

It's Personal: Finding the Right Contraception Behind Every Body and Every Story

September 16, 2025

10:00-11:30am MT

This session explores the wide range of contraception options available and centers the importance of personalized, compassionate care in supporting each individual's reproductive journey. We'll highlight how active listening from health care providers and honoring diverse life experiences, bodies, and needs can help match people with the method that fits their stage of life and personal goals.



Learning Outcomes:

- Recognize that contraception is not a one-size-fits-all, and every person has the right to be heard and supported in choosing what fits best for their body and life
- Identify common barriers to accessing contraception and how to reduce them
- Understand the full spectrum of contraceptive options available in Canada, including their benefits, challenges, and suitability for different needs and contexts
- Explore communication tools and trauma-informed practices that build trust, affirm dignity, and promote open dialogue about reproductive needs and preferences

Speakers:

Dr. Boris Henriquez, MD, Medical Director, Community and Choice Reproductive Health Clinic. Dr. Henriquez brings over a decade of experience in reproductive and gender-affirming care, and MAiD with a focus on creating low-barrier access to contraception, abortion, and inclusive sexual health services. He has worked with diverse communities across Alberta and British Columbia and is committed to trauma-informed and culturally safe care.



Target Audience: This session is for anyone looking to deepen their understanding of contraception and reproductive choice—including social service providers, educators, health workers, and community allies

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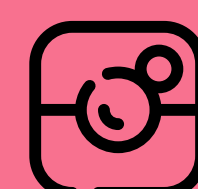
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