



TORONTO
BIRTH
CENTRE

Annual Report

2021-2022

Message from the President and CEO



The publication of this latest report marks the end of our eight full year of service to the birthing community. It has been a tough year weighing on everyone-midwives have stepped up to help in the healthcare system response to the pandemic and have continued to support births in and out of hospital and our clients have continued to want to deliver their babies in community. We have been blessed with a stable and healthy workforce and our frontline staff have been Ogichidaa/kwe (warriors) throughout the pandemic showing up everyday to ensure that our clients and families continue to have access to a culturally safe space to give birth.

This year we continued to use technology to offer virtual sessions to meet people's needs including online tours . We reintroduced our site as a public location for infant hearing clinics after the big surges in Covid-19 counts declined and had made a commitment to support the expanding range of healthcare professionals associated with the Call Aunty clinics and Baby Bundle program operating out of the TBC.

Coupled with the trend of a declining birth rate in Canada, our numbers this year have seen a decrease as families have chosen to delay their family planning during this period of instability and as Ontario allowed the hospital system to respond and provide better temporary response to support birthing families that are uninsured.

The emergence of COVID-19 and its variants had provided us all with time to reflect on our priorities and deepest desires. The Directors of TBC and its staff have also done this work and we look forward to providing more amazing service next year, grounded always to this land, our core values wrapped within an Indigenous framework; and, with a solid commitment to serve people whose continued ability to access our programs and birthing service is valued and precious to everyone.

Admissions and Births

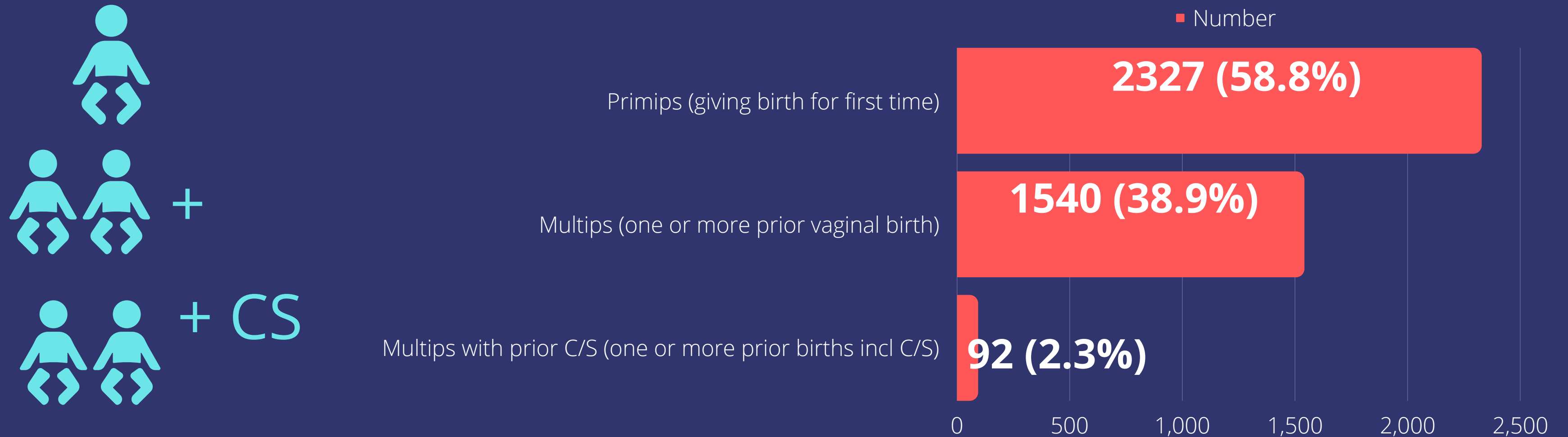
of Clients admitted in 2021-22
(# admitted since opening Jan 31, 2014)

412
(3959)

of births in 2021-22
(# births since opening)

317
(2968)

Parity of People admitted to TBC (# and % of all admissions - 3959)



Average total length of stay

(since opening January 31, 2014)

All admissions

6.45 hours

Nulliparous Clients

- with tub use
- with water birth
- without transport

7.2 hours

7.55

6.19

7.24

Multiparous Clients

- with tub use
- with water birth
- without transport

5.68 hours

6.00

5.42

5.71

Length of Stay after birth

(for births without transport since opening Jan 31, 2014)

Average length of stay after birth

**3.00
hours**

- **for Nulliparous clients**

**3.12
hours**

- **for Multiparous clients**

**2.89
hours**

Skin-to-Skin Contact for Babies

(With birthing person or family member)

Skin to Skin

99.3%
all
TBC births

Skin to skin without transport

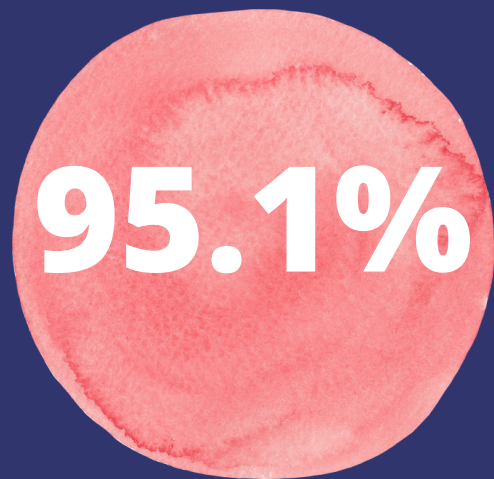
99.7%
of all TBC births
without transport

