



2016

20<sup>th</sup> Annual  
BCAPOPOP  
Conference &  
Annual General  
Meeting

October 26 - 28, 2016

Supporting Diverse Needs  
with  
Compassion, Knowledge and Skill



Leadership, support and advocacy for pregnancy outreach programs throughout British Columbia

# General Information

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## Hotel

### Executive Airport Plaza Hotel

7311 Westminster Hwy

Richmond BC V6X 1A3

<http://www.executivehotels.net/vancouver-airport-hotel>

## Parking

**Complimentary parking for all overnight guests and attendees.**

Please register your vehicle with the hotel front desk upon arrival. They require your license plate number and the number of days you will be parking. Both outdoor parking and gated indoor parking will be available.

## Transit

- Bridgeport Station, Canada Line
- Free Airport Transfer for overnight guests

## Reservations

Call the hotel and book a room for the British Columbia Association of Pregnancy Outreach Programs Conference and reference: BC PREGNANCY OUTREACH PROGRAM.

### Conference rate: \$105/night + applicable taxes

Rooms will be held at our special conference rate until September 26, 2016. All guests will be accommodated in Plaza/Courtyard Rooms offering a queen-size bed or two doubles in a spacious room, complete with convenient amenities, including high speed internet access. Guests also have the selection of booking a One Bedroom Condo Suite for \$129/night + applicable taxes. Please confirm your preferences with the hotel at time of booking. For all other upgrade options, please contact the hotel.

### To make your reservation

Call 604.278.5555 or 1.800.663.2878

## Registration Information:

For questions about registration, please contact Stephanie Wong at 604.253.9675 or [stephaniew@froghollow.bc.ca](mailto:stephaniew@froghollow.bc.ca)

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## 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. Please contact conference planners to discuss options.

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## Support



**First Nations Health Authority** is recognized for their financial support in planning this event.



**Frog Hollow Neighbourhood House** is recognized for their assistance in planning this event

# Schedule

## Day 1: Wednesday, October 26, 2016

Time	Event	Topic	Speaker
8:00am – 9:00am	Registration & Breakfast		
9:00am – 10:30am	Welcome, Elder Opening & Plenary Session	African Drumming: Boosting Health and Community Spirit Through Rhythm	Lyle Povah
10:30am – 10:45am	Nutrition Break		
10:45am – 12:00pm	Regional Networking Meeting		
12:00pm – 1:00pm	Lunch & Activity Session	Gathering your Thoughts on the Updated Safe Infant Sleep Toolkit	First Nations Health Authority: Barbara Webster - Maternal, Kayla Serrato and Lucy Barney
1:00pm – 2:30pm	<b>Breakouts</b>	<ul style="list-style-type: none"> <li>• Understanding the Links Between Woman Abuse, Pregnancy and Mothering</li> <li>• Facilitating Group Conflict</li> <li>• Prenatal Education to Improve Maternal &amp; Infant Wellbeing</li> <li>• Young Children and the Digital Age: What to watch for</li> </ul>	<ul style="list-style-type: none"> <li>• Jill Cory</li> <li>• David Hatfield</li> <li>• Kathleen Mochoruk</li> <li>• Yvonne Adebar</li> </ul>
2:30pm – 2:45pm	Nutrition Break		
2:45pm – 4:15pm	<b>Breakouts</b>	<ul style="list-style-type: none"> <li>• Understanding the Links Between Woman Abuse, Pregnancy and Mothering (<i>Continued</i>)</li> <li>• Facilitating Group Conflict (<i>Continued</i>)</li> <li>• Prenatal Education to Improve Maternal &amp; Infant Wellbeing (<i>Continued</i>)</li> <li>• Sexuality &amp; Birth Control after Childbirth</li> </ul>	<ul style="list-style-type: none"> <li>• Jill Cory</li> <li>• David Hatfield</li> <li>• Kathleen Mochoruk</li> <li>• Sue Clarkson</li> </ul>

