

Navigating Perinatal Care: Barriers and Supports for Latina Immigrants in Toronto

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Abstract

This study examines the systemic barriers and facilitating factors shaping perinatal healthcare access for Latina women with precarious immigration status (LWPS-APC) in Toronto. Despite Canada's claims to universal healthcare, immigrant women with precarious status are often excluded from essential services during a critical life stage. Drawing on Social Reproduction Theory and the Political Economy of Health, the research frames perinatal care as a form of reproductive labour that is essential yet devalued under capitalist and immigration regimes. Using a critical phenomenological approach, this study explores the lived experiences of LWPS-APC and perinatal healthcare providers through semi-structured interviews.

In addition to contributing to academic literature, the study aims to center the voices of Latina immigrant mothers in conversations about reproductive justice and health equity. It seeks to generate community-relevant knowledge that can inform grassroots advocacy, support service delivery, and guide institutional responses to gaps in care. By highlighting both structural barriers and community-based facilitators, including midwifery models and solidarity networks, the study contributes to broader efforts to reduce health inequities and push for more inclusive, rights-based healthcare policies in Toronto. Ultimately, this research is grounded in a commitment to amplifying marginalized experiences and informing actionable change in perinatal healthcare access for immigrant women with precarious status.

Biography

Vida Carranza Capote holds a BA in Sociology and is currently pursuing an MA in Immigration and Settlement Studies at Toronto Metropolitan University. With a justice-focused approach, she is committed to bridging the gap between academia and the community it studies. Her work amplifies the voices of marginalized groups, particularly Latin American immigrants, and examines the impact of precarious legal status on safety, employment, and access to health resources—especially for Latinx women seeking perinatal care. Vida advocates for improved health and well-being resources for immigrants, with a particular focus on Toronto, a key hub for newcomers.