Skin to Skin before/during transport*

92.6%
of all TBC births with
transport
of baby or birthing
person

* Of all births requiring postpartum AND/OR neonatal transport (see note above)

Breast- or Chest-Feeding (of all TBC births N=3959)



Latch achieved before discharge (n=2824)

- Latch achieved before discharge with no transport n=2703 (97.8% of all births without transport)
- Latch before discharge/with transport * n=121 (59.3 % of all births with transport)



Latch not achieved (n=134)



Declined to breast/chest feed (n=10)

* Transport may have been for birthing person or baby or both - some missing data

**“What were
the most
positive
things about
your TBC
experience?”
-Client Experience
Survey-**



Transports (January 30, 2014-March 31, 2022)

Most common reasons for transport

Intrapartum Transport

Postpartum Transport

Newborn Transport

Non-progressive 1st stage of labour

Presence of meconium

Postpartum Hemorrhage

Laceration greater than second degree

Respiratory distress

Small for gestational age

3959 Admissions

(% of all admissions)

2968 (75.0%)

Births

991 (25.0%)

Intrapartum Transport

2764 (69.8%)

No Transport

135 (3.4%)

Postpartum* Transport

81 (2.0%)

Newborn* Transport

84.4%
by private vehicle

15.6%
by ambulance

22.2%
by private vehicle

77.8%
by ambulance

51.9%
by private vehicle

48.1%
by ambulance

- 30.5% of people admitted to TBC experienced transport to a hospital. This in line with the Association of Ontario Midwives statistics for transports from home births.
- 75.2% of all transports were non-urgent transports to hospital by private vehicle
- 5.8% of transports went to St. Michael's Hospital by midwives without hospital privileges
- 1% of transports went to Sick Kids Hospital

*On occasion, parent and newborn may both require transport. This may be in the same or separate vehicles.

Access and Equity

The Toronto Birth Centre has set a mandate to prioritize access for communities that experience systemic barriers to adequate health care. Clients can choose to self-identify as members of one or more Prioritized Communities.

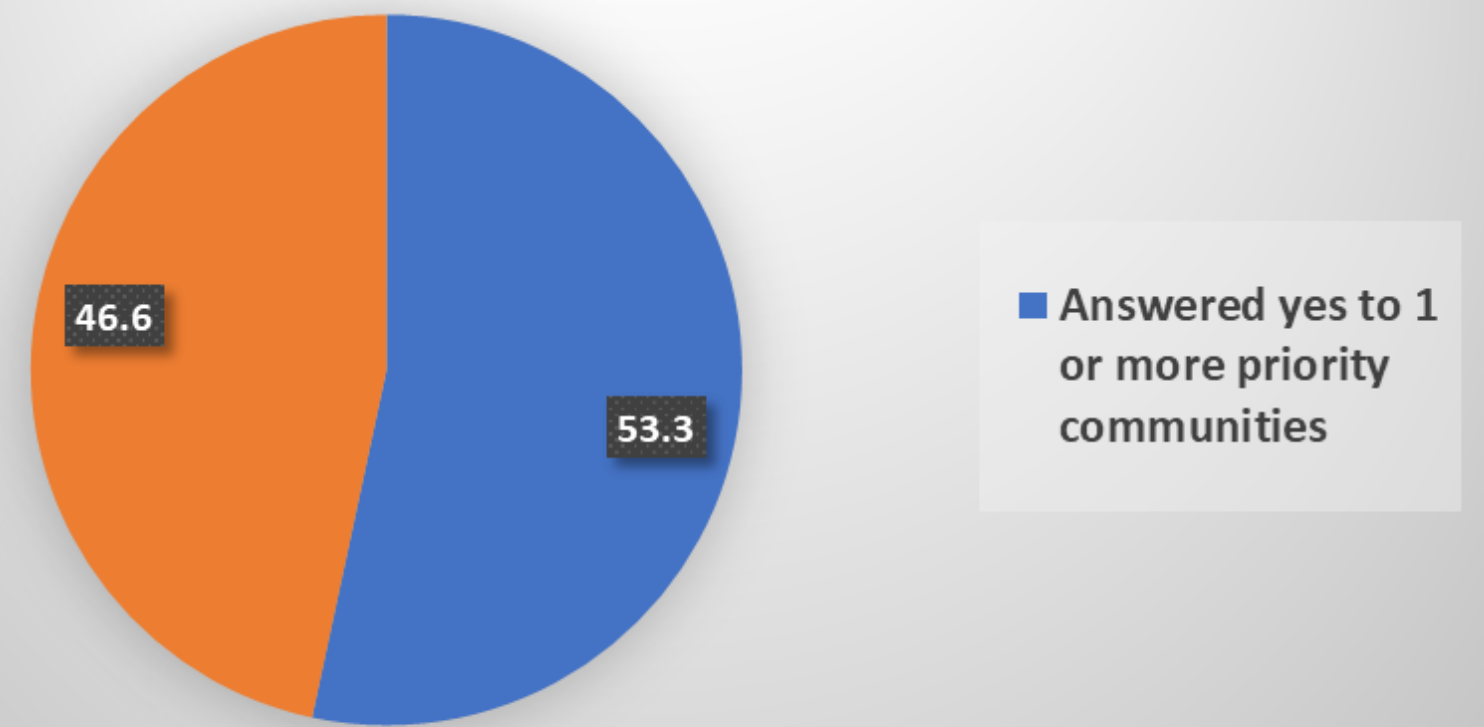
Since Opening

Bookings



Since Opening

Admissions



TBC is providing a space and context where midwives are achieving low Caesarean section rates for clients, comparable to C/S rates for planned home births.

