

**TORONTO
BIRTH
CENTRE**

● ANNUAL REPORT 2023-2024

Telephone
(416) 366-8080

Address
525 Dundas Street East,
Toronto, ON M5A 2B6

Website
torontobirthcentre.ca

October 2024


Message from the Executive Director

This past January marked 10 years since TBC first opened for births – a milestone we are still making sense of together in community. Over the past decade, TBC has established itself as a unique space where pregnant individuals in midwifery care can labor and give birth. TBC has become more than just a birth centre; it is a vital community hub where midwives and community members gather, share knowledge, and work together towards justice and equitable care.

In February, we started the celebrations by gathering Board members, council /committee members, staff and others involved in this decade of history to look back, celebrate, and vision forward. Indigenous Midwife co-leads of the TBC proposal and start-up, Sara Wolfe and Cherylee Bourgeois, held the space with a presentation and activities.

We were reminded of the impacts TBC has had so far:
Safety, Learning, and Relationship-building

Message from the Executive Director



As one of the first Ministry of Health-funded birth centres, TBC has demonstrated the power of midwifery and Indigenous governance in healthcare. We've heard interest from over 11,000 people in midwifery care about giving birth at TBC, and together midwives and TBC staff have attended the birth of more than 3,600 babies. These successes have only been possible because of our strong partnerships with midwifery teams across the city.

We have also been working to live up to the expectations of the community with limited funding, while striving to uphold our Indigenous framework. Time and effort is being put into building our capacity to live up to our values as well as meeting ongoing and unmet community needs with the help of funding by the Regent Park Social Development Plan. The aim is to further establish TBC as a trusted care provider in the community and to break down some misconceptions about midwifery care in Ontario.

Message from the Executive Director

Indeed, 2023-2024 was a year of much change at TBC, with the departure of past Executive Director, Roberta Pike, through some months in which Sadie Booth added the role of Interim ED to their role as Clinical Director, and to welcoming me as the incoming Executive Director.

Reflecting this year that 10 years have passed, and this is a unique opportunity to acknowledge all those who came before me and paved the way for me to be and thrive in this role. We want to express heartfelt gratitude to the Board members, staff, and council and committee members who have steadied TBC through months of change, and continued to centre the pregnant people, families and midwives who use TBC.

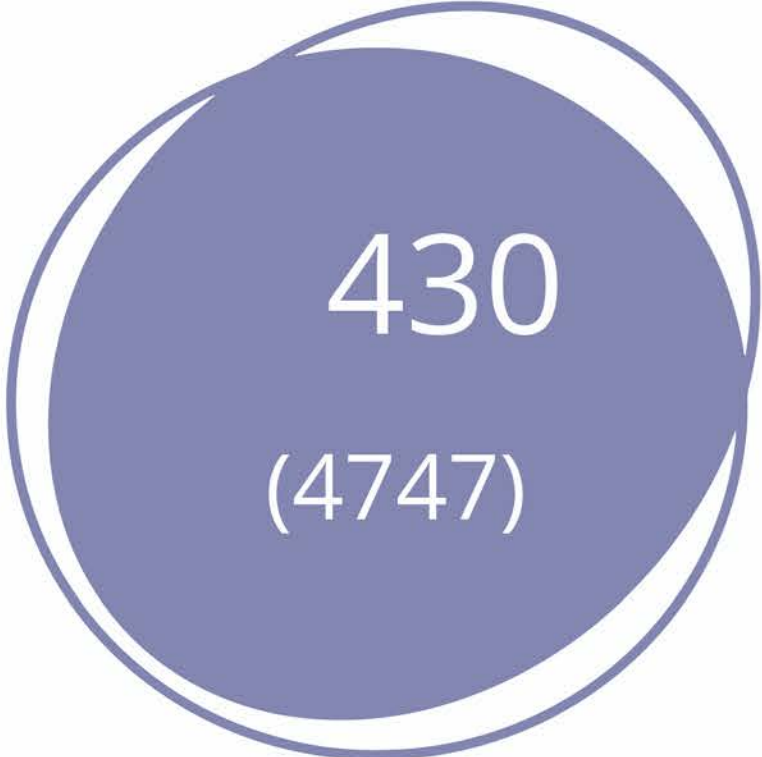
-Blandine Tona



Admissions and Births

of Clients admitted in 2023- 2024

(# admitted since opening Jan 31, 2014)



