

# Kootenay Birthing Congress

2<sup>nd</sup> Annual  
April 10 & 11, 2015

## *From Youth to Parenthood*

You are all invited: pregnant women, parents, health professionals, and educators.

This congress is dedicated to,

1. **Friday April 10**, sharing knowledge about sex education and family planning at school and at home, for the health and the wellbeing of our youth.

We will celebrate our gathering with a presentation by teenagers to foster their needs, crowned by songs and an opera concert!

2. **Saturday morning April 11 - hearing** from obstetricians and midwives - front line practitioners – and birth professionals involved in perinatology. **Sharing** recent findings in this field. **Round table** to close the am session on how to integrate the best of all practices – creating networks of available services in our area.
3. **Saturday afternoon April 11 - sharing** with parents, those contemplating pregnancy, mothers, youth and young couples to acknowledge the challenges and the beauty of becoming parent!

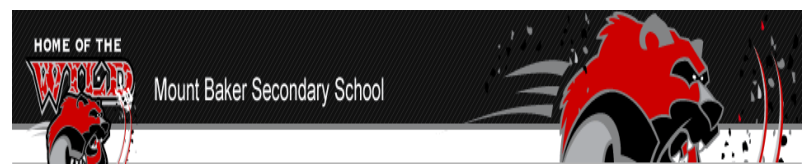
## OUR GUESTS



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

**Pat Chisholm**, Registered Nurse,  
program coordinator for Bellies to  
Babies, Cranbrook, BC

**Carrie Blais**, Teacher at Mount Baker  
School, coordinates a group of  
Teenager who will present  
how they consider love, Cranbrook,  
BC





The **Vera Chamber Choir** from Jaffray and the soloists Sophia Hoffman, Jasmine Dube, Lubka Amigues and Guillaume Courmont, Jaffray, BC

**Joel Evans, MD, OB/GYN**

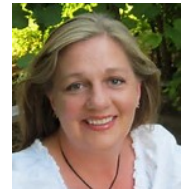
Founder and director of The Center for Women’s Health. He practices Integrative Obstetrics and Gynecology and Chief Medical Officer of Liiv.com, provider of the latest health information to health. His book, *The Whole Pregnancy Handbook* (Gotham, 2005), received widespread critical acclaim and media attention, Connecticut, USA



**Jane Blackmore, Sivan Bar-Sever and Kyra Warren**

Midwives of the Kootenays in association with Carolyn Thibeault and Sivan Bar-Sever, BC – They will be assisted by Doula Darla Sparrow

**Sharon Sedgwick**, Childbirth Educator and Doula, specialized in birth trauma and representative in the USA for “The Journey”, USA



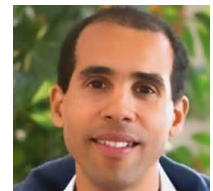
**Sandra Bardsley**, APPPAH’s president and co-founder, in Birth Psychology since 30 years, California, USA

**Laura Uplinger**, Prenatal and Perinatal Educator for more than 30 years, alumni board member of APPPAH (Association for Prenatal & Perinatal Psychology and Health), Rio de Janeiro, Brazil



**Francois Amigues**, Osteopath, President of *Ideal Family* and of the *Canadian Association of Prenatal Education*. Project manager of the KBC, BC

**Cristallin Toullec**, Osteopath, Co-organizer of the KBC. BC



**Christina Warmenbol**, Doula & Childbirth educator, Co-organizer of the KBC, BC

## PROGRAM

# Sexual Education & Family Planning

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Friday pm, April 10<sup>th</sup> 2015

*How can we enhance sexual health and family programs that are taught?*

5 pm	<b>Presentation of the Birth Charter proposed at the United Nations</b> by François Amigues, organizer
5:10 pm	<b>Sexual Health and Family Planning</b> , by Pat Chisholm, Registered Nurse, program coordinator for Bellies to Babies, Kootenays, BC. <b>Q&amp;A</b>
5:50	<b>Break &amp; light lunch</b> (if reserved)
6:20 pm	" <b>Teenagers &amp; Love</b> " prepared by a team of teenagers from Cranbrook, BC. <b>Q&amp;A</b>
6:50	<b>Update in Family Planning and Sexual Health</b> , François Amigues & Cristallin Toullec, pediatric osteopaths from Jaffray, BC. <b>Q&amp;A</b>
7:10 - 7:45 pm	<b>Round table discussions</b> with the teachers, practitioners and all attendees to share our numerous ways of approaching family planning.
7:45 - 8:45 pm	<b>Songs &amp; Opera Concert</b>

