

Teresa Pitman is the single mother of four children and a grandmother. She is a certified childbirth educator and a doula who did her training with Penny Simkin and has been at more than 150 births (including the birth of her grandson). She has also been a La Leche League Leader for more than 25 years and is currently the Executive Director of La Leche League Canada.

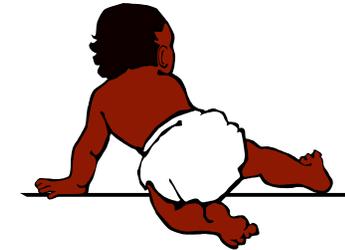
Teresa has a degree in Magazine Journalism from Ryerson University and does freelance writing for many magazines including Today's Parent, Mothering, Woman's World, Chatelaine, Cottage Life and others. She is also the author or co-author of ten published books, including *Pregnancy and Birth: The Best Evidence* (with Dr. Joyce Barrett) and *Dr. Jack Newman's Guide to Breastfeeding* (with Dr. Jack Newman). She has also worked for a number of Children's Aid Societies in Ontario.

Teresa frequently speaks on birth, breastfeeding, parenting and related topics at conferences across North America. For example, she has recently spoken in Halifax, Moncton, Orlando (Florida), Vancouver, Barrie, Milton, Toronto, Walkerton, and Michigan and is scheduled to speak in Edmonton and Washington, D.C. next year

For More information regarding "The Birthing Mother and the Doula Connection"
Contact
The Single Parent Centre
@ 479-0508

THE BIRTHING MOTHER AND THE DOULA CONNECTION

Educational Forum and Workshop

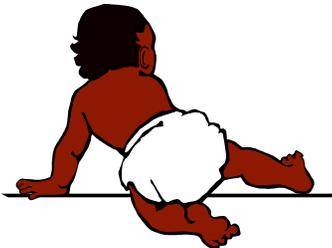


**Guest Speaker and Workshop Presenter
Teresa Pitman**

**Friday September 10, 2004
Saturday September 11, 2004**

This event is sponsored by:

IWK Health Centre
Atlantic Centre of Excellence for Women's
Health
Community Health and Public Health,
Capital District Health Authority
Single Parent Centre
(a service of Home of the Guardian Angel)
AWHONN



Friday, September 10, 2004

4:30pm-6:30pm

Presentation

Guest Speaker: **Teresa Pitman**
More than Just Holding Hands: The Difference the Doula Makes

Using research & experience, Teresa demonstrates the power of a doula's presence at birth. Doulas provide safe & highly effective strategies to improve outcomes for mother & baby. Learn more about what doulas do & why it is important.

Panel Discussion: The Doula Experience in Halifax

Moderator: **Christine Saulnier**

Doula support from a variety of perspectives; physician, mothers, newcomer, private & volunteer doulas

Reception to follow, courtesy of Medela, as well as sponsors' tables and Frog Hollow Books

Parker Reception Room
IWK Health Centre, Women's Site
5850/5980 University Avenue, Halifax

Parking available in new garage off
University Avenue

Saturday, September 11, 2004

8:00am-8:30am

Registration & Continental Breakfast

8:30am-10:00am

Labour Support in High Risk Situations

Presenter: **Teresa Pitman**

Women at risk often need more emotional support through birth, but often technology & treatment take priority. Learn why emotional support is essential & how to develop & modify strategies for high risk situations.

10:00am-10:30 am Nutrition Break

10:30am-12:00 noon

Continuum of Support: Helping Families through the Transition to Parenting

Moderator: **Erna Snelgrove-Clarke**

Panel of mothers and community support groups discuss their experiences and challenges

Perinatal Classrooms A & B Ground floor
IWK Health Centre, Women's Site
5850/5980 University Avenue, Halifax

Parking available in new garage off
University Avenue

Registration Form

Name: _____

Address: _____

City: _____ Prov: _____

Postal Code: _____

Phone: _____

Email: _____

Occupation: _____

Friday presentation- no charge

Saturday workshops:
Early Bird Registration
(September 1, 2004) \$25.00
Students and unwaged \$10.00

After September 1, 2004 \$30.00
Students and unwaged \$15.00

Register by mail or Fax
Home of the Guardian Angel
2893 Agricola St, Halifax
B3K 4E8
Fax # 492-4547

Payment Methods: Visa or cheque