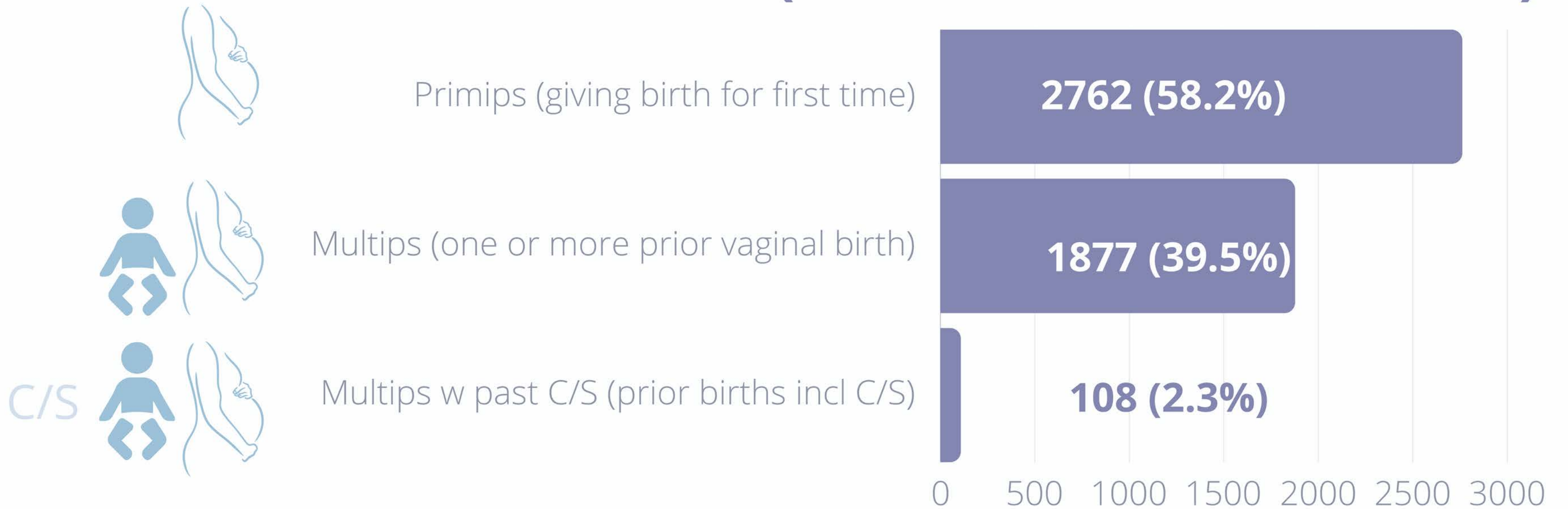
of births in 2023-2024

(# births since opening)



Parity of People admitted to TBC

(# and % of all admissions - 4747)



Length of Stay after birth

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

Average length of stay after birth

2.97 hrs

- **for Nulliparous clients**

3.10 hrs

- **for Multiparous clients**

2.86 hrs

Did you know?

Midwives provide on-call availability to clients after discharge from TBC, and home visits in the first week.

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**

94.5%

of all TBC births with
postpartum transport
of baby and/or
birthing person

Breast- or Chest-Feeding

(of all TBC births N=3546)



95%

Latch achieved before discharge (n=3369)

- Latch achieved before discharge with no transport = 97.8% of all births without transport
- Latch before discharge with transport * = 58.8% of all births with transport



4.5%

Latch not achieved (n=161)



0.4%

Declined to Breast- or Chest-feed (n=15)

* Transport may have been for birthing person or baby or both

Transports to Hospital

(January 30, 2014-March 31, 2024)

Admissions

4747 (% of all admissions)

Births

3546 (74.7%)

Intrapartum
Transport
1201 (25.3%)

No Transport
3291 (69.3%)

Postpartum
Transport*
167 (3.5%)

Newborn
Transport*
104 (2.2%)

By private vehicle*
1089 (22.9%)

By ambulance*
383 (8.1%)

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

Transports to Hospital

(January 30, 2014-March 31, 2024)

- **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.
- **73.9%** 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
- **1.1%** of transports went to Sick Kids Hospital

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

Access and Equity

Bookings Since Opening



Admissions Since Opening



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.

