

NCIM NATIONAL VIRTUAL FORUM

DISCUSSION QUESTIONS



RECLAIMING BIRTH, RECLAIMING POWER

DAY 1 — MARCH 3, 2026

General Reflection Questions

- What was one moment that deeply moved you or stayed with you?
- Was there something that challenged your thinking?
- What teachings or insights felt directly relevant to your community?
- Where did you feel pride? Where did you feel urgency?
- What is one action or conversation this Forum is calling you toward?
- What support might your community need to move from reflection to action?
- Is there anything NCIM can help your community advance?

Event Opening

Heiltsuk Elder Pauline Waterfall

- What does sovereignty look like in your community today?
- What does it mean to restore something that was taken or banned?
- Are there practices, ceremonies, or systems in your Nation that are ready to be renewed?
- What role do education and language revitalization play in strengthening Indigenous midwifery?
- Who are the knowledge keepers in your community that should be guiding this work?

Hide Tanning & Healing Through Land-Based Practice

Alyssa Gagnon, RM

- How do land-based practices support regulation, bonding, and postpartum healing?
- What traditional practices in your territory support infants, caregivers, and families beyond clinical care?
- What would it look like to center land-based work as part of midwifery services?
- How can we reclaim Indigenous body sovereignty through everyday practices?
- Are there community members who hold land-based skills that could be integrated into family wellness supports?

“Show Me the Money”: Reclaiming Birth from Evacuation Costs

Dr. Jennifer Leason

- How does birth evacuation affect families in your community?
- What are the emotional, cultural, and financial costs of sending people away to give birth?
- What might change if that funding were invested in Indigenous-led local midwifery instead?
- What data or stories could your community gather to advocate for local services?
- Who needs to hear this information in your leadership or health system?

15 Minute Break

(Encourage participants to stretch, eat, and check in with one another.)



Racism & Ethical Imperatives for Indigenous-Led Health Systems

Dr. Lisa Boivin

- How does racism show up in health systems that impact your families?
- What would an Indigenous-led health system look and feel like in your territory?
- What ethical responsibilities do institutions have to Indigenous communities?
- How can art, story, and lived experience reshape education and policy?
- What accountability structures are needed to ensure cultural safety?

Native Youth Sexual Health Network -You Are Made of Medicine

Emma Antoine-Allan

- What does youth-led reproductive justice look like?
- How are Indigiqueer, Two-Spirit, LGBTQ+, and gender-diverse youth supported (or unsupported) in your community?
- What does “made of medicine” mean to you?
- Are there safe peer spaces for youth to talk about sexual health and mental wellness?
- How can communities address geographic racism and access barriers?
- Who needs to be invited into conversations about youth wellness?

Closing Reflection for Watch Parties

- What feels most urgent for your community after today?
- Is there a next small step you can take together?
- Would forming or strengthening a midwifery working group or committee make sense in your community?
- Who should be invited into this conversation who wasn't here today?
- What support, training, or follow-up would help you move forward?



**THANK YOU AND
SEE YOU ON DAY 2!**