

## ***Celebrating over 35 years!***

Multiple Births Canada's (MBC) mission is to improve the quality of life for multiple-birth individuals and their families in Canada. We fulfil our mission by providing support, education, research, and advocacy locally, nationally and internationally to those that have a personal or professional interest in multiple-birth issues.

In 2012 MBC became a Canadian Registered Charity, with the objective "to promote the health of twins, triplets and other multiple-birth individuals and their families by developing and providing educational resources and programs".

## **Benefits of an MBC Membership**

**All members of Multiple Births Canada (MBC) receive the following benefits:**

- Access to the Member section of the website, which allows you to download over 70 informative Fact Sheets free of charge, and obtain the latest information about conferences, research, advocacy, and more.
- Access to [Support Networks](#) for families in similar circumstances.
- [Multiple Moments](#), Canada's only national magazine dedicated to multiple births, published in an electronic format and free to all MBC Members.
- Regular E-News updates by email, including the latest news in the area of multiple births and Multiple Births Canada, information on new resources or publications and discounts offered to MBC members.
- Access to MBC's Facebook groups for private discussions on a variety of multiple birth topics.
- Access to national product and service discounts and other special offers.
- Access to zygosity information and low-cost zygosity testing.
- Advice and counsel on major health or parenting issues provided by the Advisory Board and other professionals as needed through national office.
- Discounted registration fee for the [Annual General Meeting and Conference](#).
- Voting rights at the Annual General Meeting.
- Representation in the International Society for Twin Studies (ISTS) and in the International Council of Multiple Birth Organizations (ICOMBO).

**Affiliate Organizations (Chapters) receive additional benefits, including:**

- Access to training and networking through designated sessions at the Annual Conference or through Volunteer and/or Chapter Development Retreats.
- Access to the Organization Executive portion of the MBC website, with documents on running your local support organization for multiple-birth families.
- Membership in the MBC Chapter Support Network to connect with volunteers in other multiple-birth support Organizations and share ideas.
- Opportunities for networking through social media.
- Permission to reprint all Fact Sheets.
- Promotional resources such as posters and postcards to be used locally.
- [Organization listing](#) on the national website, including a link to your website if you have one.
- Organization [clothing and equipment sales](#) posted on MBC website and promoted through social media.
- Free web hosting for your Organization's website.
- Event promotion via the MBC website and social networking.
- Referrals of new members from the MBC Business Office.
- Special offers such as book discounts.
- Information on fundraising.
- Information on resources available to parents of multiples.

Members, groups and organizations also benefit from having direct access to the Executive Director, MBC's Board of Directors, Support Network Chairs and many national volunteers. These people are more than willing to share their experiences, give advice, or just listen. Many have devoted more than ten and even twenty-five plus years to MBC and its predecessor, POMBA Canada, and most have experience with a local Chapter as well as the national and international organizations.

Most got involved in the multiple-birth community first as a parent, and then as a source of support for other parents. Some questions may be referred to a professional Advisory Board (physicians, nurses and leaders in the not for profit / charitable sector), offering assistance through the national office.

[www.multiplebirthscanada.org](http://www.multiplebirthscanada.org)

## Your membership supports the work of MBC

Your membership fees enable Multiple Births Canada's dedicated staff and volunteers to serve the multiple-birth community across Canada, to network with service providers and agencies, and educate the public. MBC's key projects and activities include:

### Supporting Families and Professionals:

- Working to improve the support offered to individuals, parents and families through a variety of [Support Networks](#) (i.e. Preterm Birth, Breastfeeding, Loss, Higher Order Multiples, Francophone, LGBTQ+, Fathers, Lone Parents Special Needs and Adult Multiples), and other services available to multiple-birth individuals and their families across the country.
- Producing a comprehensive library of educational [publications](#) (some available in French) including over 70 Fact Sheets.
- Producing our electronic magazine [Multiple Moments](#) and our [E-News](#) newsletter.
- Promoting stronger relations between parents of multiples and professionals who are interested in multiple births issues (e.g. doctors, nurses, educators, researchers). This work helps to ensure that professionals are aware of the unique needs and concerns of multiple-birth individuals and their families.
- Sharing multiple birth information and research findings with members and Organizational Members (Chapters) through publications, E-News, the website, social networking and at Multiple Birth Canada's [Annual General Meeting and Conference](#).
- Advising professionals who support multiple-birth families (e.g. physicians, nurses, prenatal instructors, educators, bereavement counselors) to ensure the best and most up-to-date care is provided to all multiple-birth individuals and families.

### Partnerships and Networking:

- Representing the Canadian multiple-birth community at national and international conferences, and in research, health promotion, through partnerships and other related initiatives. These activities help raise awareness of multiple

birth issues, and help to ensure that researchers, government officials and other professionals consider the needs and concerns of multiple-birth individuals and families.

- Networking with other national health and childbirth organizations to promote multiple birth issues within Canada. These organizations seek out Multiple Births Canada to represent the Canadian multiple-birth community and provide input on key policies, programs, and proposals that affect multiple-birth individuals and families.
- Networking with international organizations to promote multiple birth issues on the international stage. This work resulted in the often-cited [Declaration of Rights and Statement of Needs of Twins and Higher Order Multiples](#).

### Media Relations and Public Education:

- Advising local and national media on multiple birth issues to ensure the interests and concerns of multiple-birth individuals and families are accurately conveyed.
- Working with government agencies to enhance services, supports, and opportunities for multiple-birth individuals and their families.
- Advancing the concerns and needs of multiple-birth individuals and their families to all levels of government, to advocate for the enhancement of services, supports, policies and programs, and to ensure equitable access to opportunities.
- Celebrating and promoting [National Multiple Births Awareness Day](#) each year with a focus on the specific needs and concerns of multiple-birth individuals and their families.

## Questions?

### Telephone:

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**Charitable registration #: 895390110 RR0001**

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Re-issued February 2015