



TORONTO
BIRTH
CENTRE

ANNUAL REPORT
2022-2023

Aaniin, Tanisi/Waciye, She:kon

Message from the Executive Director



Miigwetch for taking to time to review our annual report. I want to thank the parents for choosing the Toronto Birth Centre as the place which you have chosen to bring forth new life. In Anishinabek teachings, the birth of a infant represents the gift of "Joy" to parents, family, friends and community. We are thrilled that TBC has become a location where Joy can become centered within community. I want to say Chi-Miigwech to all the TBC staff for your dedication and commitment to the families, friends and visitors that walk through our doors.

Admissions and Births

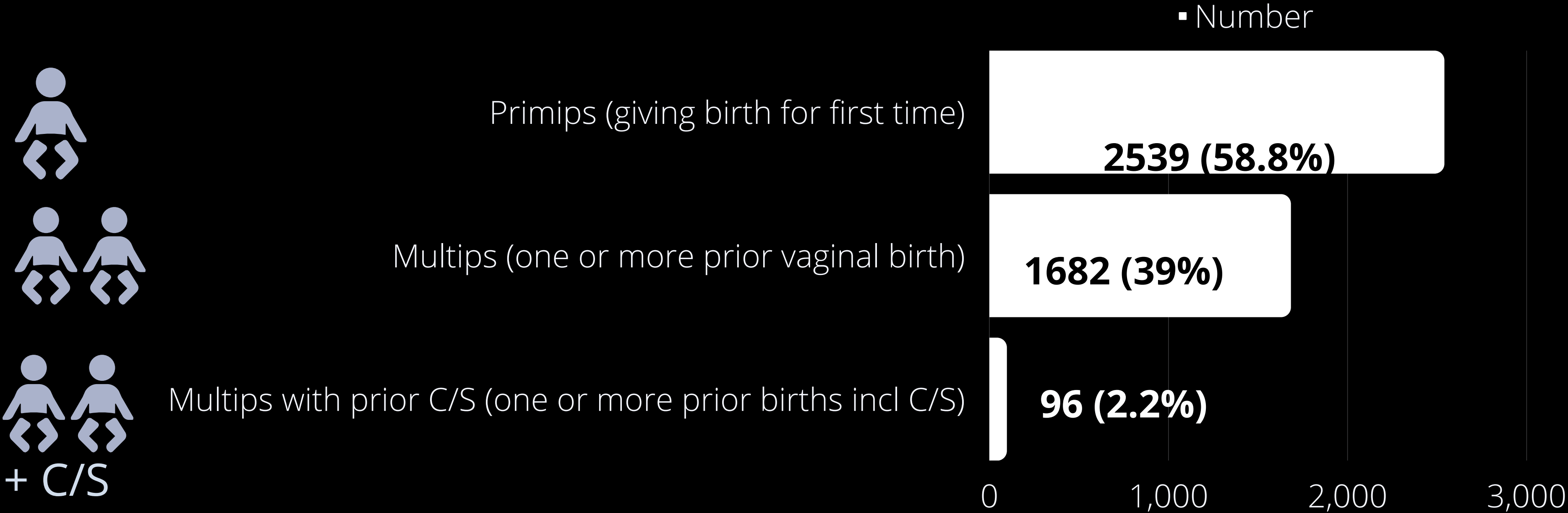
of Clients admitted in 2022-23
(# admitted since opening Jan 31, 2014)

358
(4317)

of births in 2022-23
(# births since opening)

250
(3218)

Parity of People admitted to TBC (# and % of all admissions - 4317)



Average total length of stay

(since opening January 31, 2014)

All admissions

6.43 hours

Nulliparous Clients

- with tub use
- with water birth
- without transport

7.2 hours

7.50
6.10
7.24

Multiparous Clients

- with tub use
- with water birth
- without transport

5.66 hours

6.00
5.42
5.68

Length of Stay after birth

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

Average length of stay after birth

3.00 hrs

- **for Nulliparous clients**

3.12 hrs

- **for Multiparous clients**

2.89 hrs

Skin-to-Skin Contact for Babies

(With birthing person or family member)

Skin to Skin

99.2%
all
TBC births

Skin to skin without transport

99.8%
of all TBC births
without transport

Skin to Skin before/during transport*

95.2%
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=3218)

95%

Latch achieved before discharge (n=3057)

- Latch achieved before discharge with no transport n=2926 (97.8% of all births without transport)
- Latch before discharge with transport * n=130 (57.3% of all births with transport)