TBC provides 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
	4747	2762	1876	109
Spontaneous vaginal births - TOTAL % of admissions	4237 89.3%	2308 83.6%	1840 98.1%	89 81.7%
Spontaneous vaginal births - at TBC % of admissions	3547 74.7%	1767 64.0%	1705 90.9%	75 68.8%
Spontaneous vaginal births - in hospital % of admissions	687 14.5%	539 19.5%	134 7.1%	14 12.8%
Spontaneous vaginal births - other location % of admissions	3 0.1%	2 0.1%	1 0.1%	0 0.0%
Vacuum births % of admissions	134 2.8%	123 4.5%	10 0.5%	1 0.9%
Forceps births % of admissions	60 1.3%	59 2.1%	1 0.1%	0 0.0%
Caesarean births % of admissions	312 6.6%	269 9.7%	24 1.3%	19 17.4%
Missing data % of admissions	4 0.1%	3 0.1%	1 0.1%	0 0.0%

TBC as a teaching facility

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

38.4 % of all admissions
involved students

128 (29.8%) admissions
were attended by 1
student

37 (8.6%) admissions
were attended by 2+
students

153 (35.6 %) of
admissions included
students placed
with midwifery groups

20 (4.7 %) of admissions
included students
placed at TBC

16 (3.7%) of
admissions included
Indigenous students

Financial Statements

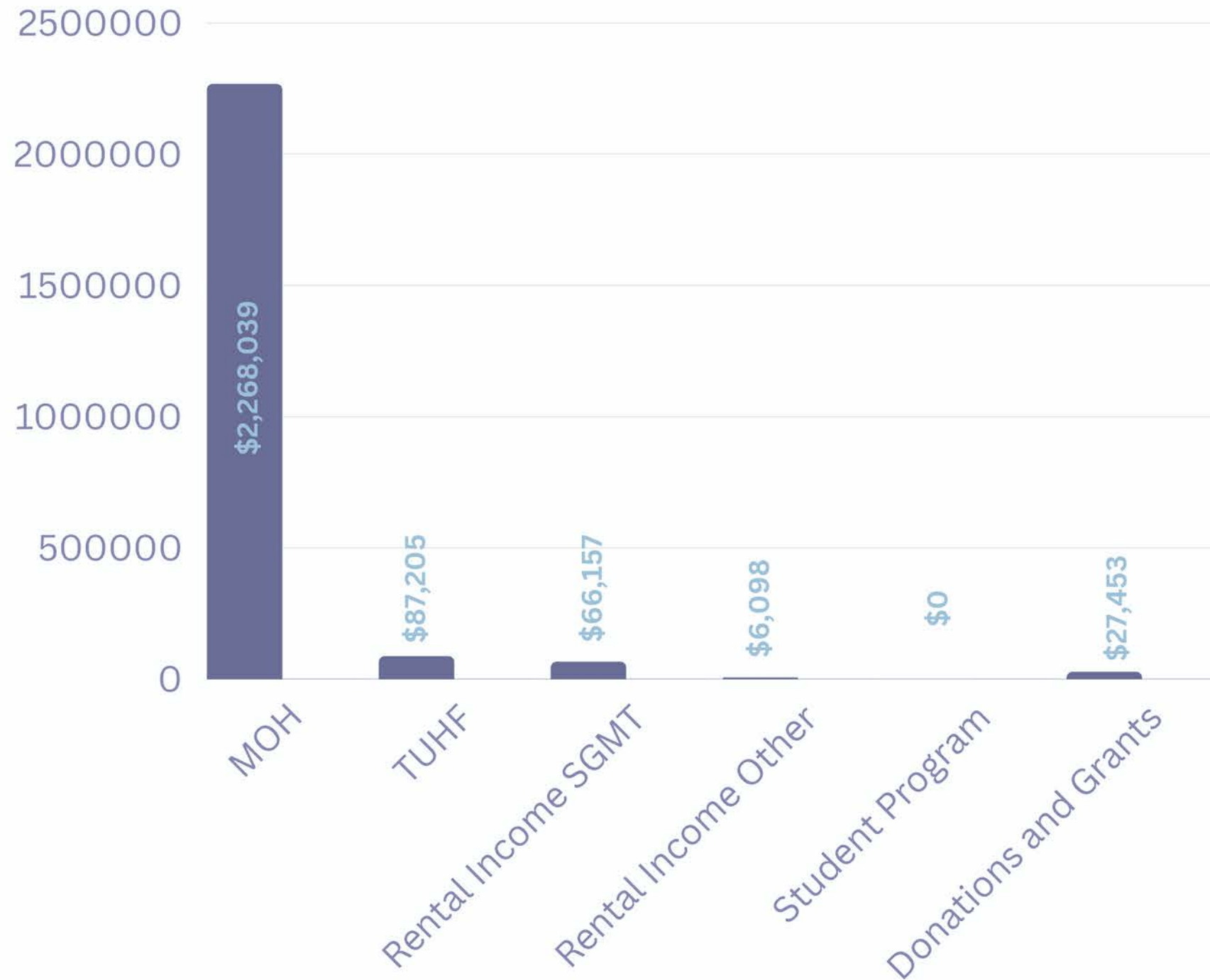
Financial statements for the 2023-2024 fiscal year have been audited by Norton McMullen, LLP.

