

# **Martha Paynter**

**Spokesperson, President of the Board at Womens Wellness Within**

Halifax, NS, CA

Feminist health advocate, leader and collaborator in health services management, policy and research

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## **Biography**

I am a student nurse in the accelerated program at the Dalhousie University School of Nursing. I hold a Master's in Health Research Methodology from McMaster University, a Master's in Development Economics from Dalhousie University, and a Diploma from the Ontario Training Centre in Health Services and Policy Research. My research interests include perinatal health of criminalized women in Atlantic Canada, access to reproductive health services, and human milk donation. Prior to nursing school, I worked for eight years in health services management for the Departments of Health in NB and NS. I am a research coordinator at the Salhousie School of Nursing. I chair the Halifax branch of LEAF, the Women's Legal Education Action Fund. Through LEAF and in partnership with the Chebucto Family Centre in Spryfield, NS, the Elizabeth Fry Societies in NS, and the IWK Health Centre Community Midwives, I coordinate an interprofessional program to provide perinatal and parenting support to women in correctional facilities in NS, called Women's Wellness Within. Since 2009, I have served as a volunteer doula for low-income and newcomer mothers in Halifax. In 2012, I started a weekly postpartum and breastfeeding support initiative in the North End of Halifax that continues to flourish. I have two fierce and funny daughters. I am becoming a nurse to develop my clinical capacity and professional foundation to serve women's health care needs through research, advocacy, and practice.

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## **Industry Expertise**

Women, Research, Public Policy, Health and Wellness

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## **Areas of Expertise**

Health Services Management, Feminist Health Advocacy, Childbirth, Breastfeeding, Pain Management, Medication, Infant Feeding

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## **Affiliations**

Halifax Women's Legal Education Action Fund : Chair, IWK Hospital/Chebucto Family Centre : Volunteer Doula, Milk Bank Working Group : Member, Dalhousie University Nursing Society : VP Community Affairs, Women's Wellness Within: Board

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## **Event Appearances**

**LEAF Halifax Persons Day Breakfast**

LEAF Halifax Persons Day Breakfast

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## **Education**

**Dalhousie University**  
B.Sc. Nursing- in process

**McMaster University**  
M.Sc. Health Research Methodology

**Dalhousie University**  
M.D.E. Development Economics

**McGill University**  
B.A. Art History & Economics

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