their lives.
- 2) Through the exploration of self-care strategies that include breathing exercises, mindfulness practice, and stress management techniques, participants will have an opportunity for self reflection and to identify ways of integrating HMWB in their lives.

SPEAKER

Angela Low, The Dalai Lama Center for Peace + Education

Angela Low is a specialist in emotional intelligence and child development who is committed to bringing social and emotional learning to the forefront of communities that support children, youth and their families. Angela has been developing resources and facilitating workshops on emotional intelligence for 12 years in China and Canada. She is also a researcher with the Social Emotional Education and Development (SEED) lab at the University of British Columbia. Angela has worked with the Dalai Lama Center for Peace and Education as a Heart-Mind consultant and workshop facilitator for a number of years.

Conference Day 2

MORNING BREAKOUT SESSIONS (Continued)

October 19, 2017 8:45 AM - 12:30 PM

Hands-on Ways to Engage Clients about Fun Ways to Eat, Gather Food and Take Charge of their Nutrition

OVERVIEW

Join the Cowichan Valley Healthiest Babies Possible team to learn and to share best practices and holistic approaches to best serve complex needs groups. This interactive session will provide practitioners with hands-on opportunities to learn about different tools and strategies that can be implemented into their own settings. Topics covered will include iron deficiency, food insecurity, large group dynamics, and successful ways to retain program participants.

SPEAKERS

Laura Sjolie, Program Coordinator and **Carrie Rae**, Registered Dietitian, Healthiest Babies Possible and Early Years, Hiiye'yu Lelum (House of Friendship) Society

Laura Sjolie is the Program Coordinator for Healthiest Babies Possible and Early Years which provides postnatal support services for Aboriginal women during baby's first year at the Hiiye'yu Lelum Society in Duncan, BC. Her early work was in the co-operative and community development and participatory research and the impact of the co-operative economy among First Nations. Laura has also worked as a doula and breastfeeding educator with programs and individuals throughout the Lower Mainland and in the Cowichan Valley. Laura is passionate about women's maternal health and client driven approaches to accessing care and services. In her spare time, Laura is busy raising three active kids and loves to run, hike, go to non-competitive cross-fit, and is very food motivated.

As a Registered Dietitian, Carrie Rae's goal is to help people understand and enjoy the benefits of affordable healthy eating. She believes that food not only nourishes our bodies but is a vital part of our enjoyment of life. She currently has the privilege of working with a variety of populations in the Cowichan Valley from prenatal to Elders. Carrie has extensive experience with program planning and implementation and loves to teach clients how they can eat healthy and save money.

Conference Day 2

AFTERNOON BREAKOUT SESSIONS

October 19, 2017 1:30 PM - 4:45 PM

Engaging the Canadian Dad, eh?

OVERVIEW

With the single father household becoming the strongest growing demographic in Canadian society, how do we perceive and engage with the dads we work with? In the often female dominated setting of drop-in's, parenting groups, and child-care services, interactions with dads can be challenging, confusing, and less productive than we may like. What are some of the keys to providing an inclusive and welcoming response to the other parent of the children we work with?

Please join us for an interactive workshop with both male and female facilitators that engage regularly and effectively with the ever growing population of dads coming through our doors. Focusing on communication and retention of dads in both pregnancy and early years programming, this session will equip you to connect and engage fathers more effectively. Facilitators will share insights gleaned from years of working with a focus on dads, and plenty of time will be provided for Q & A.

SPEAKER

Reg Unrau, Abbotsford Community Services

For the last five years, Reg has worked with dads, moms, and kids at Abbotsford Community Services (ACS) within Abby Dads, The Family Center, New Beginnings Young Parent Program, and at the Youth Resource Center. Previous to, and during the early part of his ACS involvement, he worked with multiple agencies, supporting adults and youth living with the concurrent disorders of mental health and addictions. His passion is to empower both clients and staff in developing the community and relationships that make life that much more doable and rewarding. Insatiable curiosity, and the drive to build strong relationships, allows him to maintain the teacher/learner role that keeps his work fresh and invigorating.