MODE OF DELIVERY				
TBC Admissions:	Total	Total Nullip	Total Multip, No prior C/S	Total Multip, with prior C/S
	3959	2327	1539	93
Spontaneous vaginal births - TOTAL % of admissions	3530 89.2%	1941 83.4%	1513 98.3%	76 81.7%
Spontaneous vaginal births - at TBC % of admissions	2968 75.0%	1494 64.2%	1411 91.7%	63 67.7%
Spontaneous vaginal births - in hospital % of admissions	559 14.1%	445 19.1%	101 6.6%	13 14.0%
Spontaneous vaginal births - other location % of admissions	3 0.1%	2 0.1%	1 0.1%	0 0.0%
Vacuum births % of admissions	115 2.9%	105 4.5%	9 0.6%	1 1.1%
Forceps births % of admissions	55 1.4%	54 2.3%	1 0.1%	0 0.0%
Caesarean births % of admissions	258 6.5%	226 9.7%	16 1.0%	16 17.2%
Missing data % of admissions	1 0.0%	1 0.0%	0 0.0%	0 0.0%

Education



Student placement activities continued, on-site and virtually, throughout the fiscal year. TBC supports the growth of health human resources in midwifery and allied health and social professions.

TBC offered one placement for a Ryerson Social Work student who completed their placement remotely.

The TBC had contracts with 2 Midwifery Education Programs (MEPs): McMaster, and Toronto Metropolitan Universities.

University of Toronto Medical students participated in TBC placement Sept to May.

TBC as a teaching facility...