# Schedule

## Day 2: Thursday, October 27, 2016

Time	Event	Topic	Speaker
8:00am - 9:00am	Registration & Breakfast		
9:00am - 10:30am	<b>Keynote</b>	Beginnings: The Impact of Attachment from Pregnancy Through Early Childhood	Kim Barthel
10:30am - 10:45am	Nutrition Break		
10:45am - 11:45am	<b>Keynote</b>	Beginnings: The Impact of Attachment from Pregnancy Through Early Childhood <i>(Cont'd)</i>	Kim Barthel
11:45am - 12:15pm	Lunch		
12:15pm - 1:15pm	<b>AGM</b>		
1:15pm - 2:45pm	<b>Keynote</b>	Beginnings: The Impact of Attachment from Pregnancy Through Early Childhood <i>(Cont'd)</i>	Kim Barthel
2:45pm - 3:00pm	Nutrition Break		
3:00pm - 4:45pm	<b>Keynote</b>	Beginnings: The Impact of Attachment from Pregnancy Through Early Childhood <i>(Cont'd)</i>	Kim Barthel

## Day 3: Friday, October 28, 2016

Time	Event	Topic	Speaker
8:00am - 9:00am	Registration & Breakfast		
9:00am - 10:30am	<b>Breakouts</b>	<ul style="list-style-type: none"> <li>• Healthy Sexuality and STI Prevention with an Indigenous Cultural Focus</li> <li>• Working with Families: FASD and Complex Challenges</li> <li>• Mindful Eating</li> </ul>	<ul style="list-style-type: none"> <li>• Jessica Chenery &amp; Amanda Porter</li> <li>• Lisa Lothian</li> <li>• Jill Wallace</li> </ul>
10:30am - 10:45am	Nutrition Break		
10:45am - 12:00pm	<b>Breakouts</b>	<ul style="list-style-type: none"> <li>• Healthy Sexuality and STI Prevention with an Indigenous Cultural Focus <i>(Continued)</i></li> <li>• Working with Families: FASD and Complex Challenges <i>(Continued)</i></li> <li>• Mindful Eating <i>(Continued)</i></li> </ul>	<ul style="list-style-type: none"> <li>• Jessica Chenery &amp; Amanda Porter</li> <li>• Lisa Lothian</li> <li>• Jill Wallace</li> </ul>
12:00pm - 12:15pm	Reassembly Break		
12:15pm - 1:30pm	Closing Remarks & Plenary Session	Laughter Yoga	The Smiling Yogi

# Day 1

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## African Drumming: Boosting Health and Community Spirit Through Rhythm

A drum circle is a rhythm-based event where people gather in a circle to express themselves with African drums and percussion instruments. A facilitator guides the session, encouraging and supporting people as they reconnect with their innate sense of rhythm. Inclusiveness is a core principle - people of all backgrounds, mobility, ages and skill levels (even first-time beginners) can participate. It becomes a model for our world family, an opportunity to engage in this age-old activity where young and old play and celebrate together.

### Speaker: Lyle Povah

Lyle is a musician, educator, and researcher, facilitating rhythm-based events and programs locally and globally. He utilizes music, and in particular African drumming combined with other modalities, as a tool to build community and boost health. "Drumming and Health" offers programs in hospitals, corporate settings, at conferences, child and adult health centres, corrections/restorative justice programs and in community settings. Lyle works with youth, seniors, students, special populations and within faith-based communities. Lyle has worked at BC Children's Hospital one day a week for 23 years and conducts programming and research at St. Paul's Hospital on the Eating Disorder ward. He is on the Faculty and leads "Drum Talk" and "Drum Talk for Families" at the Haven on Gabriola Island, facilitates executive development programs for UBC's Sauder School of Business. In addition, he leads the 18 year running weekly drop-in Beat Street Community Drum Circle, and works with InspireHealth Integrative Cancer Care. Certified in Kundalini Yoga, Lyle teaches at YogaOne and Bound Lotus Yoga Centre.

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## Regional Networking Meetings

Join the colleagues from your region to share about common challenges and more importantly, exchange positive strategies for success. Discussion on solutions will be led by regional representatives. Take this opportunity to collaborate with other staff in your region.