4.6%

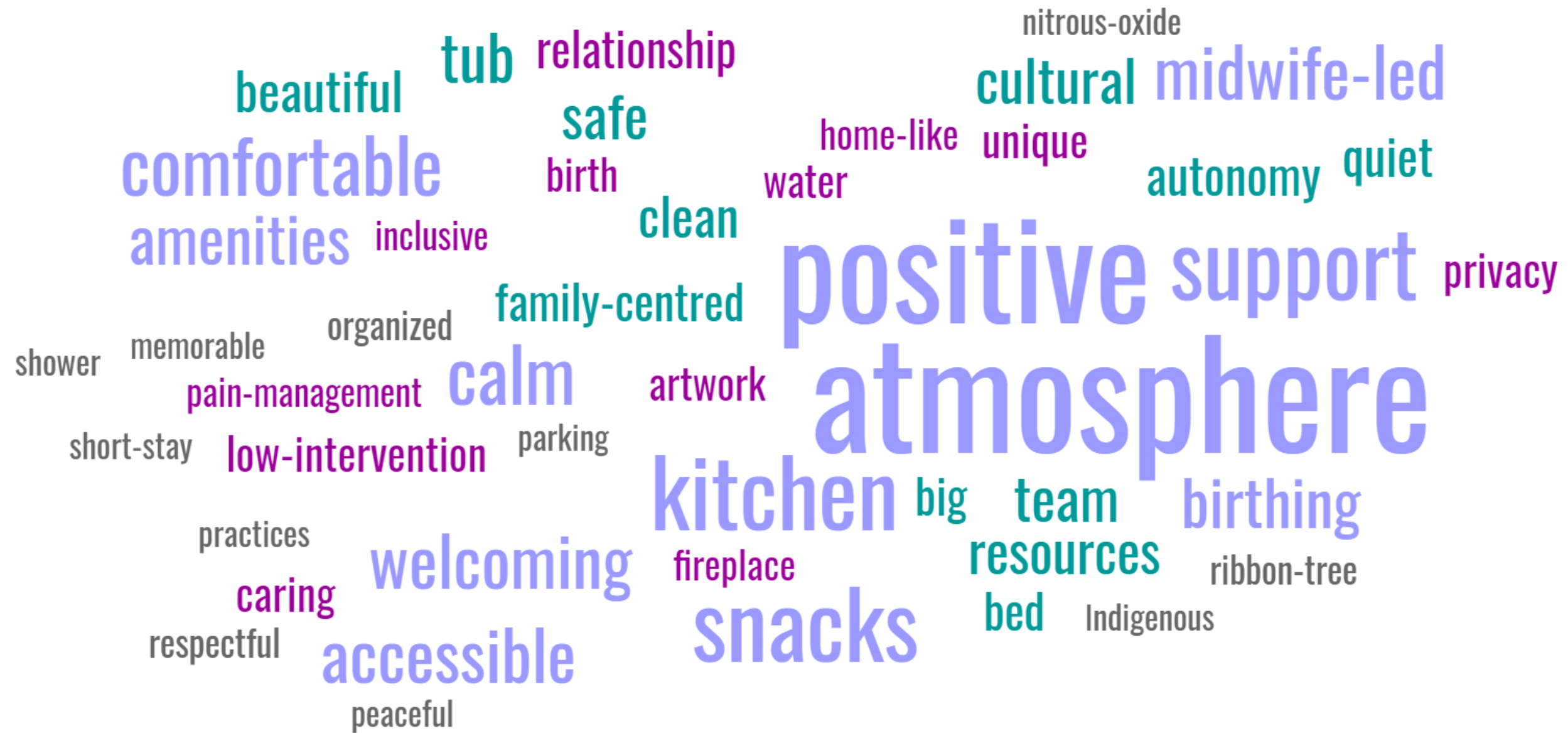
Latch not achieved (n=149)

0.4%

Declined to breast/chest feed (n=12)

* 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, 2023)

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

4317 Admissions

(% of all admissions)

**3218 (74.5%)
Births**

**1099 (25.5%)
Intrapartum Transport**

**2991 (69.3%)
No Transport**

**151 (3.5%)
Postpartum
Transport**

**92 (2.1%)
Newborn
Transport**

**920 (21.3%)
By private
vehicle**

**179 (4.1%)
By
ambulance**

**32 (0.7%)
By private
vehicle**

**119 (2.8%)
By
ambulance**

**44 (1.0%)
By private
vehicle**

**48 (1.1%)
By
ambulance**

- 30.7 % 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.
- 74.5% of all transports were non-urgent transports to hospital by private vehicle
- 5.6% of transports went to St. Michael's Hospital by midwives without hospital privileges
- 1.0% 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.

Bookings Since Opening



Admissions Since Opening



TBC is providing a space and context where midwives achieve 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
	4317	2539	1681	97
Spontaneous vaginal births - TOTAL % of admissions	3839 88.9%	2109 83.1%	1651 98.2%	79 81.4%
Spontaneous vaginal births - at TBC % of admissions	3219 74.6%	1621 63.8%	1533 91.2%	65 67.0%
Spontaneous vaginal births - in hospital % of admissions	617 14.3%	486 19.1%	117 7.0%	14 14.4%
Spontaneous vaginal births - other location % of admissions	3 0.1%	2 0.1%	1 0.1%	0 0.0%
Vacuum births % of admissions	125 2.9%	114 4.5%	10 0.6%	1 1.0%
Forceps births % of admissions	59 1.4%	58 2.3%	1 0.1%	0 0.0%
Caesarean births % of admissions	281 6.5%	246 9.7%	18 1.1%	17 17.5%
Missing data % of admissions	12 0.3%	11 0.4%	1 0.1%	0 0.0%

Education at the TBC

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...

