

Conference 2011



presents...

'Supporting Special Circumstances'

Saturday May 28th & Sunday May 29th

Delta Meadowvale Conference Centre

Mississauga, Ontario

Register Early and SAVE!!!

www.doulacare.ca

Two Day Conference - EARLY BIRD until April 30th

DoulaCARE Members - \$175.00 Non-Members - \$225.00

Single Day Conference - EARLY BIRD until April 30th

DoulaCARE Members - \$95.00 Non-Members - \$120.00

Two Day Conference - AFTER April 30th

DoulaCARE Members - \$200.00 Non-Members - \$250.00

Single Day Conference - AFTER April 30th

DoulaCARE Members - \$115.00 Non-Members - \$140.00

Increase your Knowledge - Network with other Childbirth Professionals

Visit our Exhibitor Hall - Earn CEU's

Lunch and Snacks Provided - Free Parking - Accessible by Transit

Join your friends and colleagues and be a part of this exciting two day event that you wont want to miss !!!

Learn how to support birthing and postpartum families when they need you the most.

Become prepared to meet breastfeeding challenges.

Experience how to 'doula' yourself when you need support.

Share ideas, build connections and have some fun with others who share the same passion.

REFLECT - RECHARGE - RENEW

Who is this conference for? It's for you!

- Birth & Postpartum Doulas
- Doulas In Training
- Childbirth Educators
- Midwives
- Lactation Consultants
- Nurses
- Perinatal Fitness Instructors
- Holistic Professionals
- Obstetricians and Family Doctors
- Other health care professionals

Hotel Information

Overnight Accommodations at the Delta Meadowvale
Special Conference Rate of \$104.00 + taxes per room
Call 1-800-422-8238 and Quote 'DoulaCARE' when booking

**For more information about the conference
Please contact Natasha or Natalia at events@doulacare.ca**

Conference Speakers



Pam England, MA, CNM

A home birth midwife and mother who, inspired by her own birth experiences, conceived BIRTHING FROM WITHIN® and developed this innovative, holistic approach to childbirth and postpartum preparation. Pam developed a new structure for childbirth classes and tested and refined many new multi-sensory processes that now comprise the BIRTHING FROM WITHIN® approach. In March 1999 in Austin, Texas, Pam began presenting and teaching birth professionals the philosophy and processes of BIRTHING FROM WITHIN®. Since then, thousands of experienced and aspiring childbirth teachers, doulas, nurses, midwives, natural health practitioners, mothers and therapists all over the US, Canada, UK and the world, who are enthusiastic about the dynamic, life-changing BIRTHING FROM WITHIN® approach are taking an active part in creating a paradigm shift.



Susan Martensen, CD(DONA), PCD(DONA)

One of DoulaCARE's Founders, as well as the former President of D.O.N.A. International. Susan has been a birth and postpartum doula since 1990, Susan is a DONA Postpartum program mentor and trainer and also a D.O.N.A. birth doula trainer. Susan has participated in training postpartum and birth doulas since 1995. She has served on various hospital and Family-Centered Maternal/ Infant Health committees. She is a published author in various maternal health magazines and is also a noted speaker in North America.



Jean Kouba, R.N., IBCLC

Jean Kouba is a registered nurse and an International Board Certified Lactation Consultant (IBCLC). She is the President of the Canadian Lactation Consultants Association (CLCA), and co-chair of the Halton Baby Friendly Initiative. She presents educational breastfeeding programmes to physicians, medical students, lactation consultants, midwives, nurses and related healthcare personnel regarding the art of breastfeeding and the management of breastfeeding challenges. Jean writes articles related to breastfeeding and is the co-author of L EAT; a breastfeeding teaching tool for healthcare professionals . Jean has a private practice where she provides pre and post natal home visits to breastfeeding mothers and their babies in Oakville and the Halton Region and hosts a bi-weekly Breastfeeding Cafe. Her website: www.haltonbreastfeeding.com offers an interactive advice forum, short educational videos and current articles related to breastfeeding.

Special Guests, Sponsors & Exhibitors

TBA upon confirmation

Daily Agenda

Saturday May 28th

8:00am-9:00am
Registration Open

9:00am-9:15am
Welcome Presentation

9:15am - 10:45am
Key Note Speech
Preventing Birth Trauma.
Pam England, MA, CNM

10:45am - 11:00am
Break
Exhibitor Hall Open

11:00am - 11:30am
Introduction
Special Circumstances in Postpartum.
Susan Martensen, CD(DONA), PCD(DONA)

11:30am - 12:00pm
Introduction
Special Circumstances in Breastfeeding.
Jean Kouba, R.N., IBCLC

12:00pm - 1:15pm
Lunch
Exhibitor Hall Open

1:15pm - 3:00pm
Help ourselves before we help others.
Do we blame ourselves when the unexpected happens, what are our own beliefs?
Pam England, MA, CNM

3:00pm - 3:15pm
Break
Exhibitor Hall Open

3:15pm - 5:00pm
How to help woman who have experienced Birth Trauma.
Pam England, MA, CNM

Sunday May 29th

7:30am-8:15am
Morning Yoga - Britannia Room
Madelaine Mahesh

8:15am-9:00am
Registration Open

9:00am - 10:30am
Cesarean awareness and healing.
Pam England, MA, CNM

10:30am-10:45am
Thank You Presentation

10:45am - 11:45am
How can we help families when the postpartum period or birth did not go as planned?
Susan Martensen, CD(DONA), PCD(DONA)

11:45am - 12:00pm
Break

12:00pm-1:00pm
How can we help ourselves when our clients postpartum period or birth did not go as planned?
Susan Martensen, CD(DONA), PCD(DONA)

1:00pm - 1:45pm
Lunch
Exhibitor Hall Open

1:45pm - 2:45pm
Assessment and and management of breastfeeding challenges.
Jean Kouba, R.N., IBCLC

2:45pm - 3:00pm
Break

3:00pm - 4:00pm
Assessment and and management of breastfeeding challenges cont.
Jean Kouba, R.N., IBCLC

4:00pm - 4:45pm
Closing Presentation
Draw for Door Prizes