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## Breakout: Understanding the Links Between Woman Abuse, Pregnancy and Mothering

If you are relatively new to this work, this workshop will give you a solid framework and some tools to effectively support women impacted by abuse. If you are experienced in this field, this workshop will help consolidate many of the things you have already learned from women and perhaps bring some new perspectives or insights to your work. This workshop is very interactive to provide participants the opportunity to practice and reflect on the workshop tools and resources.

This session includes developing optimal support for women who have experienced abuse and who are pregnant and mothering. Current research identifies key risk factors that are associated with perinatal violence, including younger age of the woman, lower socio-economic status, unintended pregnancy and substance use by women and perpetrators of violence. More recently, drawing on the experiences of women and frontline workers, combined with research, we have been examining the links between woman abuse, substance use and mental health concerns to improve support for women.

Learning outcomes of the workshop:

1. Increase knowledge about the dynamics and health impacts of women abuse
2. Improve service provider awareness of risk factors related to violence against women, particularly in the perinatal period
3. Explore the links between women abuse, substance use and mental health concerns and explore supportive approaches for women
4. Increase knowledge and ability of service providers to address pregnant women's safety in the context of perinatal care, substance use and/or mental health concerns
5. Learn some fundamental tools to assist women to understand and heal from the abuse

*Maximum Capacity: 40 people*

### Speaker: Jill Cory

Jill Cory began working at a women's shelter over 20 years ago. She was so moved by the strength of women as they struggled to make sense of their partner's abuse that she has committed her career to supporting women with experiences of abuse. She has pursued research that explores the experiences, barriers and challenges that women face when leaving abusive relationships. She developed and facilitated group counseling programs for women, and was part of a team that provided groups for abusive men. Jill worked at BC Women's Hospital & Health Centre for 18 years, where the overlapping experiences of pregnancy, mothering and abuse were a focus. She traveled extensively to deliver violence-informed, women-centered workshops to improve health care and community services for women with experiences of abuse. Jill is the co-author of *"When Love Hurts: A Women's Guide to Understanding Abuse in Relationships."*

# Day 1

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## Breakout: Facilitating Group Conflict

When conflict emerges in groups, facilitators are thrust into the fire of tension and competing voices. This is both a challenge and an opportunity. Western culture seems largely uncomfortable with conflict and either seeks to avoid it, marginalize it, or forbid it from unfolding. Though these actions can soothe our sense of disturbance, the important messages, insights and learnings that conflict brings, are lost. This session will offer tools and awarenesses that support facilitators to work with conflict, not inflame groups unintentionally, and use their facilitator role to better access the wisdom and possibilities that accompany conflict.

This session will introduce a *deep democracy* approach. A deeply democratic approach seeks to include all points of view, especially those typically marginalized. Our exploration will include the diversity within the facilitator as well. We'll look at how to directly engage with energies and points of view that rattle us and our groups. A second aspect will be to increase our awareness of how power and rank issues influence the conflict process, both within the group and within the facilitator.

*Maximum Capacity: 40 people*

### Speaker: David Hatfield

David Hatfield is a leadership consultant and an educational facilitator specializing in transformative education. His design and delivery has been contracted nationally and internationally since 1997. David's areas of focus are transformation, masculinity, teaching facilitation, and improvisational singing. He holds an M. Ed. in Social Ecology and is completing an M.A. in Process Oriented Facilitation and Conflict Studies. [www.davidhatfield.ca](http://www.davidhatfield.ca)

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## Breakout: Prenatal Education to Improve Maternal & Infant Wellbeing

In this session, attendees will be presented with engaging lessons that will assist pregnant women with a basic understanding of pregnancy and birth. Participants will work in small groups and learn practical information about childbirth which they can then take back to their communities. The information presented will assist expectant mothers in making informed choices before and during their birth experience.