**37.6 % of
all
admissions
involved
students**

**120 (29.1%)
admissions
were
attended
by 1
student**

**35 (8.5%)
admissions
were
attended by
2+ students**

**149 (36.2%)
of
admissions
included
students
placed with
midwifery
groups**

**7 (1.7 %) of
admissions
included
students
placed at
TBC**

**17 (4.1%) of
admissions
included
Indigenous
students**

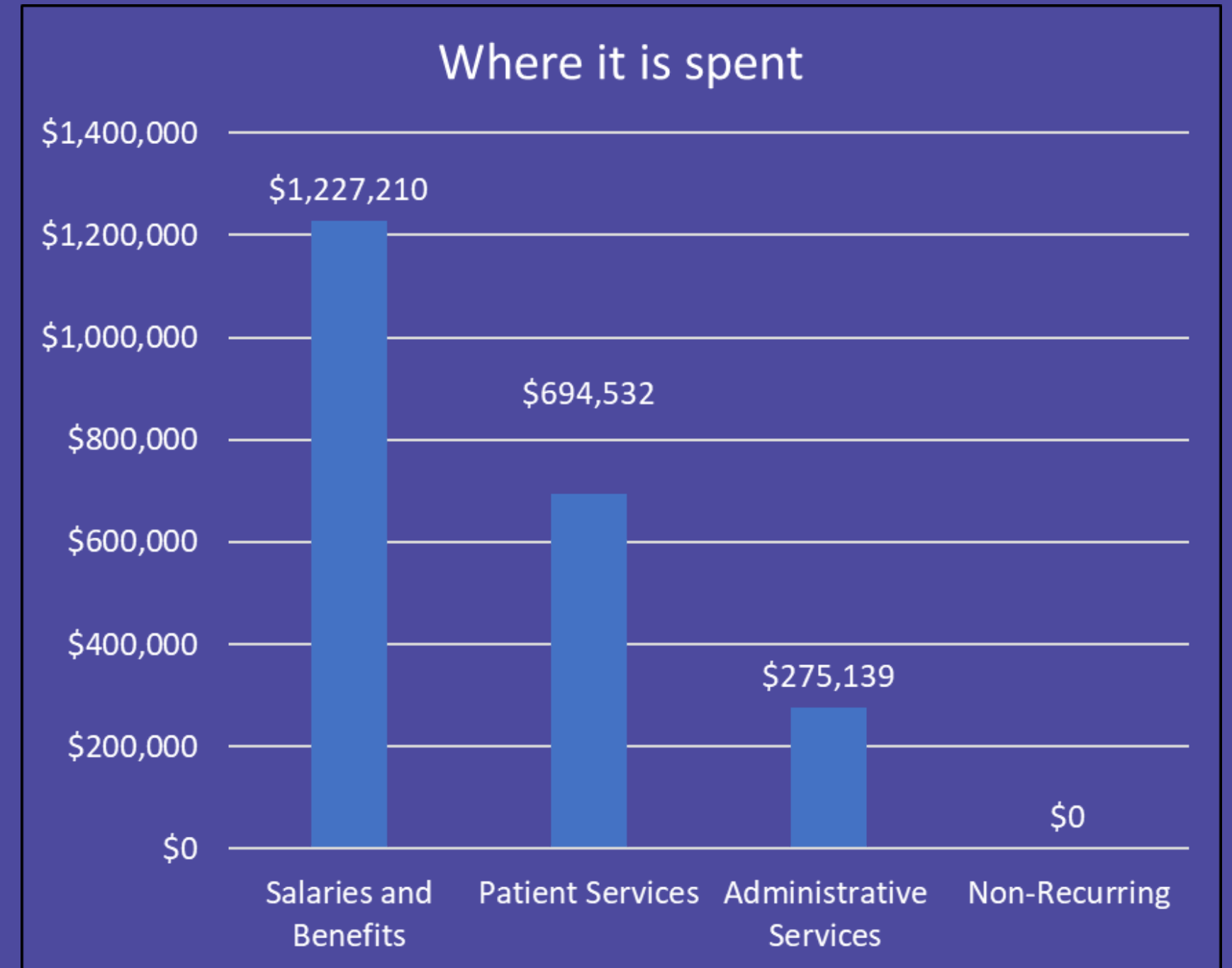
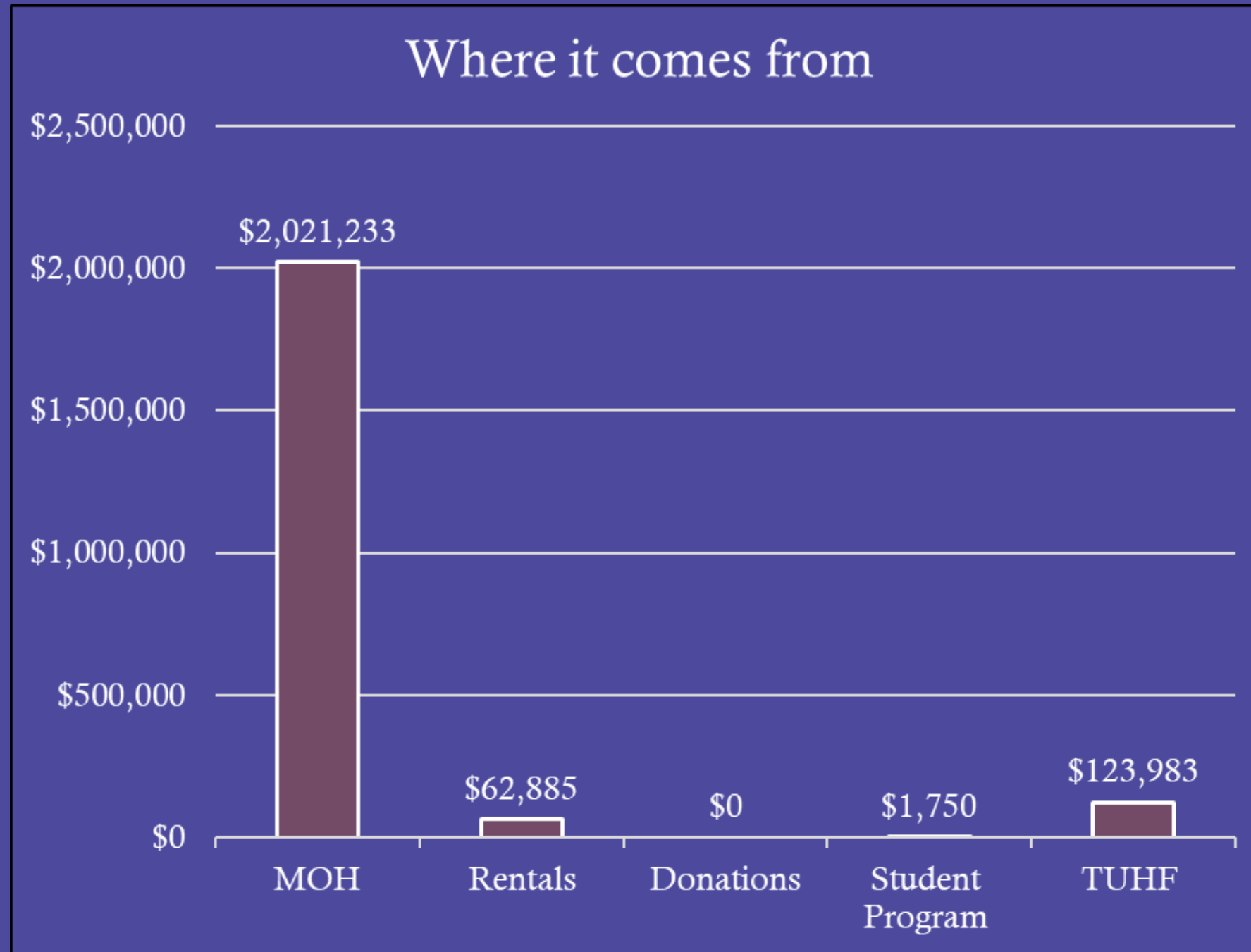
Financial Statements

Financial statements for the 2021-22 fiscal year have been audited by Norton McMullen, LLP.