**36.3 % of all admissions
involved students**

**112 (31.3%) admissions
were attended by 1
student**

**18 (5%)
admissions were
attended by 2+
students**

**124 (34.6 %) of admissions
included students placed
with midwifery groups**

**8 (2.2 %) of admissions
included students
placed at TBC**

**9 (2.5%) of
admissions included
Indigenous students**

Financial Statements

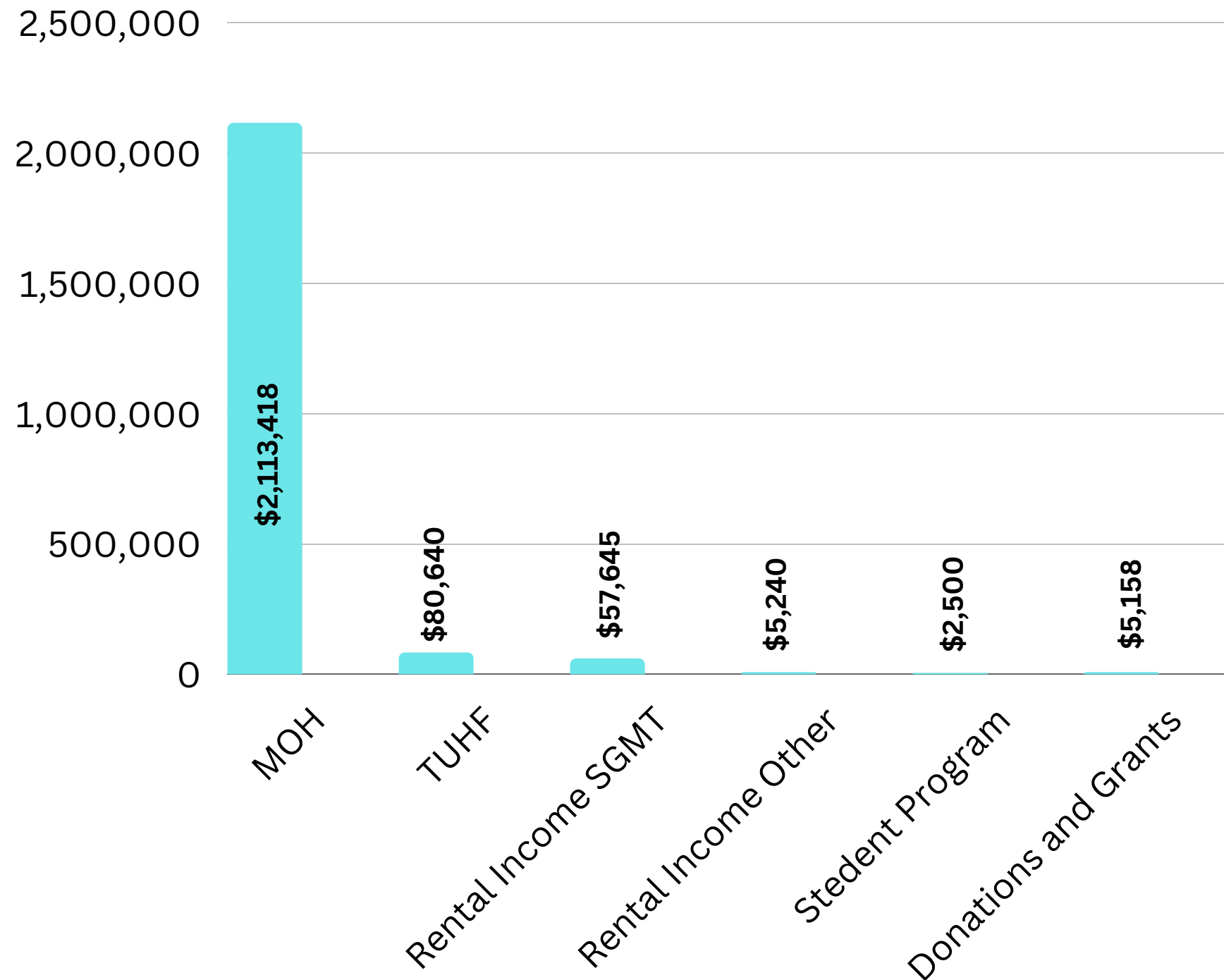
Financial statements for the 2022-23 fiscal year have been audited by Norton McMullen, LLP.

