**Communities 4 Families**



# Meeting Minutes

# October 17, 2018

**Present:** Deborah Clark, Shauna Doerksen, Rhonda Elias-Penner, Emma Fineblit,Gabriela Galli, Liz Jackimec, Ruth Magnuson, Irene Sheldon, Anne Sikora, Jess Smith, Bonnie Thompson

**Regrets:** Genny Funk-Unrau, Cheryl Starr

**Staff Present:** Kelly Speak, Ingrid Peters Derry

**Chair:** Irene Sheldon

**Recorder**: Ingrid Peters Derry

1. **Recognition of Treaty One lands**
2. **Welcome and Introductions**
3. **Presentations:**
   * Emma Fineblit – Wolseley Family Place
     + Wolseley Family Place has been running a program called [Healthy Together](http://healthy-together.ca/). The Healthy Together (HT) program uses innovative approaches of prevention, family education, and group learning that are multi-faceted, holistic and culturally informed. The program design is flexible and adaptable in a variety of setting that support the needs of families.
     + The HT toolkit includes a program brochure, Learning Activities, Physical Activities, Cooking Activities, Appendices and Training Guide.
     + The HT content is guided by five education themes:
     + Journey to Health Together
     + Eat Food
     + Time and Money
     + Move More
     + Healthy and Active for Life
     + Every HT group session includes:
     + Learning Activity
     + Physical Activity
     + Cooking and Eating together
     + This is the 3rd stage of a pilot program. Wolseley Family Place is currently the only agency in Winnipeg doing this.
     + There is no funding attached to the program, so they are looking for places to incorporate it into existing programming
     + This is an evidence-based program.
     + Emma will connect you with them if you are interested.
     + Cultural components – adaptable for whatever community you are working in.
   * Shauna Doerksen - Registered Dietitian, ACCESS Downtown [sdoerksen2@wrha.mb.ca](mailto:sdoerksen2@wrha.mb.ca)
     + Are you looking for dieticians for presentations or consultation?
     + What would work best for agencies? Train the trainer? Education for agency staff? Let her know what you are looking for.
     + Some areas of interest:
       - Healthy options for vegans, vegetarians, those requiring hallal diets.
       - What to pack for lunch – preparing healthy lunches.
       - Food safety for lunches.
       - Budgeting.
     + WRHA – offers [community nutrition educator presentations](http://www.wrha.mb.ca/prog/nutrition/CommunityNutritionEducator.php). Community members who have gotten training to do these presentations. There is no cost for presentations.
     + Speech language pathologist – for children under age of 5. Assessments, education, strategies. Contact Lisa Fehr [lfehr@wrha.mb.ca](mailto:lfehr@wrha.mb.ca) . She could work with interpreters as well.
4. **Consent Agenda**

* Approval of Agenda
* Approval of Minutes of September 19, 2018

**Jess Smith moved that we accept the Consent Agenda. All agreed.**

1. **Business Arising from Minutes**

* 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.

1. **New Business**

* Annual Planning meeting – December 13. Location to be confirmed.
* C of C meetings (Irene, Kelly, Katie, and Ingrid attended). See attached notes for more details.

1. **Committees Reports**
   * **Executive Committee** - will be meeting for a day long “retreat” to do more planning. The committee has also been working on the agenda for the Strategic Planning meeting and updating the Policies and Procedures.
   * **Literacy Committee** – the annual Family Literacy Day event will be on **Jan. 26** at Cindy Klassen Recreational Complex. Planning meetings are under way. (Anne will bring food to the next meeting in December).The target age for the event is up to 6, but all families are welcome. Participants will get books. Theme for the event – winter, weather. 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.
   * **Resource Committee and Staff** – outdoor play pilot had a Friday event at Vimy Park early this month. There was no a community partner so attendance was limited (and the weather was crappy!). Kelly is looking for partners for future events and considering where to go with this project. Katie is working on the WGM manual update.
2. **Correspondence**
   * Mosaic family literacy day report
   * Families Canada packet
3. **Announcements and/or Emerging Issues**
   * **Accessibility training** – eliminating barriers to accessing services. Everyone needs to do this. C4F staff and WGM facilitators will be taking the workshop.
   * **Aboriginal Circle of Educators** – upcoming
     + train the trainer for Blanket Exercise.
     + Teaching Circles – retreats. For anyone working with indigenous people or wanting to be more respectful of indigenous peoples. Ongoing, throughout the year.
     + Conference in February.
   * **Mosaic**
     + current programming calendar is now available.
     + training for Positive Discipline in Everyday Parenting. Jan 28-31, 2019
   * **Thrive**
     + Check [website](http://www.thrivecommunitysupportcircle.com/) for parenting programs
     + Oct. 31 1-4 emotional wellness
     + Circle of Security starting new sessions.
   * **WRHA** - Flu Shots campaigns are starting. These are public clinics and free of charge. Doctors, pharmacists are also doing them. Recommended for everyone over 6 months of age.
   * **Valour Community Centre** (Isaac Brock site)
     + Oct 26 Halloween howl 6:30 pm -8:00. Drop in.
     + Stay and play group Thursday mornings
   * **Winnipeg Inner City Mission** - Ruth Magnusson – is new here. [Miracle Store](https://wicm.ca/wicm-thrift-store/) - Thrift store – everything is .25. 287 Laura St.
4. **Next C4F Meeting**

**November 21, 2018**

**1:30 pm**

**Location: 823 Ellice Ave.**