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

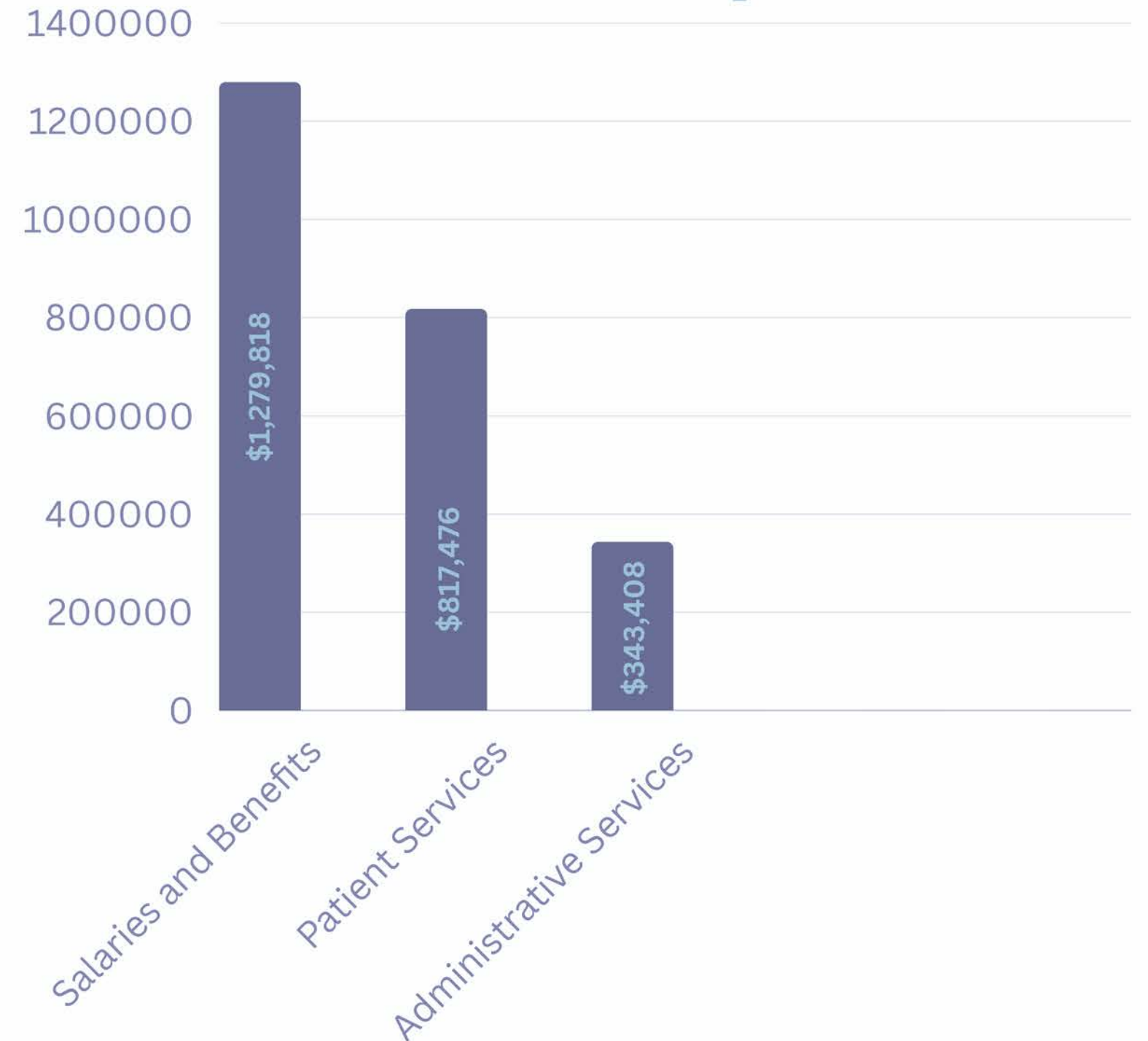
If you would like to request a copy of the complete and approved TBC audited financial statements, please contact Cheryl Creighton at: admin@torontobirthcentre.ca .