Breastfeeding Support and Infant Nutrition

OVERVIEW

Using a trauma informed perspective and strengths based approach - delegates will explore potential barriers women face in terms of breastfeeding and infant nutrition. This workshop will provide practical skills for outreach works so they can support vulnerable women to make the best possible choices in terms of feeding their babies.

SPEAKER

Marianne Brophy, B.Com., IBCLC, Consultant and Educator

Marianne is a Consultant, Educator and BFI Lead Assessor. She is a past chair of the Breastfeeding Committee for Canada (BCC) board and Assessment Committee, and rep to WHO/UNICEF Network for BFHI Coordinators in Industrialized Countries. An International Board Certified Lactation Consultant (1990), she and co-author of the Breastfeeding: Making a Difference Courses for Health Professionals and "train the trainer" courses for clinical educators in four provinces in Canada. She was honored to teach the breastfeeding component for the BC Aboriginal Doula Pilot Program. Marianne is an Adjunct-Professor in the UBC Department of Family Practice Midwifery Program. She has a busy family resource centre-based lactation consultant practice. Prior to immigrating to Canada she worked with UNICEF International and IBFAN Africa as a BFHI Master Educator and Master Assessor, and with La Leche League International as a Group Leader and Peer Counsellor Trainer. She serves on the executive of the Western Canada Association for Infant Mental Health. Marianne's passion is systems level transformation and knowledge translation to facilitate the implementation of evidence-based best practice.

Conference Day 2

AFTERNOON BREAKOUT SESSIONS (Continued)

October 19, 2017 1:30 PM - 4:45 PM

Clear Communication: Fostering Awareness, Understanding and Trust

OVERVIEW

This session is designed for coordinators and supervisors.

As a coordinator or supervisor, everyday you are engaging in conversations that matter with colleagues and clients. Every interaction with another person is an opportunity to develop trust and contribute in meaningful ways. At the core of communicating clearly is our ability to understand our own experience, understand someone else's experience, and know the difference. In this interactive session, you will learn and practice a simple yet powerful tool for increasing self awareness and improving interpersonal communication, enabling you to be connected yet separate with others - at work, at home, everywhere. The result is the ability to own your own experience, differentiate yourself from others, speak clearly particularly in high-emotion conversations and establish language that can be used in any environment.

SPEAKER

Rochelle Davidson

A wife, mom to two rambunctious rescued dogs, obsessed cyclist, not-so-bendy yogi, adventure traveler and passionate Leadership Development practitioner, Rochelle is at her best when supporting others to be at their best and achieve results that matter.

Rochelle's life was rocked when, in 2005, she heard the words "You've got cancer." Being confronted with her own mortality, she fully experienced that life is precious and much too short to be spent merely 'surviving', which she had witnessed in many workplaces. Rochelle's personal experience further fuelled her mission to see people and organizations thrive; working every day to support her clients in creating environments where their people are inspired, connected to each other in meaningful ways, and use their strengths to contribute to something bigger than themselves, leaving at the end of the day taking their best selves to their families, friends and communities.

In addition to her private coaching and consulting business, Rochelle is also Practicum Lead for UBC's Certificate in Organizational Coaching. A professional certified coach through International Coach Federation with nearly two decades of experience, Rochelle is a go-to practitioner to elevate organizations through her expertise in organizational culture, leadership development program design and delivery, team coaching and development, individual coaching and facilitation. Rochelle has worked with such organizations as lululemon athletica, Hootsuite Media, Crystal Decisions, ICBC and Vancouver Airport Authority. She is also a pro bono coach for non-profit executives and has contributed on the Boards of International Coach Federation and Habitat for Humanity. www.rochelledavidson.com

Conference Day 2

AFTERNOON BREAKOUT SESSIONS (Continued)

October 19, 2017 12:30 PM - 5:45 PM

CPR/AED Level C

[This session runs from 12:30 PM - 5:45 PM]

OVERVIEW

The Lifesaving Society CPR program follows the 2010 ILCOR (International Liaison Committee on Resuscitation) guidelines and includes AED training. Cardiopulmonary Resuscitation (CPR) trains rescuers in the skills and knowledge needed to assess and provide basic life support to patients with airway, breathing, or circulatory emergencies as well as an awareness of the risk factors that contribute to heart disease.