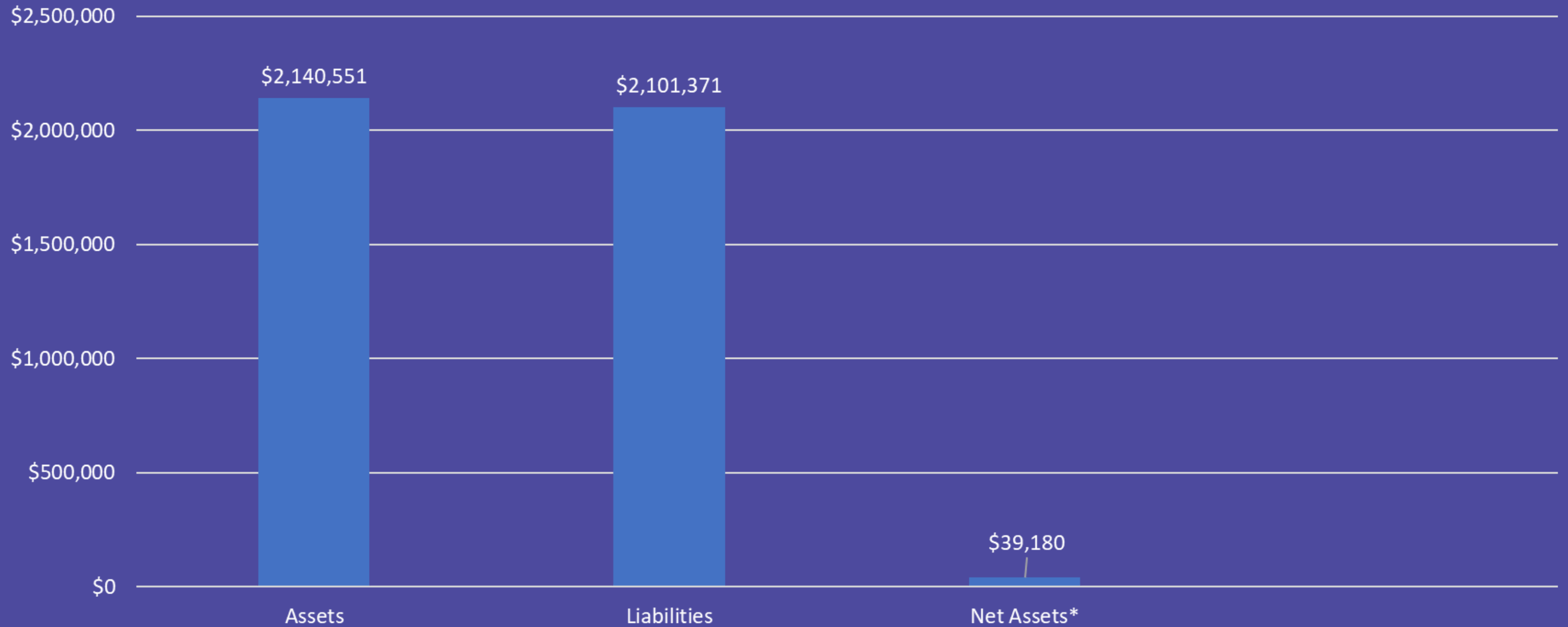
The following slides are summary excerpts from the audited financial statements.

If you would like to request a copy of the complete and approved TBC audited financial statements, please contact Cheryl Creighton at: admin@torontobirthcentre.ca .

Financial Summary



Financial Position



***includes deferred capital contributions, lease inducements and obligations under capital leases**

Programs...

Monday April 5 and 19, 2021
at 6:00pm

Beading Cricle with Emily Clairoux

To register please email Denise,
icec@torontobirthcentre.ca

JOIN US VIRTUALLY TO HELP YOU PREPARE FOR
YOUR BEST BIRTH EXPERIENCE

Taking Back Birth

We will be addressing fears and expectations while
learning how we can advocate for the birth we want.

THE TORONTO BIRTH CENTRE
APRIL 13TH AT 2:00 PM

email icec@torontobirthcentre.ca to register

Monthly Virtual TBC Tour

You are invited to our monthly online tour with TBC
staff. The tour will be hosted on Zoom and
livestreamed on Facebook. Come ask your questions
about giving birth at the TBC!

Wednesday April 21, 6:00pm
To register please email,
Denise Booth,
icec@torontobirthcentre.ca

10:00 am - 11:00 am

LGBTQ2S+BIPOC & Allies Parent/Caregiver/Family

Friday April 16th,
7:00 pm

Gardening Medicines with Chrystal Waban Toop

To Register email Denise,
icec@torontobirthcentre.ca

Friday May 7th, 2021 at 1:00pm

TREAT YO'SELF WITH JADE N.C.

To Register email Denise,
icec@torontobirthcentre.ca

TORONTO BIRTH CENTRE WITH
LUNA MATATAS



**Do you feel guilty or frustrated
about having high/low desire?**

**Has your arousal changed because of
pregnancy, medication, illness or
other body changes?**

**Do you know what you need to
experience fuller arousal?**

TO ALL THE MOMS, CAREGIVERS,
AUNTIES, NURTURERS,
GRANDMOTHERS OUT THERE

Remember: You are beautiful and you are doing great!