Financial Summary

Where \$ comes from



Where \$ is spent



Financial Position



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

TBC Programs

Classes, Connection and Community

preparing for
labour & birth series

TORONTO BIRTH CENTRE

4 week virtual prenatal class open to
ALL PREGNANT PEOPLE with Safire Naranjo

LAST MONTH TO REGISTER!
FREE EACH MONDAY in **JULY 7-8PM** ON ZOOM

www.torontobirthcentre.ca

QR code

torontobirthcentre.ca

EFT WITH SAFIRE NARANJO

Tapping for **Birth**

Sat, April 13 - 11am
on zoom

EFT is an easy to learn technique with many practical uses during the process of labour and birth and can be used by a range of people, including those who are pregnant, midwives, doulas, and labour support people.

Emotional Freedom Technique (EFT) or Tapping is a form of Energy Psychology or "Emotional Acupuncture". This practice helps to calm the nervous system and takes us out of the fight/flight/freeze mode and into parasympathetic mode. It is an accessible, gentle and effective tool.

FREE to REGISTER
All are welcome

TORONTO BIRTH CENTRE

QR code

TORONTO BIRTH CENTRE

newborn care & the "fourth" trimester

with Safire Naranjo

MONDAY APRIL 1 7-8PM on zoom

Learn more about what the "fourth" trimester means and different options for care in first few weeks after birth.

register online

torontobirthcentre.ca

QR code

PREPARING FOR
LABOUR & BIRTH SERIES

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

with SAFIRE NARANJO

FREE ON ZOOM

MONDAYS in **JANUARY 7-8PM** EST

LIMITED TO 30 SPOTS*

REGISTER ONLINE!

TORONTO BIRTH CENTRE

PROGRAMS@torontobirthcentre.ca

QR code

ALL AGES
GROUP TAPPING for **kids**

WITH SAFIRE NARANJO

ON ZOOM
Sunday May 7
10-11AM EST

TORONTO BIRTH CENTRE

TORONTO BIRTH CENTRE

TAPPING (EMOTIONAL FREEDOM TECHNIQUE) for **Babies**

with SAFIRE NARANJO

Sat Jan 13
11am EST on ZOOM

for more info:
PROGRAMS@torontobirthcentre.ca

QR code

TBC Programs

Classes, Connection and Community



TORONTO BIRTH CENTRE

LACTATION AND INFANT FEEDING CIRCLE

WITH A CERTIFIED LACTATION CONSULTANT

Come join us!

2PM ON ZOOM

TOPICS FOR DISCUSSION:

- FEB 6 GETTING OFF TO A 'GOOD START'
- FEB 27 BOTTLE FEEDING

SIGN UP HERE!

torontobirthcentre.ca

QR code



TORONTO BIRTH CENTRE

postpartum support group

Guided group discussions with mother and birthworker **Safire Naranjo**

DECEMBER "Nurturing the Nurturer"

Every Thursday @ 10 AM EST on zoom

This month we will explore how needs may change for people with new babies, and what care and support can look like for them

torontobirthcentre.ca

QR code



TORONTO BIRTH CENTRE

postpartum support group

Every Thursday @ 10 AM EST on zoom

Free, virtual drop-in with guided group discussions, postpartum support and a chance to connect with other families.

