



WOMEN'S WELLNESS WITHIN

SERVING CRIMINALIZED WOMEN

- DOULA SUPPORT • PREGNANCY & POSTPARTUM
- ABORTION • INFORMATION & EDUCATION
- BREASTFEEDING SUPPORT • ADVOCACY

WHO WE ARE

We are doulas, nurses, midwives, physicians, social workers, lawyers, students, policymakers, researchers, writers, educators, mentors, and women who have experienced criminalization firsthand. We are a feminist, anti-racist, anti-poverty, pro-LGBTQ2S+, pro-inclusion organization.

WHAT WE DO

We are a volunteer-based non-profit organization. We provide support to clients in pregnancy, for abortion, childbirth, infant feeding, and newborn care. We facilitate workshops and education sessions for the public, students, health care professionals, and criminalized women. We develop resource materials. We collaborate. We advocate for decarceration and access to housing, income, resources and health care for criminalized women.

WHO WE SERVE

We serve women and transgender/nonbinary individuals who have experienced criminalization and are pregnant or have young children.

WHERE WE WORK

We have clearance to provide support at the Nova Institution for Women Federal Prison, the Central Nova Scotia Correctional Facility Provincial Jail, and the Nova Scotia Youth Facility. We support women on bail and parole in the community across Nova Scotia. We attend court proceedings, health and other appointments, and visit clients and their families where they are.

WORK WITH US

www.womenswellnesswithin.org

PO Box 34007 Scotia Square Halifax, NS B3J 3S1

<https://www.womenswellnesswithin.org/>

Twitter: @withinwomens Email: womenswellnesswithinns@gmail.com

PEOPLE EXPERIENCING PREGNANCY, BIRTH OR POSTPARTUM WHILE INCARCERATED HAVE RIGHTS

1. To abortion
2. To participate in regular prenatal education classes with trained professionals
3. To receive prenatal care according to practice standards in the community
4. To receive appropriate and adequate nutrition in pregnancy and lactation
5. To travel to and from clinical appointments in plain clothes and without restraints
6. To privacy and confidentiality
7. To female-identified correctional staff
8. To accompaniment in labour and birth by a professional support person and family/friends
9. To move freely in labour
10. To eat and drink in labour
11. To never be shackled in a clinical context
12. To receive pain medication and clinically indicated interventions with informed consent
13. To uninterrupted skin-to-skin contact with their baby(ies)
14. To breastfeed and to all the supports and education required for breastfeeding success
15. To equipment, supplies and safe storage for pumped/expressed human milk
16. To provide human milk to babies who may not be in their care
17. To be respected as parents
18. To have their perinatal health considered in all decisions about their incarceration

THE CHILDREN OF INCARCERATED PARENTS HAVE RIGHTS

1. To be cared for by their parent
2. To see, touch, talk with and visit their parent in a safe and comfortable setting
3. To be breastfed and receive human milk
4. To have their Best Interests prioritized in all decisions concerning their parent's incarceration.

FOR MORE INFORMATION

The United Nations Rules for the Treatment of Women Prisoners: <https://cdn.penalreform.org/wp-content/uploads/2016/07/BangkokRules-Updated-2016-with-renumbering-SMR.pdf>

United Nations Convention on the Rights of the Child:
<https://www.ohchr.org/Documents/ProfessionalInterest/crc.pdf>

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