HAPPY MOTHER'S DAY!

Parent/Caregiver/Family PlayGroup!

Naveen Hamilton (Pink Poppa) is a non binary, multidisciplinary artist, designer, drag king, diva, fashion icon. Naveen will be doing a demonstration for the Freedom fighter babies on how to make pink playdoh.



DO YOU FEEL GUILTY ABOUT SELF-CARE?

ARE YOU OFTEN HARD ON YOURSELF?



Friday April 30th, 2021
at 7:00pm

Medicine Garden Workshop with Chrystal Waban Toop

To Register please email Denise Booth,
icec@torontobirthcentre.ca

The Toronto Birth Centre Presents
an Online Class
with Luna Matatas

BUILDING BELLY PEACE

May 27, 2021 2-3 pm ET

Register: Denise Booth
icec@torontobirthcentre.ca

Toronto Birth Centre presents
Luna Matatas,
Sex and Pleasure Educator



SELF-PLEASURE PRACTICES

REGISTER FOR THIS FREE CLASS
MAY 20 2-3PM ET



Nettle Baking with Nancy Peters

Thursday June 24th at 2:00pm
To register for this event please email Denise Booth,
icec@torontobirthcentre.ca

Toronto Birth Centre presents
Luna Matatas,
Sex and Pleasure Educator

**SHEDDING SHAME,
RECLAIMING
PLEASURE**

AUG 12, 2021, 12PM ET.

REGISTER
ICEC@TORONTOBIRTHCENTRE.CA

**July 28, 2021
6:00pm**

**Placenta Teachings
with
Heather Chijinweh**

To register email Denise,
icec@torontobirthcentre.ca

**Pregnancy
Sharing Circle**

Thursday Evenings
6:00pm to 7:30pm

Please join us virtually on Zoom, Thursday
Evenings .
This space is for all pregnant people and their
support people
This space will be about connecting with other,
creating community and sharing knowledge and
experiences.

For more information or to register please email
Denise Booth, icec@torontobirthcentre.ca

Sunday October 17th, 2021
11:00am- 12:00pm

**LGBTQ2S+BIPOC
& Allies
Parent/Caregiver/Family
PlayGroup!**

Kaleb (he/him) is a queer transgender man who performs as Fluffy Souffle (they/them), a non-binary drag character. Kaleb has been exploring gender since the age of two when he declared he was a boy. Both on stage and in daily life Kaleb has performed various aspects of masculinity and femininity. Fluffy is half of the magical children's entertainment duo, Fay & Fluffy's Storytime. Fay & Fluffy recently wrapped filming on a 26 episode preschool show for Family Junior, expected to air beginning in January. When producing events and performing, their goal is to make drag accessible to all ages, and to foster a fun, inclusive environment.

**TO REGISTER:
please email Denise Booth
icec@torontobirthcentre.ca**

**JUNE 14 & 15, 2021
1:00-3:00PM**

**Inclusive Pride
Birchbark Pin
Workshop**

To Celebrate National Indigenous History and Pride Month, TBC is hosting Darci Everson (Everbead), she will be sharing her knowledge on quill and bead work on Birchbark in making inclusive pride pins.

FACILITATOR
DARCI EVERSON (EVERBEAD)

Please register early for this workshop and kit please email Denise Booth,
icec@torontobirthcentre.ca

**All About Vulva
Pleasure**

June 10, 2pm

**Webinar with Luna Matatas
Presented by Toronto Birth Centre**

Wednesday June 16th
2021
at 2:00pm

**Companion
Gardening
With
Kahsenniyo Williams**

To Register please email Denise Booth,
icec@torontobirthcentre.ca

**DISCOVERING
DESIRE.**

**WITH LUNA MATATAS,
SEX AND PLEASURE EDUCATOR**

JULY 22, 2021 2PM ET

**REGISTER:
ICEC@TORONTOBIRTHCENTRE.CA**

**EFT/Tapping for
Anxiety and Panic**

Saturday December 18 at 1-2pm
Free
Hosted on Zoom

EFT/Tapping is a form of Energy Psychology or Emotional acupuncture. This practice helps to calm the nervous system and takes us out of fight/flight/freeze mode and into parasympathetic mode. It is a safe, gentle and very effective tool.

This workshop will cover:

- A brief explanation of how EFT works
- How to use EFT for anxiety and panic
- A group Tap

To register please email Denise
icec@torontobirthcentre.ca

**ASK
A
BIRTH CENTRE AIDE**

Do you have questions about Toronto Birth Centre? Come ask your questions about the space and labouring/birthing at TBC. This event will be livestreamed on Facebook. You can email your questions to Denise, icec@torontobirthcentre.ca

**Tuesday August 31, 2021
2:00pm**

**Postpartum
Sharing Circle**

Tuesday Mornings
10:30 - 11:30am

Please join us virtually on Zoom, Tuesday mornings.
This space is open to all postpartum people and their support people regardless if you have laboured or given birth at Toronto Birth Centre.
This space will be about connecting with others, creating community and sharing knowledge and experiences.