Learning objectives include:

- 1) Principles of first aid
- 2) Use of barrier devices and how to call EMS
- 3) Adult, child and infant CPR skills and AED use
- 4) 2 rescuer CPR and AED procedures
- 5) Adult, child and infant conscious and unconscious choking procedures
- 6) Circulatory emergencies to include recognition and treatment of a heart attack, angina, stroke and TIA

Participants will receive certification for their practice and certification is valid for 3 years.

INSTRUCTOR

Holly Choi, Safe Beginnings First Aid

Holly Choi is a First Aid Instructor affiliated with the Lifesaving Society BC/Yukon Branch, as well as a Child Passenger Safety Technician (CPST) certified through the Child Passenger Safety Association of Canada (CPSAC). Her background includes electronic medical record implementation and technical service management. Holly is also a mom to her sweet little daughter, born August 2015.

Conference Day 3

October 20, 2017 8:45 AM - 9:30 AM

Safer Infant Sleep – Helping Families Build a Safer Sleep Plan Updated Parent Resource and NEW Health Care Provider Practice Support tool

OVERVIEW

Unsafe sleep practices are identified in sleep related deaths of infants between one month and one year of age. Although the cause of Sudden Infant Death (SIDS) and Sudden Unexplained Death in Infancy (SUDI) is often unknown, infant deaths can be reduced when the known risk factors are modified. The BC Coroners Service Child Death Review Panels have recommended improved targeting of safer sleep messaging, including increased attention to the risks of unsafe sleep environments, bedsharing, parental incapacitation due to fatigue or substance use. Prenatal education to support parents and caregivers to create a safer sleep environment before the baby is born is a critical preventive measure to reduce the risk of sleep-related infant death.

Although many parents do not intend to bedshare, nighttime breastfeeding and soothing, space considerations, familial or cultural beliefs and sleep deprivation are many factors that impact parent decision making. Perinatal Services of BC (PSBC) conducted a needs assessment survey in the fall of 2016. A strong need for practice support tools that engaged families in conversations around safer infant sleep, and a more nuanced approach, informed by a harm reduction lens with respect to bedsharing, was identified. As a parallel initiative, the Ministry of Health (MOH) also identified the need to ensure a complementary harm reduction approach for provincial public facing resources in order to mitigate the risk of bedsharing.

PSBC in partnership with the Ministry and regional health authorities have developed a practice support tool for health care providers. The BC Ministry of Health has also developed a complementary parent resource “Safe Sleep For My Baby.” The First Nations Health Authority in partnership with the MOH, PSBC and community partners updated the Safe Sleep Tool Kit. These tools are designed to engage parents and caregivers in conversations around safer infant sleep. These tools were launched in September 2017 and will be presented during this session. “

Learning objectives include:

- 1) Provide an update on the current state of sleep-related infant deaths in BC.
- 2) Review safe sleep principles and improve the capacity of health care professionals to engage families in a conversation about risk factors and mitigation strategies for infant sleep-related death.
- 3) Ensure health care providers are aware of and know how to access all available provincial resources related to safer infant sleep.

Conference Day 3

October 20, 2017 8:45 AM - 9:30 AM

Safer Infant Sleep – Helping Families Build a Safer Sleep Plan Updated Parent Resource and NEW Health Care Provider Practice Support tool

SPEAKERS

Lucy Barney, Statlimx Nation, RN, BSN, MSN; Provincial Lead, Aboriginal Health, Perinatal Services BC; Perinatal Specialist, First Nation Health Authority and **Natasha Burnham**, BSc, RN, MScA