*Maximum Capacity: 30 people*

### Speaker: Kathleen Mochoruk

Kathleen Mochoruk, RN, IBCLC, and Childbirth Educator is the found, owner and primary educator at Baby Prep™. Kathleen has over 17 years' experience in obstetrical nursing and has provided care to many women, most recently in St. Paul's Hospital and BC Women's Hospital in Vancouver, BC. She also has over 11 years' experience as a lactation consultant and childbirth educator. In 2005, Kathleen developed a prenatal education curriculum for women with high risk pregnancies and began teaching private in-home classes to expectant couples who were not able to attend traditional prenatal classes. Combining her medical knowledge and her enthusiasm for helping expectant mothers, she expanded her private class offerings to include group classes in downtown Vancouver and her company Baby Prep™ was born. Kathleen has been honoured to educate and empower over 5000 expectant parents so far. She believes prenatal education should be delivered by a professional who can provide current evidence based prenatal information along with best practice in a friendly and engaging manner. Kathleen is a nursing graduate of the Saskatchewan Institute of Applied Science & Technology and resides in Vancouver, BC with her husband and two young children.

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## Breakout: Young Children and the Digital Age: What to watch for

This workshop will examine current research related to young children and their involvement with technology. Included will be discussions on the impact of development as a result of the child's engagement with technology. We will also explore the role parental behaviours play as related to parental use and beliefs regarding technology. Suggestions for practice for pregnancy outreach program facilitators and outreach workers will be included.

*Maximum Capacity: 30 people*

### Speaker: Yvonne Adebar

Yvonne Adebar has worked with young children and families for 40 years in a number of capacities. These include early childhood educator in preschools and daycares, child centre supervisor and resource teacher. She has taught a variety of college courses and presented at conferences on topics related to young children and families all across British Columbia and Ontario. At present, she is the program manager for Early Childhood Developmental Services with Sources, a community resource agency in Surrey, BC. She is also conducting her own research related to young children and technology for completion of her Master's Degree in Early Childhood Education at UBC.

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## Breakout: Sexuality and Birth Control after Childbirth

**This workshop was delivered at the 2015 BCAPOP Annual Conference and is back by popular demand.**

When working with postpartum women, many caregivers are comfortable discussing physical and emotional changes that arise, but how comfortable are we with questions regarding sexuality, birth control, libido, and sex after baby? This workshop will help provide you with the skills to address these topics when questions arise. We will look into birth control options that are safe during breastfeeding, discuss physical and emotional changes that may affect a client's sexual response, and suggest strategies to help support a couple's relationship. We will also review facts and myths around sexual health during the perinatal period.

*Maximum Capacity: 30 people*

### Speaker: Sue Clarkson

Sue graduated in 1992 from Ryerson University in Toronto, and literally left the next day to travel for a year, before settling in BC. Together with a team of motivated volunteers, Sue spearheaded the Sexual Health Task Force in Whistler, BC, which ultimately resulted in the Whistler Opt Clinic. In 1999, Sue volunteered in Nepal providing maternal/infant care and HIV prevention education to the local Nepali people, a trip that significantly impacted her life. She returned to Canada and moved to Fernie BC, where she continued her career as a Sexual Health Educator and RN Supervisor with Opt, a Childbirth Educator, and an RN with the Healthy Pregnancy Outreach Program. She has received CRNBC Certification in STI Management and Contraceptive Management. Sue is passionate about women's health and empowering clients with relative, age-appropriate education and resources. In her spare time, she is busy raising two active boys, skiing, biking, running and playing the ukulele.

## Beginnings: The Impact of Attachment from Pregnancy through Early Childhood

This one-day workshop, custom made specifically for BCAPOP, will ignite the learner with a deeper understanding of how attachment patterns unfold from conception throughout early development. Highlighted topics will include a preliminary understanding of brain development in utero and the impact of stress upon the developing brain. Discussions about epigenetics, sensory and motor development will help learners appreciate the impact that our fetal experiences have upon our learning and behaviour, even as adults. The brain is significantly shaped by relationships in early life, deeply influencing development of resilience, mental health and the development of future healthy relationships across the lifespan.

### Speaker: Kim Barthel

Kim Barthel is a world-renowned therapist and teacher. Supporting multidisciplinary settings in many cultures internationally, Kim has a passion for helping figure out why people do the things they do. Some of her specialties are Neuro-Development Treatment, Sensory Processing, Attachment, Trauma, Neuroscience and how the science of relationship relates to learning. To empower personal reflection and healing with her friend Theo Fleury, she recently co-authored the national best-seller *“Conversations with a Rattlesnake.”* Kim’s mission is to support the conscious evolution of the human spirit.