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

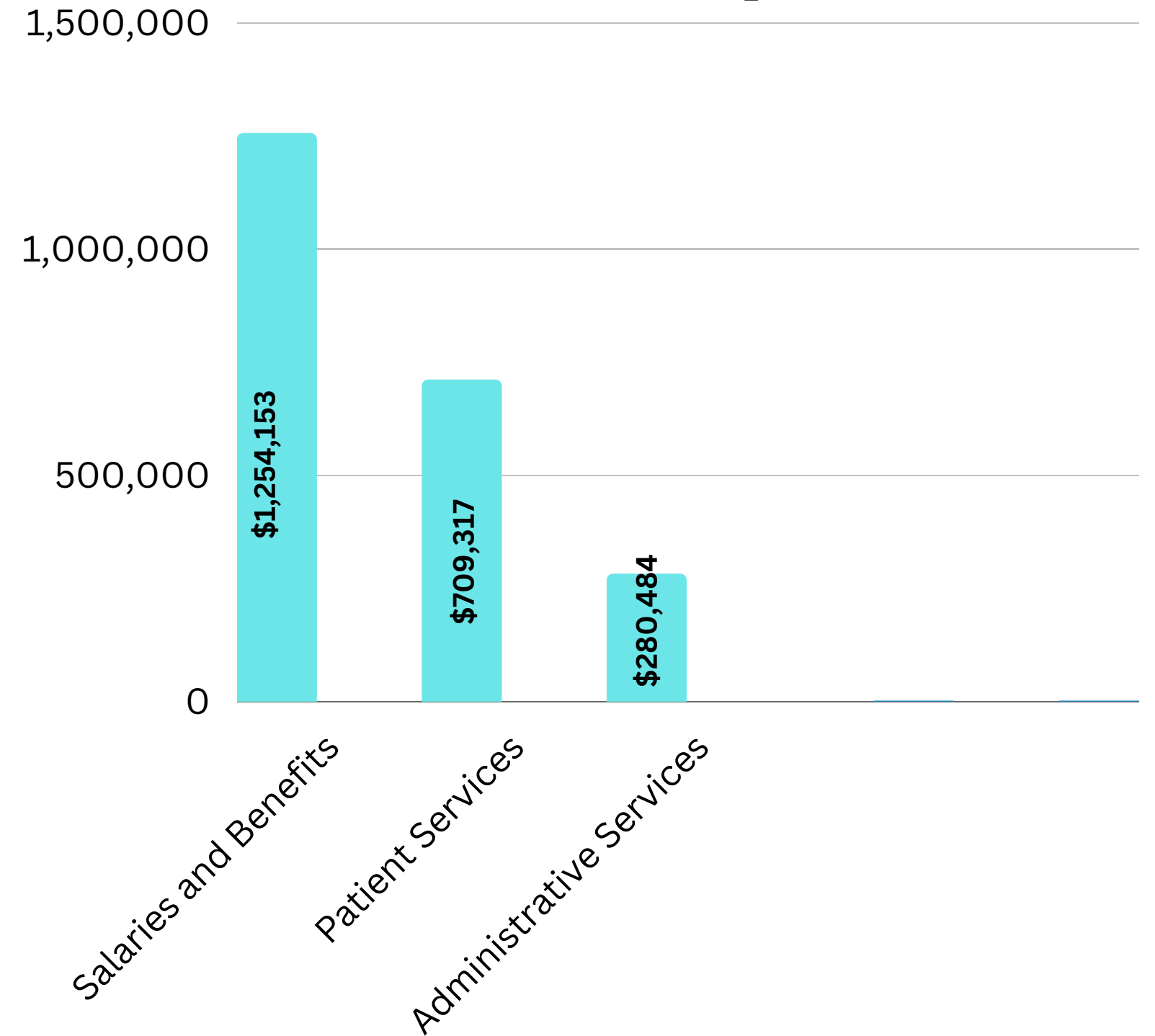
If you would like to request a copy of the complete and approved TBC audited financial statements, please contact Cheryl Creighton at: admin@torontobirthcentre.ca .

