**Communities 4 Families**



# Meeting Minutes

# November 21, 2018

**Present:** Noelle Campbell, Deborah Clark, Carmen Court, Genny Funk-Unrau, Gabriela Galli, Melinda Pascual, Irene Sheldon, Anne Sikora, Jess Smith, Cheryl Starr, Karen Ste. Marie

**Regrets:** Emma Fineblit

**Staff Present:** Katie Anderson, Ingrid Peters Derry

**Chair:** Irene Sheldon

**Recorder**: Ingrid Peters Derry

1. **Recognition of Treaty One lands**
2. **Welcome and Introductions**
3. **Presentation:** EDI (Single year report 2016-17). See slides [here](https://www.dropbox.com/s/7w9fd8f7a3zkgx5/EDI.pdf?dl=0)

* The EDI results show the importance of keeping with our priorities of healthy lifestyles and family literacy/numeracy.
* Read to Me program in Winnipeg schools downtown – results are excellent and are getting children up to reading level by grade 3.

1. **Consent Agenda**

* Approval of Agenda
* Approval of Minutes of October 17, 2018

**All agreed that we approve the Consent Agenda.**

1. **Business Arising from Minutes**

* Annual Planning meeting
  + Thursday, December 13. 9:00 am to 3:30 pm
  + @ Cindy Klassen Recreation Complex, 999 Sargent Ave. (large community room)
  + Barb Gemmell will be leading the discussion of our Strategic Plan
  + Please RSVP by Dec. 6 and note any dietary requirements.
  + **There will be NO monthly meeting on December 19th**
* Membership [renewals](https://www.dropbox.com/s/x5az22iaoj1n1hb/C4F%20membership%20renewal.doc?dl=0) – please send to Ingrid. You do not need to be a member to attend meetings, but it helps us know of your interest in committees.
* Accessibility training update – Emphasis was on being aware of and eliminating barriers to accessing services. C4F staff and WGM facilitators took the workshop on Nov. 15. Useful information that should be included in our Policies.

1. **New Business**

* Ingrid was sent a box of French books that we can’t use. Carmen Court is able to use them.

1. **Committees Reports**
   * **Executive Committee** - met last week for a daylong meeting and discussed:
     + details for the annual planning meeting
     + TRC recommendations – Lisa Murdock recommended that #5, #12 might fit for our Coalition. We could be a signatory on the Winnipeg Indigenous Accord – promising to begin working on those actions. Are other Coalitions doing anything with the TRC recommendations?
     + Land acknowledgment – discussed why it is important and just a part of what we want to do
     + Format of meetings – why do people come to our monthly meetings? networking, information, business, meeting as committees – this would be something for discussion at one of our meetings
     + Grants – Healthy Child suggested that we could approve multi-year grants for some agencies. The Executive is considering the process for this.
     + HR policy – some changes to reflect current employment standards might be needed
     + Budget – there has been some confusion around surplus moneys
   * **Literacy Committee** – this committee has not met recently
     + The annual Family Literacy Day event will be on **Jan. 26** at Cindy Klassen Recreational Complex. Transportation – we hope to provide some transportation this year and are looking for partners to be places where families might gather to be picked up by bus. Please contact Ingrid if you are interested.
     + [Poster](https://www.dropbox.com/s/bas6j2mhf1ubufp/Family%20Literacy%20Day%20Poster%202019.pdf?dl=0)
     + Quarter page [handout](https://www.dropbox.com/s/6rckarxjyokbwtw/quarter%20page.pdf?dl=0)
     + Bookmates workshop – Dec. 6. [Poster and registration](https://www.dropbox.com/s/sbaw77pta8mwhp1/Screen%20time%20poster%20and%20registration.pdf?dl=0). Deadline Nov. 29.
   * **Resource Committee and Staff** – committee will meet in early December
     + Katie is currently working on the WGM manual update. First draft is being edited. The committee will look at it as will others representing newcomers, families with special needs, indigenous families, as well as from the point of view of physical literacy and nutrition.
     + Outdoor Play Pilot – Dec. 8 at Magnus Eliason Recreation Centre at their community party. [Poster](https://www.dropbox.com/s/p6di8motelk5mq1/Outdoor%20Play%20Dec%208%2718.pdf?dl=0)
2. **Correspondence**

My name is Dylan Davidson and I am a Master’s student in the Clinical Psychology Program at the University of Manitoba, working under the supervision of Dr. Kristin Reynolds in the Health Information Exchange Laboratory.

I am searching for assistance with recruiting research participants among parents of children ages 4-12 who may be accessing your facilities/resources.

The research in question focuses on understanding parents’ knowledge and beliefs about child mental health problems and their treatment, as well as parenting experiences and parenting-related stress. Parents would complete an informed consent form and survey either via paper, tablet, or an online survey platform. The process would take approximately 25-30 minutes to complete, and participants would receive a $5 honorarium to compensate for the time that they devote to this research. Participants will also be entered into a raffle to win one of two $50 Amazon gift cards.

This is a short summary of the project. I am happy to speak with you in more detail about the project if this initial description piques your interest. What I would ask from you is to distribute a link to an online survey via mailing lists of parents accessing your services and/or allowing myself or a research assistant to approach parents in a waiting area of your facilities (if applicable). Alternatively, a short flyer could be posted or provided to parents that directs them to our survey.

Please note that these are the general proposed potential strategies for recruitment. I am open to suggestions for alternative strategies that may better suit your facility and/or parents accessing your facility.

As the long-term goal of this project is to inform future research aimed at developing a web-based parenting support resource for child mental health, I am also interested in developing relationships with family/community agencies and interested parents to further this goal. For example, once this research is completed, depending on interest, I currently plan to offer short talks/information sessions about child mental health and the research results to parents and agencies – such as your own, potentially – who have aided in the research process. Thus, I am also happy to meet to discuss this and future projects if collaboration in this area interests you.

This project has received university research ethics board approval. If you are able to assist with reaching parents for this research, please contact me at [davids29@myumanitoba.ca](mailto:davids29@myumanitoba.ca) . I am happy to answer any questions that you may have. Thank you kindly for your time.

Best regards,

Dylan Davidson, B.A.A. (Hons.)

M.A. Student, Clinical Psychology

1. **Announcements and/or Emerging Issues**
   * **ACE** -Saturday, November 23. Teaching Circles retreat – there are still spaces left. $275 if you are not an ACE member ($250 if you are). Another will be held in April.
   * **Frontier College** - Free workshop on Indigenous Languages – Dec. 7. 9:30-3:00 at Circle of Life Thunderbird House. [akarasiuk@frontiercollege.ca](mailto:akarasiuk@frontiercollege.ca) or call 204.253.7993 to register. This workshop is mostly for the practitioner to share with participants.
   * **Thrive** – currently has 2 pre-school childcare spots. Please call first.
2. **Next Meeting – Annual Planning meeting**

**December 13, 2018**

**9:00 am – 3:30 pm**

**Location: 999 Sargent Ave.**

**Please RSVP to** [**ingrid@communities4families.ca**](mailto:ingrid@communities4families.ca) **by Dec. 10 (note any dietary needs)**