

## Head Office

Swan Lake First Nation 200-200 Alpine Way, Headingley, Manitoba R4H 0B7

---



## Winnipeg Sub-Office

1572 Dublin Avenue, Winnipeg, Manitoba R3E 0L4

Phone: 204.946.1869 Fax: 204.946.1871 Toll Free: 1.866.876.9701

[www.scoinc.mb.ca](http://www.scoinc.mb.ca) Facebook: @SCOIncMB

## Bringing Births Back into Community

Health Transformation News Update: October 31<sup>st</sup>, 2022

On October 26<sup>th</sup> and 27<sup>th</sup>, SCO Health Transformation hosted a Focus Group Discussion at the Victoria Inn, Winnipeg, with Indigenous Midwives and Doulas to strategize and share birth knowledge and community history of midwifery. This Focus Group Discussion is one in a series of ongoing focus group discussions started by Health Transformation in December of 2020 as part of Health Transformation's wider community engagement strategy on the development of a new First Nations Health System.

Facilitated by registered Midwife and founder of *Zaagi'idiwin*, Melissa Brown, focused discussions were had on:

- The history and future of Midwives and Doulas in First Nations communities
- Current traditional birthing practices in community
- Current, in-community services available for caregivers
- Breastfeeding practices
- Personal experiences of racism in healthcare
- Various types of supports needed for the growth and success of Doulas and Indigenous Midwifery programs

*O-nii-gah-neek mino ayawin. We are leaders in our own health. Health Transformation at SCO is an opportunity for you to take control of your community health and health outcomes. Through community health events, media campaigns, forums, focus groups, advisory committees and so much more, space is created for all southern First Nation community member voices to be heard.*

*For more information about Health Transformation community engagement, please email [health@scoinc.mb.ca](mailto:health@scoinc.mb.ca) or call 204.946.1869, or visit our [website](http://www.scoinc.mb.ca).*