with **Safire Naranjo**

JUNE **Bonding with Baby**

We will be exploring the foundations of early attachment and emotional connections with your new baby

torontobirthcentre.ca

QR code



TORONTO BIRTH CENTRE

lactation & infant feeding circle

register online now! (IT'S FREE)

with certified lactation consultant **GISELLE JOHNSON**

TUESDAYS 2-3PM on ZOOM	
June 4	Supplementing & Bottle Feeding
June 18	How to Avoid Nipple Pain

torontobirthcentre.ca

QR code

TBC Programs

Classes, Connection and Community

VIRTUAL TOURS

TORONTO BIRTH CENTRE

FOR THE NEXT SCHEDULED DATE FOLLOW QR CODE OR EMAIL PROGRAMS@TORONTOBIRTHCENTRE.CA



*TO BOOK IN-PERSON TOURS - CALL (416) 366-8080 X 101

SafelyFed Canada TORONTO BIRTH CENTRE

PRESENT

Milk
A film by Noemi Weis

WITH THE SUPPORT OF:
TELUS filmblanc

Free Screening and Workshop

FRIDAY November 10
12:00PM-3:00PM
Toronto Birth Centre
525 Dundas Street East

ABOUT THE EVENT:

Screening of Noemi Weis' documentary, Milk, followed by a workshop on emergency readiness for young families and countering commercial influence on infant feeding

FOR MORE INFORMATION
Michelle Pensa Branco, SafelyFed Canada
michelle@safelyfed.ca

Register here:
safelyfed.ca/events
[MILKHOOD.COM](https://milkhood.com)



TORONTO BIRTH CENTRE

community council meeting

SUMMER 2023

THURSDAY AUGUST 31 1-3PM

LOCATION:
Toronto Birth Centre
525 Dundas St E
(ZOOM-IN OPTION)

Share your photos and stories with us

TORONTO BIRTH CENTRE



The TORONTO BIRTH CENTRE residents of Regent Park to

We want to improve our services to better reflect the diverse needs within the Regent Park community.

Make your voice heard. Become a member of the **RP Advisory Committee!** This group will advise the RP Community Coordinators. *Honorarium provided for your participation.*

If interested, contact Fazla:
rpl2@torontobirthcentre.ca

torontobirthcentre.ca

INFO ABOUT THE TORONTO BIRTH CENTRE in Multiple Languages

We would like to hear from you about priorities for translated materials and information. Please email: inquiry@torontobirthcentre.ca

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SCAN ME!



torontobirthcentre.ca

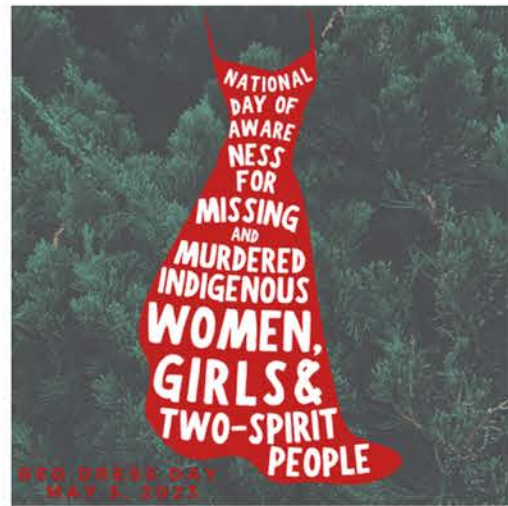


Languages available:

- ብርክቶማዋላጃማዕከል (Amharic)
- مركز تورونتو للولادة (Arabic)
- 多伦多分娩中心 (Simplified Chinese)
- مرکز زایمانورتو (Farsi)
- Centre de naissance de Toronto (French)
- टोरोन्टो बिक सेंटर (Hindi)
- トロントバースセンタ (Japanese)
- Toronto 출생 센터 (Korean)
- د ټورانټو د زېږونمرکز (Pashto)
- Ośrodek Rodzenia w Toronto (Polish)
- Centro de Parto de Toronto (Portuguese)
- Родильный центр Торонто (Russian)
- Centro de Nacimiento de Toronto (Spanish)
- Sentro ng Panganganak ng Toronto (Tagalog)
- Toronto Doğum Merkezi (Turkish)
- ټور اټو کا مرکز پیدائش (Urdu)
- Trung Tâm Hộ Sinh Toronto (Vietnamese)

TBC Programs

Classes, Connection and Community



A poster for a workshop titled "pollinators & their plant relations" from the Toronto Birth Centre. It features illustrations of various flowers and a bee. The text includes: "In the Big Park in Regent Park TUE AUG 29 11-1PM", "FREE WORKSHOP Everyone is welcome", "Lunch provided (registration required)", and "Join us in the community garden to learn about Indigenous and pollinator plants with teachings by Carolynne Crawley". It also includes the "Live green Toronto" logo, the Toronto logo, and a QR code with the text "TO REGISTER: Follow QR code or email programs@torontobirthcentre.ca".