Lucy Barney is at the forefront of developing innovative and successful programming with Aboriginal people. She works on strategies to assist existing programs and to develop new programs for maternal/child health that will enable Aboriginal people to access culturally appropriate services. Lucy's own life experience as a First Nation woman, mother, and traditional dancer brings enormous commitment, dedication, and creativity to her work. She is a model of strong, innovative leadership in the Aboriginal community. She was awarded the Award of Distinction from the University of British Columbia: ACCOLAIDS Award for Innovative Programming and Langara College Outstanding Alumni Award for Community Service. Lucy completed her Master of Science in Nursing at the University of British Columbia. She was program manager of Chee Mamuk, an Aboriginal HIV/AIDS education program at the BC Centre for Disease Control, for nine years and is currently working part time with Perinatal Services BC and the First Nations Health Authority Maternal and Child Health.

Natasha Burnham was born and raised in Vancouver until she moved to Montreal to complete her Master's in nursing. She started her career as a nurse on a high-risk obstetrics unit at the Jewish General Hospital where she helped hundreds of families welcome their little ones into the world. Unable to resist the calls of Vancouver's mountains and beaches, Natasha returned to the West Coast in 2014. Today, she continues to work in maternal, infant and early childhood health, splitting her time between leading projects and best practice initiatives, and delivering care on the front line. When Natasha is not running baby groups, immunization clinics, or visiting new parents in those exciting (and stressful!) first days home with a newborn as a public health nurse with Vancouver Coastal Health, she is working for the Provincial Health Services Authority with Perinatal Services BC as the Coordinator of Public Health and Health Promotion, developing and implementing clinical guidelines and practice support tools to support healthy pregnancies and healthy babies across BC.

Conference Day 3

October 20, 2017 9:30 AM - 12:00 PM

Cultural Birth Practices Panel Discussion and Regional Networking

OVERVIEW

A woman's birth experience is profoundly important and personal. Pregnancy programs support women to have the most positive birth experience possible. Panelists will present unique customs and traditions associated with different cultures including Aboriginal, Indo-Canadian, and Muslim. This session is intended to provide delegates with an opportunity to explore how they can better support women to have a positive experience (pregnancy, birth and post natal) within their own cultural traditions. Delegates will also have a regional networking opportunity to collaborate with other staff.

FACILITATOR

Kathleen A. Lindstrom, AvdCD (DONA); BDT (DONA); Mentor (DONA); CBE (Douglas College), FACCE (Lamaze)

Kathleen worked at Douglas College in the Health Sciences Faculty as the Perinatal Program Manager responsible for Prenatal and Career Development Programs for 28 years.

She is a Childbirth Educator, Fellow of the American college of Childbirth Educators (FACCE), DONA International Birth Doula, Birth Doula Trainer for 24 years, Past President of DONA, DONA Mentor and received the Advanced Doula Designation in 2015. Kathleen is a former La Leche League Leader, Lactation Consultant with over 35 years of experience in teaching and working with childbearing families.

Recipient of the Penny Simkin Award for Doula Spirit and Mentoring, Advanced Doula designation, Douglas College Team Excellence Award and Award of Excellence With Distinction from BC Women's Hospital for her contributions as part of the interdisciplinary team teaching the Normal Birth Workshop for UBC medical and midwifery students.

Kathleen is married to Ronald and they have four sons, one daughter, three daughter-in-loves, one son-in-love and soon to be 8 grandchildren.

Conference Day 3

October 20, 2017 9:30 AM - 12:00 PM

Cultural Birth Practices Panel Discussion and Regional Networking

PANEL MEMBERS

Julie Daum

Julie Daum is a mother, mediator, facilitator, coach, instructor, former doula and La Leche League Leader. Julie spent a decade working with parents of preschool children as a parenting educator in the Carrier Sekani territories. She co-created workshops, developed and instructed a course on working with First Nation families and communities at the College of New Caledonia. Julie's current role as a mediator in child protection brings her around the province to work with families and the Ministry of Children and Family Development. She is a member of the Wet'suwet'en First Nation and belongs to the Frog Clan. Julie and her spouse live on the Stellaquo reserve, where they are raising their 5 children.

