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Network News Issue #24 - November 2023



Women & Children's Health Network

CENTRAL REGION NORTH

MUSKOKA'S LITTLE LOSS LIBRARY

Pregnancy and Infant Loss Resources

This community **lending library** is intended to support parents experiencing pregnancy or infant loss in an accessible and discrete way while also encouraging **community connection**. Resources are provided at no cost to the borrowers and strive to ensure no one endures pregnancy or infant loss alone.



Created in partnership with:



Our first Little Loss Library is now launched!

WHERE: The Archdekin Medical Building at 205 Hiram Street in Bracebridge.

This initiative is led by families with lived experience. With the first library launched, our vision is to grow this resource to spread to other communities such as Barrie, Orillia, Collingwood, Midland, Penetanguishene, Parry Sound, Alliston, and surrounding communities.

For more information about the Little Loss Library Initiative, please reach out to networkfeedback@osmh.on.ca or visit:

<https://www.bridgetsbunnies.ca/little-loss-library>. If you would like to connect with Muskoka's Little Loss Library Coordinator, reach out to littlelosslibrarymuskoka@gmail.com.

A special thank you to Nicole and Theresa (Network PFAC members), the Cottage County Family Health Team and the Archdekin Medical Team.

Please pass this information along to families that would benefit from these support groups (posters linked for printing below):

[INFORMATION POSTER: Trying to conceive](#)

[INFORMATION POSTER: Support for grandparents](#)



The North Simcoe Muskoka Trans Health Program

Provided by the Couchiching Family Health Team

NSM Trans Health Services brings trans-focused health care to the North Simcoe Muskoka region with the goal of providing a trans-affirming, supportive approach for transgender and questioning people seeking health care in our region.

Please share this information with families and colleagues. Additional information, patient handout and referral form found below.

[INFORMATION: NSM Trans Health Services](#)

[PROGRAM HANDOUT: NSM Trans Health Services](#)

[REFERRAL FORM: NSM Trans Health Services](#)



PCMCH Multimedia Resources

Now available to support 2SLGBTQIA+ Inclusivity in Perinatal Care

The perinatal period uniquely impacts the mental health and wellbeing of 2SLGBTQIA+ people. Previous or anticipated experiences of discrimination and invisibility, in addition to system-level inequities, can affect trust in perinatal healthcare providers and the broader healthcare system. These barriers can also

impact equitable access to timely, quality healthcare, thereby contributing to poor physical and mental health outcomes and traumatic experiences.

Suggestion: Integrate videos into staff education/new staff orientation.



SickKids Pain Centre 2023 Annual Conference

Breaking Barriers: Inclusive Pain Management for Children & Youth:
November 7th, 0930-1400

FREE REGISTRATION



Join our inspiring speakers during National Pain Awareness Week as they explore themes in integrative pain care, health equity, diversity and inclusion.

Register [HERE](#)

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