A poster for "ziissbaakdoke giizas sugar moon" featuring a large yellow moon in the top right corner and a floral illustration at the bottom. The text reads: "The third moon in the cycle of Creation is known as Sugar Moon. As the maple sap begins its flow, we delve into the wisdom of a vital remedy gifted to the Anishinaabe, promoting blood balance and healing. During this phase, there is an encouragement to align our lives with the equilibrium sought in regulating blood sugar levels. Additionally, the moon imparts knowledge about the opportune time for the maple sugar harvest, marking the celebration of the Anishinaabe new year."

A poster with a vibrant floral border. The text reads: "SEPTEMBER 30, 2023 IS EVERY CHILD MATTERS NATIONAL DAY FOR TRUTH AND RECONCILIATION". It includes the Toronto Birth Centre logo.

A poster for "JUNE IS... Indigenous Peoples' and PRIDE month 2023" featuring a colorful sunset background, a teepee, and evergreen trees. It includes the Toronto Birth Centre logo.

Tkaranto Ondaadizi-Gamig Mushkiki Gitigaan-2023

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

Growing throughout the garden are strawberry plants

Honoring 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.



TBC BCA harvesting sweetgrass

Landscaped into the four directions and 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.

Governance

Board of Directors:

Dione Amsterdam, RM; Ellen Blais, AM (President); Melida Jimenez; Chantal Hince, RM; Andrea Luciuk, RM, (Secretary/Treasurer); Monica McKay; Kearston Bergeron, RM; Kandace Price-Lyston, RM; and Sandra Robinson, RN, MN, NP (WCH Rep)

Incoming Directors: Chantal Hince; Sandra Robinson

Out-going Board Members: Sarah Martineau; Laura Pus (WCH Rep)

Advisory Committees

Community Council:

**Co-chairs: Shannon Simpson and
Krysta Williams**

**Faith Wraith; Natalie Lucas; Rebecca
Beaulne-Stuebing; Nio
(Niiohontéhsha) (Gillian) Kyle; and
Melissa Stevenson; Vacant - Youth
Rep; Vacant - Knowledge Keeper**

Quality-of-Care Committee:

**Dione Amsterdam - Chair
Fariba Shodjaie - Member
Sara Chambers - Former member**

Advisory Committees

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

Advisory Committees

Midwives' Council:

Co-Chairs: Brescia Nember-Reid, RM and Amanda Tissera, RM

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

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

Diversity Midwives: Grace Yu, RM ; Mehrnaz Eshghi-Azad, RM

Kensington Midwives: Tori Whyte, RM; Vacant

MATCH: Jenna Bly, RM; Sheezeen Suleman, RM; Carmi Magnaye, RM

Midwife Alliance: HaoYu (Maggie) Pang., R.M; Vacant

The Midwives Clinic of East York-Don Mills; Nabal Kanaan, RM; Kambili Husbands, RM

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

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

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

TBC Staff

Admin Team

Blandine Tona, Executive Director

Roberta Pike, outgoing Executive Director

Cheryl Creighton, Office Manager

Abigael Norman, Acting Database Administrator + Clinical
Administrative Assistant

Hannah Desjarlais, Indigenous and Community Engagement
Coordinator

Celia Su, Clinical Administrative Assistant

Andrea Vaz, Data Analyst/ Database Administrator + Clinical
Administrative Assistant (on leave)

Adina Adreani, Social Media Trainee

Raisa Chowdhury, Sheena Taylor, Pavithra Sulanthar, Ibrahim

Afrah, & Fazla Muneem, Regent Park Project Co-leads

Luca Banerji, Makwa

Weston Miller, Makwa

Clinical Team

Sara Booth, RM, Clinical Director

Cassandra Thompson, Head Birth Centre Aide

Tamara Sanchez, outgoing HBCA

Marixa Alva Roncal, Birth Centre Aide (BCA)

Sarah Schreck, BCA

Barbara Schreck, BCA

Ashley Kagige, BCA

Gabriella Scott, BCA, casual

Charmaine Burger, BCA

Emma McGrattan, BCA

Arianna Logan, BCA

Jahiem Henry, BCA

Natasha Turnbull, BCA

Miigwetch, Nia:weh, Merci and
Thank you!