

Cannabis & Pregnancy: What We Know and How to Support Informed Decisions

September 16, 2025

1:30-3:00pm MT

This session will explore what we currently know about the effects of cannabis use during pregnancy and after birth. We'll review the latest evidence on potential risks, motivations for cannabis use during pregnancy, and how to approach this topic with care and compassion using harm reduction principles.



Learning Outcomes:

- Describe what current research tells us about cannabis use during pregnancy and its potential effects on the fetus and infant
- Identify common reasons why people may use cannabis during pregnancy
- Gain a better understanding of how to talk about cannabis use during pregnancy in a respectful, nonjudgmental way, and how to share information that supports informed choices and promotes the health of parents and babies
- Recognize the importance of culturally safe, nonjudgmental conversations around substance use during pregnancy

Speakers:

Justine Renard, PhD, Senior Researcher and Policy Analyst, Canadian Centre on Substance Use and Addiction (CCSA). Dr. Justine Renard is a Senior Researcher and Policy Analyst at the Canadian Centre on Substance Use and Addiction (CCSA), with over 15 years of experience in cannabis research. She began her career as a neuroscientist, advancing knowledge on the effects of cannabis on brain function and mental health, particularly during adolescence. Her current work focuses on the health and social impacts of cannabis in Canada, with a particular emphasis on understudied populations such as older adults and individuals who are pregnant or chestfeeding. Justine leads mixed-method research studies and knowledge mobilization initiatives that bridge scientific evidence with policy and practice. She brings a well-rounded perspective grounded in science, and policy, and is committed to advancing evidence-based approaches in substance use and public health



Target Audience: Community members, frontline health workers, and caregivers supporting pregnant individuals in First Nations communities

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