For more information or to register please email
Denise Booth, icec@torontobirthcentre.ca

**Birthing Possibilities
Within
Our Own Bodies**

November 17, 2021
5:30pm to 7:00pm
Free workshop
Hosted on Zoom

Open to
all TBC
community
members

In this monthly series we will engage in somatic (body-based) practices, individually and collectively in order to build more choice about being in our bodies, our power and our contributions. We will practice learning embodied skills that help us to stay grounded and connected when we are stressed or under pressure.

To register please email Denise, icec@torontobirthcentre.ca

Saturday November 20, 2021
1pm - 2:30pm
FREE
Hosted on Zoom

Introduction to EFT/Tapping

EFT/Tapping is sometimes referred to as "Emotional Acupuncture" or "Talking Meditation".
This is a gentle and easy to use practice where we tap on the end points of meridians while saying certain phrases or words, which calms the nervous system and reduces the emotional intensity. This tool can be used during stress/overwhelm, to calm a fussy baby, to go to sleep, to manifest, to heal from trauma, for anxiety/depression, etc.

This workshop will cover:

- What is EFT/Tapping?
- How does it work?
- How to use EFT/Tapping as a self care tool
- A guided group tap

To register please email Denise,
icec@torontobirthcentre.ca

Saturday July 17, 24, 31 1:00pm

hosted via Zoom

Special Needs Fathers/Caregivers Holding Space

To register please email Denise Booth icec@torontobirthcentre.ca



EFT / Tapping For Fussy Babies

Saturday January 15, 2022
1:00pm
Hosted on Zoom

EFT/Tapping is a form of Energy Psychology or Emotional acupuncture. This practice helps to calm the nervous system and takes us out of fight/flight/freeze mode and into parasympathetic mode. It is a safe, gentle and very effective tool.

This workshop will cover:
A brief explanation of how EFT works
How to use EFT for fussy babies
A group Tap

To register please email Denise, icec@torontobirthcentre.ca

EFT / Tapping For Sadness and Depression

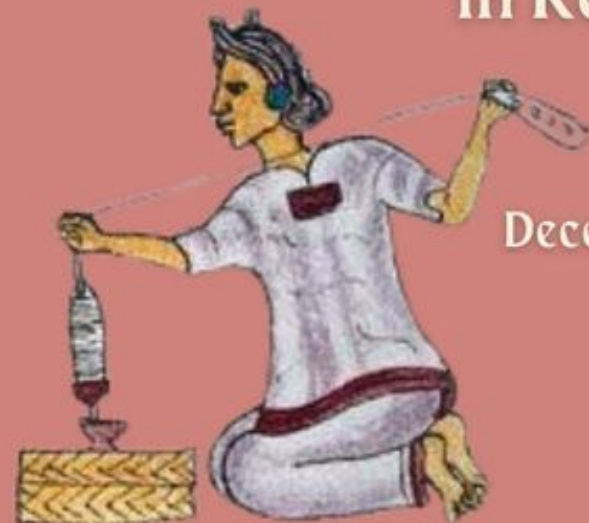
Saturday February 26 2022
1:00pm
Hosted on Zoom

EFT/Tapping is a form of Energy Psychology or Emotional acupuncture. This practice helps to calm the nervous system and takes us out of fight/flight/freeze mode and into parasympathetic mode. It is a safe, gentle and very effective tool.

This workshop will cover:
A brief explanation of how EFT works
How to use EFT for Sadness & Depression
A group Tap

To register please email Denise, icec@torontobirthcentre.ca

Cultural Appropriation in Rebozo Work



December 7th & 14th
via Zoom

“FREE”
Limited Spaces

@mujer_dela_tierra @maytethewombdoula

Wednesday May 19th, 2021
12:00pm

BIPOC BIRTH: WHAT IS HAPPENING AND WHAT NEEDS TO BE DONE?

This workshop is open to all individuals. It will be facilitated by Cheyenne Scarlett who will share some of the birth experiences of participants in her Master's research study: Black Womens' Childbirth Experiences as well as recommendations for change.



To Register please email Denise Booth, icec@torontobirthcentre.ca

The Ceremony of Birth

Register by:
Filling out the form available on Instagram bio link:
[@torontobirthcentre](https://www.instagram.com/torontobirthcentre)

FREE / Limited Spaces
BIPOC birth workers & families welcomed



Monday
May 3rd, 2021
at 12:00 PM

MENSTRUAL MONDAY TALK SHOW

Live with Denise, Krysta & special guest!
Menstrual Cup giveaway!
Tune in to Facebook to win!

