



NEWS NETWORK

North Simcoe Muskoka Regional Women & Children

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As the 2021/22 fiscal year wraps up and a new year begins, we pause for a moment to reflect. It was another momentous year and amongst the pivots, the NSM RWC Network accomplished many great things. To name a few:

In alignment with our focus on education, *211 education seats* have been sponsored to reward the hard working care providers within our region with free education opportunities. **Upcoming Course:** 15 seats are remaining for the upcoming *Medication Abortion Training for Primary Care Providers*. [Sign up here](#). Also, our Network now has a Perinatal Mental Health Training Program (unlimited access to the modules).

With the generous support and ongoing engagement by Theresa and Mat Morrison, Network Family Advisors, Bridget's Bunnies bereavement comfort kits are now available regionally as desired. For more information and to order kits visit: <https://www.bridgetsbunnies.ca/comfort-kits-home>

Indigenous Culturally Appropriate Pregnancy Care (CAPC) Training Sponsored by the GBGH/OSMH Birthing Partnership



Are you ready to deliver culturally appropriate pregnancy care?

Introducing: *The Indigenous Culturally Appropriate (CAPC) Training*. A 6-week course designed to help you transition from feeling unclear about delivering culturally appropriate pregnancy care to feeling confident in your cultural knowledge and abilities to continue fostering positive and engaging relationships with prenatal and postpartum Indigenous people and their families.

Coordinated by The Biidaaban Doula Collective, meaning "Sunrise" in Anishinaabemowin – is made up of a group of Indigenous doulas who work with midwives and doctors to provide full-circle informational, emotional, physical, and spiritual support to Indigenous people and their families during their pregnancy, birth, and postpartum journeys. They also provide support around reproductive health experiences including, fertility, abortion, perinatal loss, and adoption. **See attachment for registration information.**

World Maternal Mental Health Day: May 4th



Flora's Walk is being held on May 4, 2022 to raise awareness for World Maternal Mental Health Day, named after and honouring Flora Babakhani, a Toronto mother who tragically died by suicide on January 14, 2022 due to postnatal psychosis. Read more about Flora <https://cpmhc.ca/floras-story/>

How to participate:

1. DONATE now — For other options such as signing up for the walk/becoming a walk leader see attachment.

Announcement: New Maternal Newborn Working Group Chair



Lynne-Marie Culliton has graciously accepted the Maternal Newborn Working Group Chair position. See memo attached for details outlining Lynne-Marie's breadth of experience. Lynne-Marie is continually working to bring services and care closer to our patients and families. Her passionate leadership will be an exceptional addition to the NSM RWC Network.