



BCAPOP'S
25th ANNUAL
PERINATAL CONFERENCE
PROGRAM
MAY 14TH & 15TH, 2024
WESTIN WALL CENTRE, VANCOUVER AIRPORT



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Land Acknowledgment

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.

Use #BCAPOP in all your conference social media posts for a chance to win!

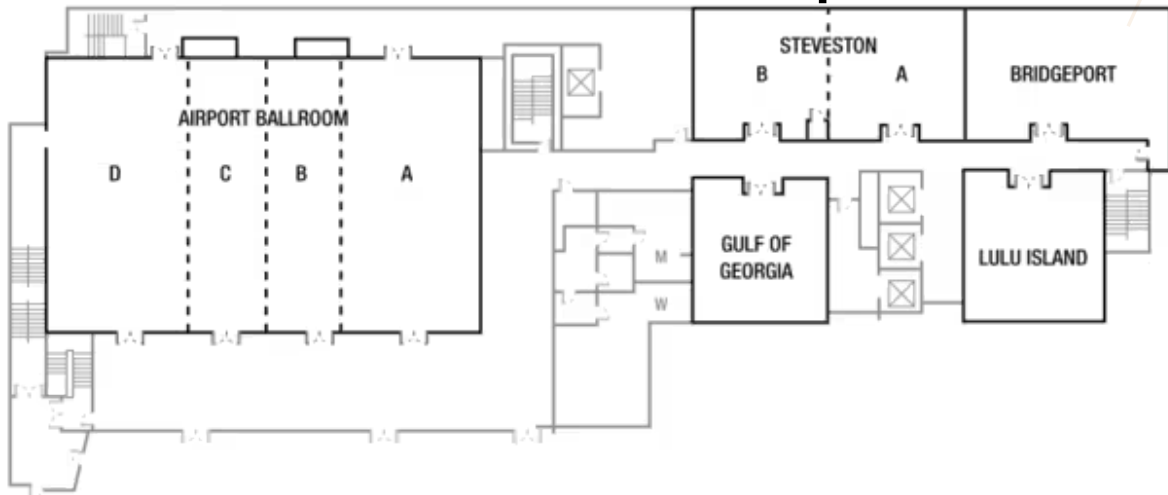
Conference at a Glance

<p>Monday, May 13th, 2024 4:30-6:30PM</p>	<p>Networking Reception sponsored by Perinatal Services BC and 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 kʷəme? tə səxʷsuxʷ <i>with Sue Sterling-Bur, Ph.D. Candidate</i></p>

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



Conference Floor Map



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NETWORKING RECEPTION

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



**Perinatal
Services BC**

Provincial Health Services Authority



SPONSORS & DONORS

We are grateful to our sponsors and donors for supporting BCAPOP's 25th Annual Perinatal Conference.

Networking Reception Sponsor



Wellness Break Sponsor



Lived and Living Experience Conference Registrant Sponsor



Door Prize Donor





EXHIBITORS

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



Perinatal
Services BC

Provincial Health Services Authority



centre of excellence
for women's health



REPRESENTATIVE FOR
CHILDREN AND YOUTH

CHILD HEALTH BC

LEAD BENEFACTOR

save on foods



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

Tuesday May 14th 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	Nurturing Child and Infant Rights with Tracey Eyles, BSc, MEd (Candidate)	Reducing Stigma with Lindsay Wolfson, MPH and Dr. Nancy Poole PHD	My Baby Won't Latch with Erin Fulton, RN, BScN, IBCLC, MSN	Inviting Fear Forward with Morgan Glover, CBE, CBS	Pregnancy Plot Twists with Dr, Alicia Power, MD & Dr. Sarah Lea, MD
10:30 am - 11:00 am	Wellness Break (Sponsored by LGM Engineering)				
11:00 am - 12:30 pm	<i>Continued</i> Nurturing Child and Infant Rights with Tracey Eyles, BSc, MEd (Candidate)	<i>Continued</i> Reducing Stigma with Lindsay Wolfson, MPH and Dr. Nancy Poole PHD	<i>Continued</i> My Baby Won't Latch with Erin Fulton, RN, BScN, IBCLC, MSN	<i>Continued</i> Inviting Fear Forward with Morgan Glover, CBE, CBS	<i>Continued</i> Pregnancy Plot Twists with Dr, Alicia Power, MD & Dr. Sarah Lea, MD
12:30 pm - 1:30 pm	Lunch Break				
1:30 pm - 2:45 pm	Keynote Supporting Families on their Chest/Breastfeeding Journey 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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2:30 pm - 3:30 pm	Feature Presentation An Indigenous Nte?kepmx Spilahem Twin Birth Story of Resiliency for k'wəme? tə səx'wux^w with Sue Sterling-Bur, Ph.D. Candidate				
3:30 pm - 4:00 pm	Closing Remarks & End of Day Draws (must be present)				