Lucy Barney

Lucy Barney is at the forefront of developing innovative and successful programming with Aboriginal people. She works on strategies to assist existing programs and to develop new programs for maternal/child health that will enable Aboriginal people to access culturally appropriate services. Lucy's own life experience as a First Nation woman, mother, and traditional dancer brings enormous commitment, dedication, and creativity to her work. She is a model of strong, innovative leadership in the Aboriginal community. She was awarded the Award of Distinction from the University of British Columbia: ACCOLAIDS Award for Innovative Programming and Langara College Outstanding Alumni Award for Community Service. Lucy completed her Master of Science in Nursing at the University of British Columbia. She was program manager of Chee Mamuk, an Aboriginal HIV/AIDS education program at the BC Centre for Disease Control, for nine years and is currently working part time with Perinatal Services BC and the First Nations Health Authority Maternal and Child Health.

Monica Grover

Monica Grover immigrated from India in 1994 and has lived in Abbotsford since. Although she has no direct experience assisting women give birth, she has spent 15 years working with Best for Babies, pregnancy outreach program, as a South Asian Support Worker where she has been able to interact and connect with the south asian community in Abbotsford to a great extent. She has had great success forming and running a weekly pre and post natal group that meets at the local sikh temple since 2004.

Monica enjoys going to the gym and travelling with her husband and her two children aged 18 and 24.

Zahra Khoddamy

Zahra Khoddamy grew up in Iran listening to her grandmother's stories of helping women deliver babies. She was fascinated by what she heard and decided at a very young age that she wanted to become a midwife like her. In 2001, Zahra moved to Canada with her husband and four-month-old son. She applied to midwifery school but was not accepted because she did not have sufficient English skills. Later, Zahra was accepted to nursing school and became a registered nurse in 2011. However, her heart was still with midwifery and she could not let go of her deep desire to become a midwife. She was accepted to the UBC midwifery program in 2012.

In Zahra's first year of training at UBC, she volunteered as a doula at BC Women's Fir Square program (a program for women dealing with addiction in pregnancy). As a midwifery student, Zahra travelled to Uganda and had the privilege of working with Ugandan mothers, which she considers as the highlight of her midwifery training. These experiences reinforced her determination to become a care provider who supports women in their choices and to birth with dignity and respect. Zahra wholeheartedly believes in the midwifery model of care, as it promotes empowerment for women to make informed, autonomous decisions. She believes that women undergo major transitions as they go through pregnancy and childbirth. It is a profound experience, and her desire is to be part of this experience and help make it wonderful for every woman.

Pre-Conference Schedule

Pre-Conference Day 1: Monday, October 16, 2017

Time	Event
10:00am – 11:00am	Registration & Breakfast
11:00am – 1:00pm	Infant Massage Instructor Training
1:00pm – 1:45pm	Break
1:45pm – 5:00pm	Infant Massage Instructor Training (continued)

Pre-Conference Day 2: Tuesday, October 17, 2017

Time	Event
7:30am – 8:00am	Registration
8:00am – 11:00am	Infant Massage Instructor Training (continued)
11:00am – 12:00pm	Break
12:00pm – 2:15pm	Infant Massage Instructor Training (continued)
2:15pm – 2:30pm	Break
2:30pm – 5:00pm	Infant Massage Instructor Training (continued)

Conference Schedule

Conference Day 1: Wednesday, October 18, 2017

Time	Event
8:00am – 9:00am	Registration & Breakfast
9:00am – 10:30am	Relationship Matters: Harnessing the Power of Attachment
10:30am – 10:45am	Nutrition Break
10:45am – 12:00pm	Relationship Matters: Harnessing the Power of Attachment (continued)
12:00pm – 1:00pm	Lunch *
1:00pm – 2:45pm	Relationship Matters: Harnessing the Power of Attachment (continued)
2:45pm – 3:00pm	Nutrition Break
3:00pm – 5:00pm	Relationship Matters: Harnessing the Power of Attachment (continued)

* First Nations Health Authority Community of Practice Networking Lunch

The First Nations Health Authority welcomes sponsored Doulas to bring their lunch to the Gulf of Georgia room to continue networking with each other by developing a Community of Practice.