## Breakout: Healthy Sexuality and STI Prevention with an Indigenous Cultural Focus

Chee Mamuk, Aboriginal Program at the BC Centre for Disease Control, is a provincial Aboriginal program that provides innovative and culturally appropriate education about sexually transmitted infections (STI) including HIV and hepatitis. Chee Mamuk's services are grounded in community, tradition and science in order to build capacity in Aboriginal communities to prevent the spread of TIs including HIV and Hepatitis. Key to Chee Mamuk's success is the combination of innovation with a grass roots approach in developing culturally appropriate educational materials that are fun, low-barrier, and designed to promote health and public awareness in a culturally appropriate manner.

This break out session will involve meaningful conversations about healthy sexuality, with a strong focus on STI prevention, and on celebrating and building on community strengths. It will involve engaging activities, games and a talking circle.

*Maximum Capacity: 30 people*

### Speaker: Jessica Chenery

Jessica is the Program Lead for the Chee Mamuk, Aboriginal Program. For the last 6 years Jessica has enjoyed her work at Chee Mamuk with a community based program called Around the Kitchen Table (ATKT). ATKT trains teams of women to engage and connect with other women in their home communities in a series of educational sessions combining social, self-care and cultural activities with information on Sexually Transmitted Infections (STIs) including HIV and hepatitis.

### Speaker: Amanda Porter

Amanda is the Nurse Educator with Chee Mamuk, Aboriginal Program. She holds a Bachelor of Science in Nursing degree from Thompson Rivers University. She has been working with Chee Mamuk for the past three years. Her work has primarily evolved from the existing Chee Mamuk trainings and programs as well as creating new curriculum with the Chee Mamuk team. Her previous work experience includes working as an acute care nurse in a small rural hospital and as a Community Health Nurse for three First Nations communities in the Interior.

# Day 3

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## Breakout: Working with Families: FASD and Complex Challenges

This session is intended to increase frontline workers' capacity to address the complex challenges of working with women who are, or may be, living with FASD. An overview of FASD will be provided, including information around behaviours and barriers to service. Participants will also explore support strategies and the importance of accommodations to programming. In addition, participants will engage in conversations to build confidence around FASD prevention.

*Maximum Capacity: 30 people*

### Speaker: Lisa Lothian

Lisa Lothian is the Supervisor of Pre and Postnatal Services at Burnaby Family Life coordinating programs for "at-risk" perinatal women. Her background in psychology ignited her passion for working with marginalized women and finding ways to engage and empower them to make positive life choices. She believes in being client-centered and finds that working with a sense of humour helps encourage and motivate change. Lisa has partnered with the College of New Caledonia for the past two years to deliver community tailored training on Collaborative, Strength-based Approach to FASD Informed Practice to PHAC funded programs. She continues to serve on the Board of Directors for BCAPOP.

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## Breakout: Mindful Eating

Learn about Mindful Eating, and how it helps your clients deal with many issues during pregnancy and postpartum. Dealing with cravings, maintaining a healthy body image, becoming a more intuitive eater – these things help clients cope with many challenges of this important time of life.

Learn to help clients block out external cues and listen to their bodies. Unlike a diet-centered approach, Mindful Eating focuses on the

*Maximum Capacity: 40 people*

### Speaker: Jill Wallace

Jill Wallace is a Registered Dietitian and owner of Nurture The Future Nutrition where she specializes in prenatal and family nutrition. Before running Nurture The Future Nutrition full-time, Jill worked in various Pregnancy Outreach Programs. Jill holds a BSc in Dietetics from University of British Columbia and is also a certified substance abuse counsellor, through Vancouver Community College as well as a Chartered Herbalist through Dominion Herbal College. She has completed the Breastfeeding Course for Healthcare Professionals through Douglas College and the Terrific Toddler Certification. She is a Baby-wearing Educator and completed Level 1 through the Canadian Baby-wearing School.