Financial Summary

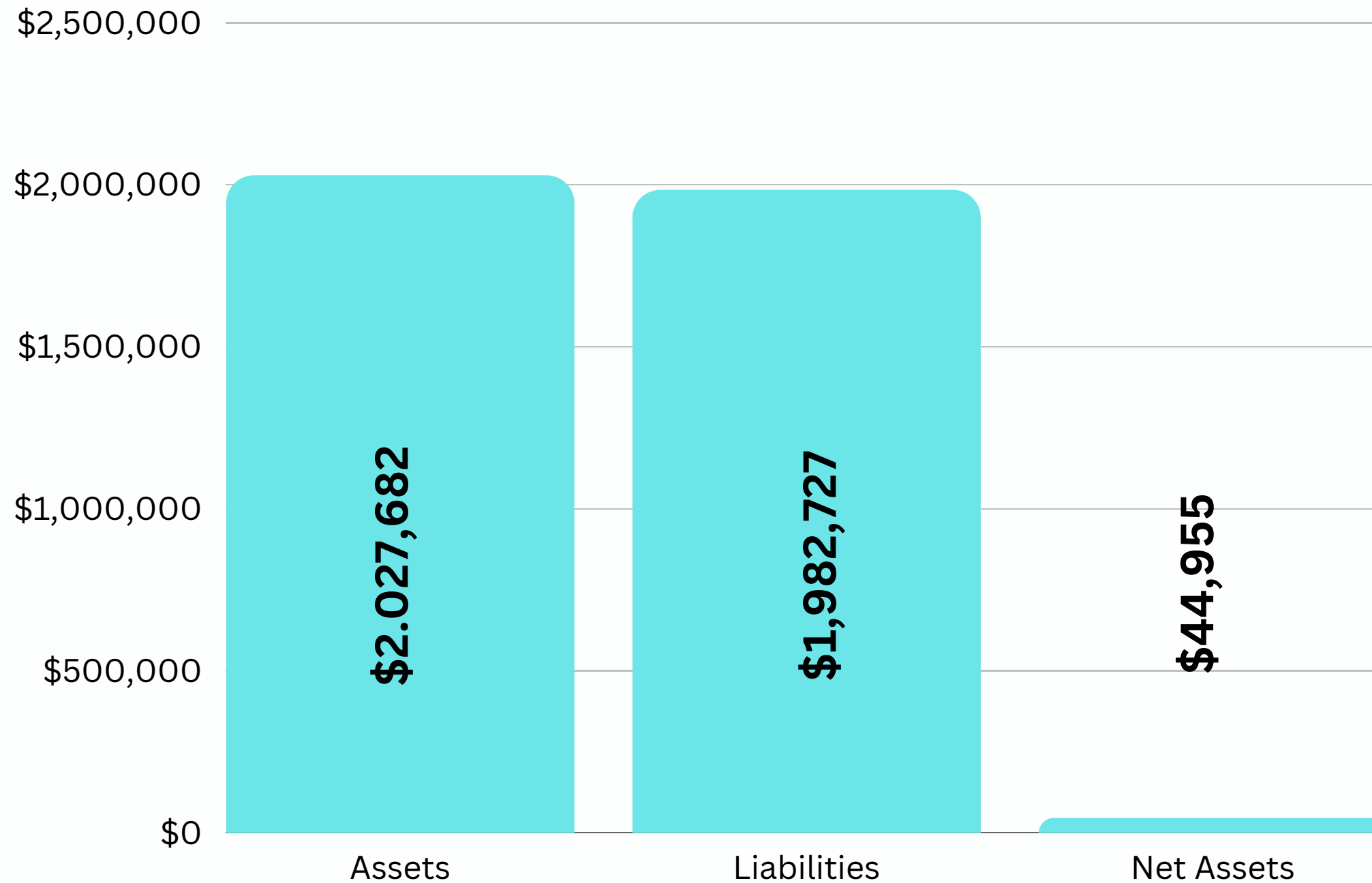
Where \$ comes from



Where \$ is spent



Financial Position



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

TBC Programs...

Sunday May 29, 2022
10 am
Hosted on Zoom

EFT / TAPPING for CHILDREN

EFT / Tapping is a form of Energy Psychology or Emotional acupuncture. This practice helps us calm the nervous system and takes us out of flight/fright/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 to wind down at the end of the day and address other issues
Group tapping

To register please Email: ed@torontobirthcentre.ca

EFT/TAPPING for KIDS

Hosted on Zoom
May 29th at 10 am

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

The workshop will cover:
A brief explanation of how EFT works
Understanding kids nervous systems and how to use EFT with kids to help them fall asleep and stay asleep
Group tapping

To register please email: ed@torontobirthcentre.ca

Register at: ed@torontobirthcentre.ca
Saturday August 20th at 10am

EFT/Tapping for Limiting Beliefs

- 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/FRIGHT/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 to explore limiting beliefs and how to work through them
Group Tapping

Saturday July 23, 2022
10:00am
Hosted on Zoom

EFT / Tapping For Anger

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:

TORONTO BIRTH CENTRE

EFT TAPPING for Winter

ON ZOOM

Led by Safire Naranjo

FREE! EFT TAPPING WITH SAFIRE NARANJO: STRESS & OVERWHELM

ON ZOOM!

10 AM EST SAT MARCH 18

REGISTER ONLINE

TORONTO BIRTH CENTRE

EFT/TAPPING FOR ANXIETY & PANIC

10AM EST SATURDAY NOV 19 ON ZOOM

HOSTED BY SAFIRE NARANJO

REGISTER: LINK IN DESCRIPTION

TORONTO BIRTH CENTRE

EFT WITH SAFIRE NARANJO

Tapping for Birth

sunday july 9, 10-11am est on zoom

FREE to REGISTER

FOR ANXIETY PANIC

Sunday April 24, 2022
10 am
Hosted on Zoom

EFT / TAPPING for Sleep / Insomnia

EFT / Tapping is a form of Energy Psychology or Emotional acupuncture. This practice helps us calm the nervous system and takes us out of flight/fright/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 to wind down at the end of the day and address insomnia and other sleep issues
Group tapping

To register please Email: ed@torontobirthcentre.ca

EFT TAPPING for Fussy Babies

with SAFIRE NARANJO

Sat Feb 11 @ 10am EST on ZOOM



TORONTO BIRTH CENTRE

ALL AGES GROUP TAPPING for kids

ON ZOOM

Sunday May 7 10-11AM EST

WITH SAFIRE NARANJO

FREE PRENATAL CLASS

Week 1: Pain/Pre-Labour/Early Labour
& Coping Strategies

Thursday August 4, 2022

7:00pm -8:00pm

These classes are free to all Pregnant people and their support people. These classes will be taught by Safire Naranjo, birth worker, EFT/Tapping practitioner, and mother of two.

You may attend any or all of these classes. There will be time allocated for questions each week.

For more information or to register please email
Roberta, ed@torontobirthcentre.ca



FREE PRENATAL CLASS

Week 2:
Active Labour,
Vaginal/Caesarean Birth &
Choice of Birthplace

Thursday August 11, 2022

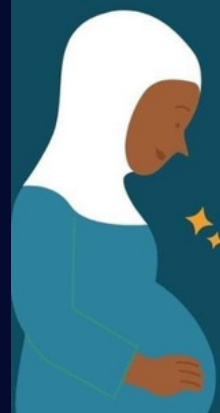
7:00pm -8:00pm

These classes are free to all Pregnant people and their support people. These classes will be taught by Safire Naranjo, birth worker, EFT/Tapping practitioner, and mother of two.

You may attend any or all of these classes. There will be time allocated for questions each week.