A community of Practice (CoP) are formed by people who engage in a process of collective learning in a shared domain of human endeavor: a tribe learned to survive, a band of artists seeking new forms of expression, a group of engineers working on similar problem, a clique of pupils defining their identify in the school, a network of surgeons exploring novel techniques, a gathering of first-time managers helping each other cope.

In a nutshell:

Communities of practice are groups of people who share a concern or a passion for something they do and learn how to do it better as they interact regularly.

We hope you will join us! For more information please see the First Nations Health Authority information table.

Conference Schedule

Conference Day 2: Thursday, October 19, 2017

Time	Event	
8:00am – 8:45am	Registration & Breakfast	
8:45am – 10:30am	Morning Breakout Sessions: <ul style="list-style-type: none"> • Making Your Doula Practice Yours • Hands-On Ways to Engage Clients about Fun Ways to Eat, Gather Food and Take Charge of their own Nutrition • Heart-Mind Well-Being and Self-Care 	
10:30pm – 10:45am	Nutrition Break	
10:45am – 12:00pm	Morning Breakout Sessions (continued)	
12:00pm – 12:30pm	Lunch	
12:30pm – 1:30pm	AGM	Afternoon Breakout Session: CPR/AED Level C <i>(Session time: 12:30pm – 5:45pm)</i>
1:30pm – 3:00pm	Afternoon Breakout Sessions: <ul style="list-style-type: none"> • Engaging the Canadian Dad, eh? • Breastfeeding Support and Infant Nutrition • Clear Communication: Fostering Awareness, Understanding and Trust 	
3:00pm – 3:15pm	Nutrition Break	
3:15pm – 4:45pm	Afternoon Breakout Sessions (continued)	CPR/AED Level C (continued) <i>(Session time: 12:30pm – 5:45pm)</i>

Conference Day 3: Friday, October 20, 2017

Time	Event
8:00am – 8:45am	Registration & Breakfast
8:45am – 9:30am	Safer Infant Sleep – Helping Families Build a Safer Sleep Plan
9:30am – 10:45am	Cultural Birth Practices Panel Discussion and Regional Networking
10:45am – 11:00am	Nutrition Break
11:00am – 12:00pm	Cultural Birth Practices Panel Discussion and Regional Networking (continued)
12:00pm – 12:15pm	Closing Remarks and Door Prize

Registration

Pre-Conference Session: Infant Massage Instructor Training October 16-17, 2017

Pre-Conference Registration Fees

Register Now	Early ends July 31	Regular August 1 - September 17	Late September 18 - October 1
BCAPOP Program Member (Full Voting)	\$275	\$300	\$350
BCAPOP Associate Member	\$300	\$325	\$375
Non-member	\$325	\$350	\$400

2017 BCAPOP Annual Conference October 18-20, 2017

BCAPOP Conference Registration Fees

Register Now	Early ends July 31	Regular August 1 - September 17	Late September 18 - October 1
BCAPOP Program Member (Full Voting)	\$350	\$400	\$450
BCAPOP Associate Member	-	\$450	\$500
Non-member	-	\$575	\$625
1-day only: BCAPOP Member	-	\$200	\$250
1-day only: Non-member	-	\$225	\$275

Link to on-line registration: <http://www.bcapop.ca/Registration>

Registration Fee Payment

Payment for registration fees can be made by credit card (on-line) or cheque. Please make cheques payable to BCAPOP and mail to:

BCAPOP
PO Box 122
Dewdney, BC V0M 1H0

NOTE: Payment must be received within 30 days of registration.
Refunds will be made - less a \$50 processing fee - for cancellations received by September 24, 2017. No refunds will be granted for cancellations made after September 24, 2017.

Questions? Email popinfo@bcapop.ca

In an effort to minimize paper use conference delegates are asked to print and bring their own copy of the program for their reference during the event or to view it on-line.