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## The Smiling Yogi Laughter Yoga

The Conference Closing Laughter Session will be a fun and energizing discovery of Laughter. Based on Dr. Madan Kataria's world-famous formula for easily accessing the health benefits of laughter through simple steps suitable for any level of ability, participants will receive an intro to Laughter Yoga, a playful Laughter Session, and a Laughter Meditation that will leave them with feelings of peacefulness, stress relief and connection with their inner spirit of joy. Learn more at [www.thesmilingyogi.com](http://www.thesmilingyogi.com).

No special clothing or equipment required, just bring your smile!

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# Registration

## Event Registration

Register early, as space is limited. PLEASE NOTE: If your program has more than one person attending, a registration form and payment is required for each attendee.

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Name	Phone Number
Program Name	Email
Address	Coordinator's Name

Dietary Needs/Restrictions: \_\_\_\_\_

Does your program have a BCAPOP Membership for 2016-2017?  Yes  No

BCAPOP Membership Number: \_\_\_\_\_

### Conference Pricing: Please indicate your registration choice

Early Bird ..... By August 15  
Regular Registration ..... Aug. 16 – Sept. 30  
\*Late Registration..... Oct. 1 – Oct. 25

	Early	Regular	Late*
Full Voting Members	\$300	\$325	\$350
Associate Members	-	\$400	\$425
Non-Members	-	\$525	\$550
1 day only (Wednesday)	-	\$175	\$200
1 day only (Thursday)	-	\$175	\$200
1 day only (Friday)	-	\$175	\$200
<b>Total Payment:</b>	<b>\$</b>		

Registration continued on next page

• BCAPOP Full Voting Membership is \$265/year and available at [bcapop.ca](http://bcapop.ca)

#### Refund and Cancellation Policy

Refunds will be made (less a \$50 processing fee) if notice is received by October 1, 2016. No refunds will be granted for withdrawal after October 2, 2016. The Conference Committee reserves the right to cancel or make changes to the program if registration is insufficient.

# Registration

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## Workshop Registration

Some workshops fill up quickly. To ensure you get the selection you prefer, please register early. If the workshop you select is full, you will automatically be registered in another workshop.

Your Name \_\_\_\_\_

### Wednesday, October 26, 2016

Please rank your Day 1 breakout selections in order of preference (1 to 4):

#### 1:00pm – 4:15pm

- Understanding the Links Between Women Abuse, Pregnancy and Mothering
- Facilitating Group Conflict
- Prenatal Education to Improve Maternal & Infant Wellbeing
- Young Children and the Digital Age: What to watch for (1:00pm - 2:30pm), paired with Sexuality and Birth Control after Childbirth (2:45pm – 4:15pm)

### Friday, October 28, 2016

Please rank your Day 3 breakout selections in order of preference (1 to 3):

#### 9:00am – 12:00pm

- Healthy Sexuality and STI Prevention with an Indigenous Cultural Focus
- Working with Families: FASD and Complex Challenges
- Mindful Eating

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## Payment

**Payment must be received with registration. Cheques are payable to BCAPEP. Please register by one of the methods below.**

For questions about registration, please contact Stephanie Wong at 604-253-9675 or [stephaniew@froghollow.bc.ca](mailto:stephaniew@froghollow.bc.ca)

Please ensure all forms of payment clearly identify the individual(s) being paid for. For example: cheque memo line or Paypal note/comments include first and last names of attendee(s).

### 1 Email, Mail or Fax Registration

Please download this PDF, save under a new name and input your information. Then submit by email, mail\* or fax\* with form and payment.

**BCAPEP Conference Committee**      **Phone:** 604.253.9675 | **Fax:** 604.215.2474  
2106 Commercial Drive                      [registration@bcapop.ca](mailto:registration@bcapop.ca)  
Vancouver, BC V5N 4B4

\* Mail and fax submissions only require the last 2 registration pages (pages 12 and 13) be submitted.

### 2 Online Registration

[bcapop.ca](http://bcapop.ca)

Payment for online registrations can be made via PayPal or by sending a cheque to the address on the left.