For more information or to register please email

Roberta at: ed@torontobirthcentre.ca



FREE PRENATAL CLASS

Thursday
August 18, 2022

Week 3:
Common Interventions
&
Preventing Tearing

These classes are free to all Pregnant people and their support people. These classes will be taught by Safire Naranjo, birth worker, EFT/Tapping practitioner, and mother of two.

You may attend any or all of these classes. There will be time allocated for questions each week.

For more information or to register please email

Roberta at: ed@torontobirthcentre.ca



FREE PRENATAL CLASS

Thursday August 25,
2022
7:00pm - 8:00pm

Week 4:
Third & Fourth Stage
Newborn Transition & Initial Feeding

These classes are free to all Pregnant people and their support people. These classes will be taught by Safire Naranjo, birth worker, EFT/Tapping practitioner, & mother of two.

You may attend any or all of these classes. There will be time allocated for questions each week.

For more information or to register please email

Roberta: ed@torontobirthcentre.ca



Preparing for LABOUR & BIRTH Series

Mondays & Thursdays
7-8PM EST ON ZOOM

FREE
4 WEEK VIRTUAL
PRENATAL CLASS!
with Safire Naranjo



NEWBORN CARE THE "FOURTH" TRIMESTER

WITH SAFIRE NARANJO

THURSDAY
MARCH 30
7-8PM EST
ON ZOOM

REGISTER
ONLINE

PREPARING FOR LABOUR & BIRTH SERIES

4 week virtual prenatal class open to
all people in their last trimester

with
SAFIRE NARANJO

FREE
JULY
MONDAYS
7-8PM
ON ZOOM



REGISTER
ONLINE!

Why a prenatal sharing circle?

Every Thursday at 7 pm, EST, TBC hosts a sharing circle for expecting parents to come share space with each other, a registered midwife, and a staff member from TBC.

Some reasons people attend:

- To learn that their fears, concerns, and questions are valid and normal
- Meet other new parents with similar due dates
- Create and foster community safely, during the pandemic
- Ask questions/prepare for labour and birth
- Gather resources
- Learn more about TBC and midwifery

For the link, please email Kayt at icecb@torontobirthcentre.ca



POSTPARTUM SHARING CIRCLE

Thursday mornings at **10 AM**

Open to all postpartum people & their supports, regardless of giving birth at TBC. This space exists to create community and to share knowledge & experiences. Registration link in description

FACILITATED BY **SAFIRE NARANJO**

Lactation and Infant Feeding Circle

Tuesdays afternoons on Zoom:
August 2nd, 16th and 30th
2pm

This space is open to all people and their support persons regardless if you laboured or gave birth at the TBC. This space is facilitated by a lactation consultant as well as others who are breast/chest/body feeding. We hope to create community, share knowledge and experience.

To register please email Roberta:
ed@torontobirthcentre.ca

Postpartum Sharing Circle

Thursday Mornings 10 am

Please join us virtually on Zoom, Thursday 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 Roberta . ed@torontobirthcentre.ca

Postpartum Sharing Circle

Thursday Mornings 10:00am

Please join us virtually on Zoom, Thursday 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. Safire Naranjo, birth worker, EFT/Tapping practitioner, and mother of two will be the facilitator!
Please email Denise icecb@torontobirthcentre.ca

LACTATION AND INFANT FEEDING CIRCLE

Come join us!

TUE JULY 11 & 25 @ 2PM EST

WITH GISELLE JOHNSTON (IBCLC)

ON ZOOM + FREE TO REGISTER!

TORONTO BIRTH CENTRE

Sucker Moon Teachings
with
Luana Shirt

Please join us virtually on Zoom,
Tuesday April 12 at 6:00pm
Luana Harper
will be sharing teachings
about Sucker Moon
Everyone is welcome