Tuesday May 14th Agenda

Breakfast 8:00 am - 9:00 am

Continental Breakfast, Airport Ballroom

Opening and Traditional

Welcome 9:00 am - 9:20 am

Elder, Musqueam Nation

Heather Cameron, RN, BCAPOP Executive Director

Wellness Break 10:30 am - 11:00 am

(Sponsored by LGM Engineering)

Breakout Sessions 9:30 am - 12:30 pm

Airport Ballroom

Nurturing Child and Infant Rights with Tracey Eyles, BSc, MEd (Candidate)

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

Gulf of Georgia

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

Lunch Break 12:30 pm - 1:30 pm

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.

Wellness Break 2:45 pm - 3:15 pm

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

She Found Motherhood

Closing 4:20 pm - 4:30 pm

Heather Cameron, RN, BCAPOP Executive Director

Elder Glida Morgan, Tla'amin Nation & Homalco First Nation

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Wednesday May 15th Agenda

Breakfast 8:00 am - 9:00 am **Continental Breakfast, Airport Ballroom**

Opening and Traditional **Elder, Musqueam Nation**

Welcome 9:00 am - 9:20 am **Heather Cameron, RN, BCAPOP Executive Director**

Wellness Break 10:30 am - 11:00 am

Breakout Sessions 9:30 am - 12:30 pm

Airport Ballroom Nurturing Child and Infant Rights with Tracey Eyles, BSc, MEd (Candidate)

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

Gulf of Georgia Pregnancy Plot Twists with Dr. Alicia Power, MD and Dr. Sarah Lea, MD

Lunch Break 12:30 pm - 1:30 pm

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

Feature Presentation 2:30 pm - 3:30 pm

**An Indigenous
Nte?kepmx
Spilahem Twin Birth
Story of Resiliency
for k'wəme? tə
səx^wsux^w**

with Sue Sterling-Bur, Ph.D.
Candidate

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

Closing 3:30 pm - 4:00 pm

Heather Cameron, RN, BCAPOP Executive Director

Elder Glida Morgan, Tla'amin Nation & Homalco First Nation

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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

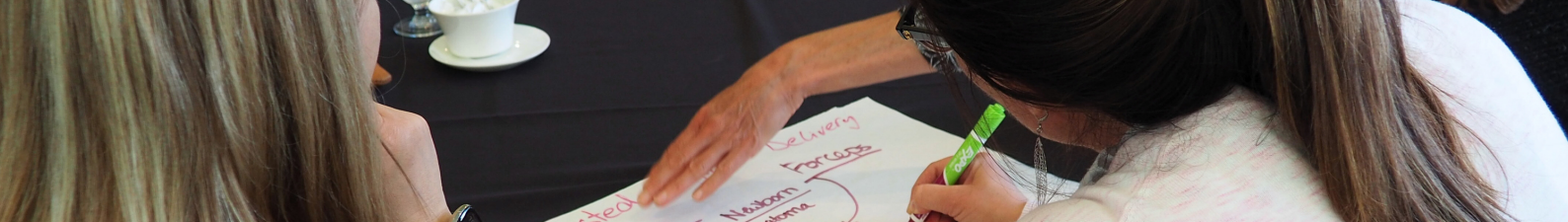
Inviting Fear Forward

with Morgan
Glover
CBE, CBS

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.

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, , BSc, MEd (Candidate)

ELDER & EMCEE BIOS

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 an 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.



Heather Cameron (Emcee)

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.

SPEAKER BIOS



Erin Fulton

(Keynote/Breakout)

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 (Feature)

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



Morgan Glover (Breakout)

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 (Breakout)

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



Dr. Nancy Poole (Breakout) **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 (Breakout)

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

Dr. Sarah Lea (Breakout)

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 (Breakout)

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

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Tickets | Purchase your ticket [here](#)

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