2SLGBTQ+BIPOC (& friends) Family Reading + Play Group

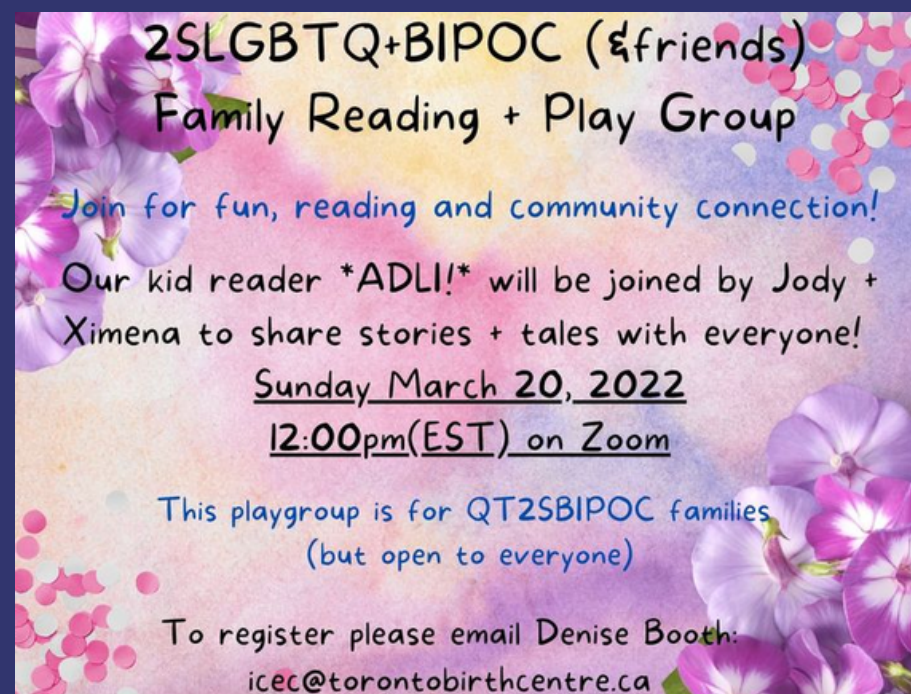
Join for fun, reading and community connection!

Our kid reader *ADLI!* will be joined by Jody + Ximena to share stories + tales with everyone!

Sunday March 20, 2022
12:00pm(EST) on Zoom

This playgroup is for QT2SBIPOC families (but open to everyone)

To register please email Denise Booth: icec@torontobirthcentre.ca



Governance

Board of Directors:

Dione Amsterdam, RM (Director); Ellen Blais, AM, (Director); Melida Jimenez ; Sarah Martineau. RM (President); Kristen Dennis, RM, (Director); Andrea Luciuk, RM (Secretary/Treasurer); Monica McKay, (Director) ; Kandace Price-Lyston, RM.(Director); and Laura Pus (Director - Women's College Hospital).

Incoming Directors: Kandace Price-Lyston, RM; Dione Amsterdam, RM

Out-going Board Members: Kristen Dennis, RM

Advisory Committees

Community Council:

Co-chairs: Shannon Simpson and Krysta Williams; Nicole Penak; Faith Wraith; Natalie Lucas; Rebecca Beaulne-Stuebing; Gillian Kyle; and Melissa Stevenson.

Out-going members: Lindsay Dupre

Incoming Members: Lindsay Dupre

Quality Advisory Committee:

**Sara Booth, RM - Quality Advisor
Sophie Roher, Community Council stream
Jennifer Gilbert, Community Council stream
Dione Amsterdam, RM, Board Ex-officio
Dr. Elin Raymond, Midwives' Council stream
Katelyn Blascik, RM, Midwives' Council stream
Tiffany Fung, Board stream
Cate Bester, RM, Board stream**

Outgoing Members: C. Bester, Jennifer Gilbert

Advisory Committees

Midwives Council:

Co-Chairs:

Indigenous Seat (Shared): Rocio Guzman Velasquez, RM; Vacant

Community Midwives of Toronto: Fariba Shodjaie, RM; Alusha Morris, RM

Diversity Midwives: Tama Cross, RM-outgoing; Alexandra Nikitakis, RM

Kensington Midwives: Kearston Bergeron, RM; Mitra Razi, RM

MATCH: Jenna Bly, RM; Sheezeen Suleman, RM

Midwife Alliance: Mary Dirmeitis, RM; Vacant

The Midwives Clinic of East York-Don Mills; Nabal Kanaan, RM; Melissa Chan, RM

Midwives Collective of Toronto: Emma Dawkins, RM; Maggie Thomson-Kurz, RM

Riverdale Community Midwives: Sabina Fella, RM; Amanda Tissera, RM

Seventh Generation Midwives of Toronto: Brescia Nember-Reid, RM

Trillium Midwives: Fang Yu, RM; Cindy Cheung, RM

TBC Staff

Admin Team

Roberta Pike, MSW, Executive Director

Cheryl Creighton, Office Manager

**Andrea Vaz, Clinical Admin+Data Analyst/
Database Administrator**

**Denise Booth, Indigenous and Community
Engagement Coordinator**

**Celia Su, Clinical Administrative Assistant
Weston Miller, Mukwa**

**Kayt Ward-Indigenous and Community
Engagement Coordinator**

Clinical Team

Sara Booth, RM, Clinical Director

Tamara Sanchez, Head Birth Centre Aide (HBCA)

Cassandra Thompson, HBCA

Marixa Alva Roncal, Birth Centre Aide (BCA)

Asinkwe (Nicole) Aicken, BCA

Hannah Schreck, BCA

Victoria Manitowabi, BCA

Barbara Schreck, BCA

Ashley Kagige, BCA

Gabriella Scott, BCA

Giselle Johnston, BCA

Charmaine Burger, BCA

Grier MacDonald, BCA

Sarah Schreck, BCA

Miigwetch, Nia:weh, Merci and
Thank you!!