TBC TOURS

We are happy to be able to offer in
tours again of our beautiful birth

At this time, each pregnant person c
one support person to a tour

We require that you wear a medical
mask and please direct questions to e

VIRTUAL TOUR



WED MAY 24 - 12PM EST

REGISTER ONLINE - LINK IN DESCRIPTION

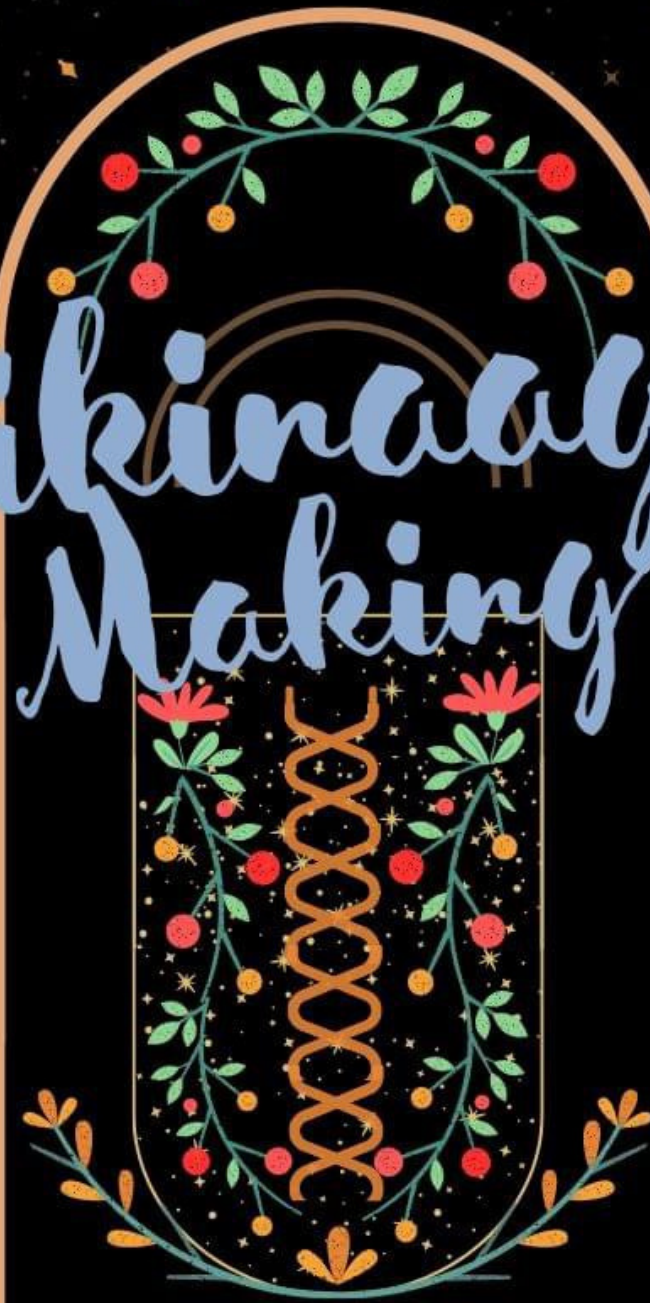
TO BOOK, CALL (416) 566-8080 X 10



TORONTO
BIRTH
CENTRE

Tiikinaagan Making

LIMITED SPOTS
REGISTER
ONLINE
for more info:
PROGRAMS@
torontobirthcentre.ca



**FREE
IN-PERSON
WORKSHOP**

**SAT & SUN
MAR 25-26
10AM-3PM**

**AT THE
TORONTO
BIRTH
CENTRE
525 DUNDAS ST E**

**WITH ARTISTS
SHANNON & RYAN
GUSTAFSON**

Saturdays at 11:00am
Free and hosted on Zoom

Movement
&
Meditation
with
Shanèl Dear

A time for us to pause, take a breath
and move with the flow of our energy



FAM 101: A Quick Intro to Fertility Awareness for Impatient People

Want to learn about
Fertility Awareness, but
don't have a lot of time?
This is an offering for you!

**In this space you will
learn:**

- What is fertility awareness?
- How and why does FAM work to prevent and achieve pregnancy?
- Tips on how to get started!

ZOOM
Friday, August 5th
1pm

Email Roberta:
@torontobirthcentre.ca



**FRIDAY JULY 7
11:00-2:00PM**

**REGENT PARK
(COMMUNITY GARDEN
IN THE BIG PARK)
620 DUNDAS ST E**

Come outside,
and learn about
Indigenous and
pollinator plants
through creative
art making. FREE!

Lunch provided.
Everyone is welcome.

REGISTRATION REQUIRED
(LINK IN DESCRIPTION)