# Birthing & Parenting

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Saturday morning, April 11<sup>th</sup> 2015

*What is new to facilitate birth?*

9 – 9:45 am	<b>A wider understanding of obstetrics</b> , by Joel Evans, OB/GYN, Connecticut USA. <b>Q&amp;A</b>
9:45 – 10:30 am	<b>Midwifery in the Kootenays</b> , Jane Blackmore, Sivan Bar-Sever and Kyra Warren, Midwives from the Kootenays. Assisted by Doula Darla Sparrow. <b>Q&amp;A.</b>
10:30 – 10:45 am	Break.
10:45 – 11:30 am	<b>For a Birth Charter</b> François Amigues, Cristallin Toullec and Laura Uplinger, NGO representatives. <b>Q&amp;A</b> <b>Practical tips for birthing</b> (Zoya Manoeuvre)

11:30-12:30 am	<b>Round table discussions</b> , networking and integration of new findings.
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**Saturday pm, April 11<sup>th</sup> 2015**

*Challenges to the creation of a family.*

*Resources for raising our children in 2015.*

2 – 2:45 pm	<b>Conception, Pregnancy, Birth &amp; Parenting Resources in the Kootenays</b> , Cristallin Toullec, Christina Warmenbol and François Amigues, NGO representatives from Jaffray. <b>Q&amp;A.</b>
2:45 – 3:30 pm	<b>Post-partum: How to heal from traumatic deliveries?</b> Sharon Sedgwick, Childbirth Educator and Doula, specialized in birth trauma. <b>Q&amp;A.</b>
3:30	Break.
3:45 – 4:45 pm	<b>Peaceful parenting</b> , Sandra Bradsley, APPPAH's president from USA; Laura Uplinger, perinatal parenting specialist from Brazil and François Amigues Osteopath for infants. <b>Q&amp;A.</b>
4:45-5:30 pm	<b>Round tables discussions</b> with all attendees sharing numerous ways of approaching peaceful parenting and birthing.

## Birth healing workshop

for mothers with traumatic memories around delivery

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*Experience a deep healing of all difficult memories around your delivery with Sharon Sedgwick*

**Sunday, April 12<sup>th</sup> 2015**

5 hours workshop from 11 am to 5 pm at the yurt of I.D.E.A.L. society, 7770, Jaffray Baynes Lake Road, Jaffray, V0B 1T0, BC

# Registration and Reservation

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Please, fill, copy and send your registration and reservation to [info@tobeparent.com](mailto:info@tobeparent.com)

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2<sup>nd</sup> Annual  
April 10 & 11, 2015

Name: \_\_\_\_\_

Email address: \_\_\_\_\_

Phone: \_\_\_\_\_

Occupation: \_\_\_\_\_

### Check the blocks you will attend:

Friday afternoon     Saturday morning     Saturday afternoon

**Fees:** 60\$ for the whole congress or 25\$ per block payable by e-transfert to [info@tobeparent.com](mailto:info@tobeparent.com) (Password: cranbrook) or at the door  
Free for students and half price for pregnant women  
Concert on donation

Friday evening light meal (only on reservation), 10\$

### Check your options for the Sunday workshop for mothers:

Sunday workshop     Workshop lunch optional, 10\$

**Fees:** 60\$ for the Sunday workshop

Minimum down payment of 10\$ to reserve your place.  
Payable by e-transfer to [info@tobeparent.com](mailto:info@tobeparent.com) (Password: cranbrook).

**Drinks & snacks are included at each break**

**Address:** *College of the Rockies, Room 250, 2700 College Way, Cranbrook, BC, V1C 5L7*