**Communities 4 Families**

**Meeting Agenda**

**November 16, 2022**

**1:30 pm – Zoom meeting**

**Attendees:** Emma Fineblit, Karen Howgate, Zebiba Ibrahim, Katherine Johnston, Corrie Monk (staff), Ingrid Peters Derry (staff), Jess Smith, Fatuma Sufi, Nancy Tovell, Anne Sikora, Cheri Wright-Kaguah (staff)

**Regrets**: Karen Bryce, Carmen Court, Debbie Froese, Genny Funk-Unrau, Cathy Seitz, Chris Voss (staff)

**Chair:** Emma Fineblit

**Minutes:** Ingrid Peters Derry

1. **Welcome, Introductions & Land Acknowledgement**
2. **Consent Agenda**

* Approval of Agenda
* Approval of Minutes of October 19, 2022

**All accepted the Consent Agenda**

1. **Agency Profile:** WRHA – Anne Sikora
	* There are a total of 12 community offices
	* They work with individuals of all ages, with families, pre-natal and post-partum
	* Also groups – breastfeeding support, healthy baby, single parent group, etc.
	* Community development – finding strengths of communities and how they might help meet their needs
	* Health promotion and illness prevention, health protection – follow up with referred families after discharge from hospital
	* Contact with families who are referred within 24-48 hours. In home visits within 7 days. This wasn’t the practice during Covid, but is returning.
	* Providing information and resources an important part of this work. All things that effect health and wellbeing.
	* One referral can be to Families First Home Visitors – provide positive parenting resources for families referred by public health nurses. Screen for at least 3 risk factors. Meet with families for a total of 3 years. Weekly 1-hour visits for the first year. Bi-weekly until 2 years old. Monthly until age 3. Strength-based curriculum, *Growing Great Kids,* which supports bonding and attachment. Knowledge of community resources. Voluntary involvement by families. Each home visitor has a maximum of about 11 families on their caseload. There are 4 home visitors in Downtown West, 5 in Downtown East (based on the need of the community). Each visit is up to 3.5 hours (including transportation, documentation, visit). These visits really benefit the families.
	* Advocating for families – e.g. income assistance, CFS case management. Advocating for accessing services for newcomers. Clients in Common for problem solving.
	* Basic counseling
	* Work with community dietician (infant nutrition classes, healthy baby/healthy start groups), community facilitator
	* Healthy Beginnings group – children up to 6 years of age
	* Flu clinics, immunizations, covid case information and immunization. Info on how not to spread illness. Immunization in schools, other outreach programs
	* Emergency response and disaster management – e.g. flood and fire response, Ukrainian response. Connecting with primary care, etc., everything that affects health and wellbeing.
2. **Member Sharing: agency updates and/or emerging issues**
	* **Issue for reflection**: We are piloting a virtual Lunch & Learn (Munch and Mingle) on Nov. 25. What might you/your staff be interested in for future Munch & Mingles?
		+ Nov. 25 will be about barriers to outdoor play for downtown families – participants will learn from Cheri and are invited to bring resources to share
		+ Bite-sized information may be more manageable than longer workshops
		+ Lunch hour is a good time – a block of time people may have set aside
		+ There is less discretionary time for staff, so a lunch hour is more doable
		+ Before a regular Coalition meeting would be good
		+ Quarterly presentations would be manageable. Monthly would be more difficult to get regular attendance
		+ Trauma – a possibility for a topic
		+ Email Ingrid with other ideas for topics
* **National Child Day is Nov 20**

<https://www.canada.ca/en/public-health/services/national-child-day/celebrate-national-child-day-november-20.html>

There are some great posters and activity ideas on the website above.

* **Open house at MB advocate**

Hello from the Manitoba Advocate office,

Open house in celebration of National Child Day on Nov. 21, 2022, from 10 a.m. – 2 p.m. at 100-346 Portage Avenue.

* + **Thrive**: call Jess 204.295.4623 if you have questions about programs
	+ Art for Wellness - Mondays 1:30-3:30 open group
	+ CFS liaison support worker and financial empowerment available 204.772.9091
	+ **YMYWCA:**
		- FYI - there is now tuition support reimbursement $5000/year for ECE studies.
	+ **Acorn Family Place:**
		- Music Circle – caregivers with toddler age children. 11:30 Wednesday mornings.
		- Hiring for 3 positions: wrap around support worker; community support worker; playroom supervisor. Posted on website, Facebook.
	+ **Bookmates**: nantovell@mymts.net
		- First Friends workshop. Nov. 30 @ 1-3 via Zoom. $30/person. Social emotional skill development with an early literacy lens.
	+ **IRCOM**
		- Finishing Handle with Care and Nobody’s Perfect groups
		- Green Action workshop – Nov. 18
		- Wellness group
		- Hoping to do a women’s fitness group in the new year
	+ **CMWI**
	+ Finished WGM and other programs
	+ New project – healthy relationships (men’s program and women’s program)
	+ Parenting in Canada
	+ **Communities 4 Families**
		- **Bursaries** are still available for Parenting or Parent-Child program training - $400/agency. There is a Nobody’s Perfect training coming up in January. Our bursary could cover most of the cost of it. Contact Ingrid
		- **Play to Learn, Learn to Play** (Bookmates) workshop at Mosaic – December 7 (Wednesday) and December 9 (Friday), 2022 (9:30 am - 3:00 pm). Family Resource Centre at Knox (Basement), 406 Edmonton Street. Contact Ingrid if you would like to attend.
		- **Gentle Heroes: Men as Nurturing Caregivers** workshop. Dec. 5 & 7 (9:15-noon) [Register](https://communities4families.ca/gentle-heroes-dec-5-7-2022/)
1. **Staff updates**
* **Literacy 4 Life grant** – Raising the Village project. Looking for partners to develop a program using cultural storytelling for parenting. Looking for experienced facilitators who can work with us to provide feedback as we develop this program. Contact Ingrid.
* **What did we learn from last month’s social media survey?**
	+ Social media is used to share information with clients – their own information and other agencies’
	+ Facebook is used the most often. Some use Instagram and 1 uses LinkedIn
	+ Most do not use social media to communicate with funders. Facebook if at all
	+ Most have 2 or more staff dedicated to this and spend 3-4 hours/week
	+ Participants mostly seem to use Facebook. Some use Instagram or TikTok
1. **Committee Updates**
	* **Executive Committee**
		+ Strategic planning activity in December. Details to follow
		+ Terms of Reference and Policies and Procedures
		+ Current Health Spending Account changed to a Health and Wellbeing fund in lieu of benefits
* **Resource Committee**
	+ Next meeting will be on Dec. 1. If you would like to join the committee, contact Ingrid
* **Social Enterprise Committee**
	+ First meeting was on Oct. 31. Reviewed work plan and meeting schedule. Debbie Froese is chair. Commitment is 3 meetings if you would like to join the committee. Contact Corrie
1. **Next C4F Meeting – December 14, 2022 via Zoom.** This will be a “strategic planning” (or “focused conversation”) meeting. Details will follow.