COMMUNITY GARDEN WORKSHOP

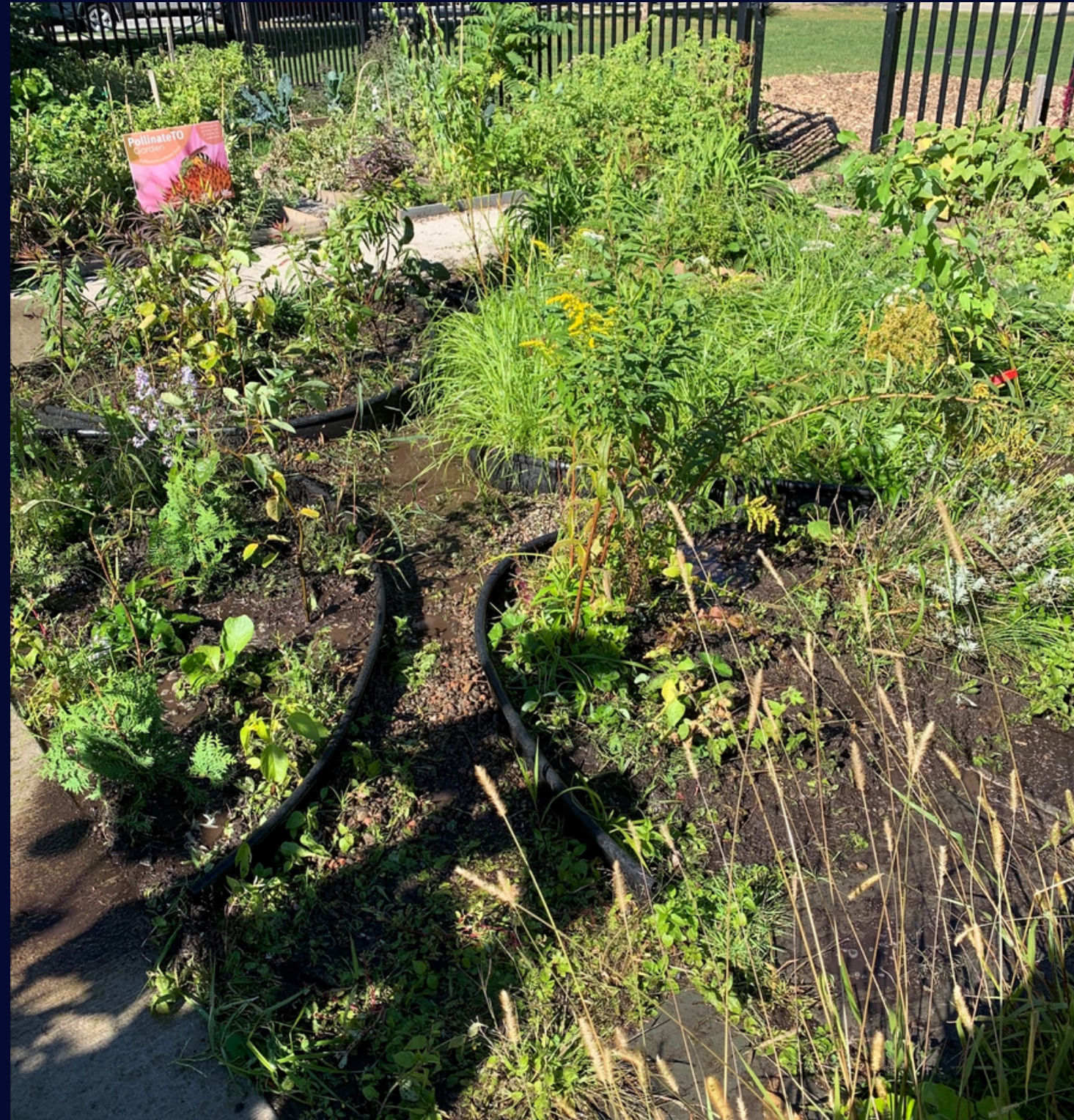


Tkaranto Ondaadizi-Gamig Mushkiki Gitigaan-2021

This project is supported by the City of Toronto, through Live Green Toronto, and Pollinate TO Community Grants Program

Design:

- Landed into the four Directions
- Each direction has sacred medicines:
 - East -Tobacco
 - South- Cedar
 - West -Sage
 - North- Sweetgrass



A gravel walkway separates the four areas so that people can walk through the garden and read the signage and learn which plants are in the garden.

Honouring and supporting our winged brothers and sisters -the pollinators- by providing food sources, shelter and water especially within a space where other community gardens around us require pollination to grow/harvest their food sources for their programs.

Growing throughout the garden are strawberry plants

Governance

Board of Directors:

Dione Amsterdam, RM (Director); Ellen Blais, AM, (Director); Melida Jimenez ; Sarah Martineau, RM, (President); Chantal Hince (formerly Longobardi), RM, (Director); Andrea Luciuk, RM, (Secretary/Treasurer); Monica McKay, (Director) ; Kearston Bergeron, RM, (Director); Kandace Price-Lyston, RM, (Director); and Laura Pus, Director, (WCH Rep), Sandra Robinson, Director, (WCH Rep)

Incoming Directors: Kearston Bergeron, RM, Chantal Hince (Longobardi), RM; Sandra Robinson, RN, MN, NP (Adult)

Out-going Board Members: Sarah Martineau, RM; Laura Pus, MBA

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.**

Quality Advisory Committee:

**Sara Booth, RM - Quality Advisor
Sophie Roher, Community Council stream
Jennifer Gilbert, Community Council stream
Melida Jiminez, RM, Board Ex-officio
Nimerta Dhami, RM, Midwives' Council stream
Katelyn Blascik, RM, Midwives' Council stream
Tiffany Fung, Board stream
Laura Solis RM, Board stream**

Outgoing Members: Dr. Elin Raymond

Advisory Committees

Midwives' Council:

**Co-Chairs: Seventh Generation Midwives of Toronto: Brescia Nember-Reid, RM and
Riverdale Community Midwives: Amanda Tissera, RM
Indigenous Seat (Shared): Rocio Guzman Velasquez, RM; Vacant.**

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

Diversity Midwives: Vacant, RM; Vacant, RM

Kensington Midwives: Tori Whyte, RM; Mitra Razi, RM

MATCH: Jenna Bly, RM; Sheezeen Suleman, RM

Midwife Alliance: Mary Dirmeitis, RM; HaoYu (Maggie) Pang., R.M.

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

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

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

Trillium Midwives: Alexandra Nikitakis, RM; Sindy Cheung, RM

TBC Staff

Admin Team

Roberta Pike, MSW, Executive Director

Cheryl Creighton, Office Manager

Andrea Vaz, Clinical Admin+Data Analyst/ Database Administrator
(Mat leave)

Abigael Norman, Clinical Admin+Data Analyst/ Database
Administrator

Denise Booth, Indigenous and Community Engagement
Coordinator

Hannah Schreck, Indigenous and Community Engagement
Coordinator

Celia Su, Clinical Administrative Assistant

Weston Miller, Makwa

Kayt Ward-Indigenous and Community Engagement Coordinator

Luca Banerji, Makwa

Clinical Team

Sara Booth, RM, Clinical Director

Tamara Sanchez, Head Birth Centre Aide

Cassandra Thompson, Head Birth Centre Aide

Marixa Alva Roncal, Birth Centre Aide (BCA)

Sarah Screck, 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

Emma McGrattan, BCA

Jahiem Henry, BCA

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