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Description automatically generated**Communities 4 Families**

**Meeting Agenda**

**October 19, 2022**

**1:30 pm – Zoom meeting**

**Attendees:** Karen Bryce, Carmen Court, Emma Fineblit, Genny Funk-Unrau, Gabriela Galli, Karen Howgate, Katherine Johnston, Corrie Monk (staff), Ingrid Peters Derry (staff), Cathy Seitz, Jess Smith, Fatuma Sufi, Nancy Tovell, Chris Voss (staff)

**Regrets**: Anne Sikora, Cheri Wright-Kaguah (staff)

**Chair:** Emma Fineblit

**Minutes:** Ingrid Peters Derry

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

* Approval of Agenda
* Approval of Minutes of June 15, 2022

**Agenda changes**: Ad Hoc committee changed to Social Enterprise Committee. There will be no Agency profile from WRHA today.

**Minutes**: change required – on page 2 chairperson of Resource Committee will not be the Executive Committee chairperson, but Executive Committee member.

**All agreed to these changes.**

1. **Financial/budget Update:** Genny
   * Revision of budget since we now know the amount of deferred revenue from last year ($7,350)
   * $5,000 was received from Literacy for Life, not $4,000. This additional $1,000 is now included in the staffing line. Staffing line doesn’t really change much. Amna’s hours are shifted to current staff.
   * Additional $500 to Professional Development (for Families Canada conference)
   * Additional $100 staff travel money
   * Additional money for computer/website line. For extra IT support, upgrade to Office 365, updates to website
   * Additional $400 meetings line for in-person AGM
   * The remainder will be added to the grants/bursaries line

**All agreed with the budget changes**

1. **Member Sharing: agency updates and/or emerging issues**
   * Issue for reflection: what social media does your agency use and why? If you haven’t already done so, add your voice to our [survey](https://www.surveymonkey.com/r/L5XBMR8)
     + C4F uses Facebook to share what other agencies have posted. Our audience is currently downtown families. Need to develop a communication plan.
     + Provincial Coalitions – commented on families aging out of programming and how to re-engage them. They use a variety of social media.
     + Is it effective to get participants to your programs through social media?
     + Acorn Family Place – uses Facebook mostly. Participants seem to use it as well. Facebook is the most efficient way to get information out. Engagement on Facebook doesn’t really work. It is more a way to get information out.
     + WSD1 has Facebook, Tic Tok, Instagram. Each school has their own and communicates with families that way. Every platform is used. Paper memos go to families without computer support.
     + Thrive – Facebook is being used. Chat feature is good to share information. Other agencies sharing information is a good way to network. Thrive also has a LinkedIn account. Instagram is where the younger people are.
   * **Thrive**: call Jess 204.295.4623 if you have questions about programs
     + Safety club – a community group talking about safety. Tuesday nights (5-7 pm). Invited to the Leg to the NDP caucus. A similar group is being started by SNA.
     + **Invitation to Coalition members and participants** – Community Walk next Tuesday 5-7 pm. Safety spider - network of friendliness
     + Nobody’s Perfect started this week and will be ongoing
     + Mind and body wellness via zoom
     + Social anxiety - in person
     + Anger management - closed group. Call Jess for space in upcoming groups.
     + Men's support group on Thursdays
     + Art program for youth (19-30ish). For emotional stress release.
     + Circle of Security group for ECEs
     + Women's sharing circle
     + Adult stress management
     + Flu clinic **Oct 31** (and Covid etc)
     + Chili day for united way - **Nov 1** (11-1:00) $5.00 lunch
     + Working with CFS - **Nov 4** (for staff)
     + **Nov. 23** (am) – full moon sharing circle
   * **Mosaic**
     + [programs](http://www.mosaicnet.ca/wp-content/uploads/2022/09/Fall-2022-Brochure-version-Sep-15.pdf) - Programs have started. Most are in-person again
     + Mosaic Family Programs: Eritrean event on **Nov 22**, from 11-1 pm at Knox Church, 406 Edmonton (basement)
     + Family Resources Centre (downtown at Knox Church) open every day (9-4) for families
   * **YMYWCA:** 
     + The Y is starting a 7-week mental wellness program for adults. This is shown on the [website](http://www.ywinnipeg.ca/wp-content/uploads/Mental-Health-Workshops-Trifold-2022-web.pdf) and posted on social media FB.
     + The childcare ECE's are all participating in an Outdoor Play webinar Nov 9th/10th
     + Our Y pool is now open again after a short closure due to lifeguard hiring shortages, but it is open again for Family Fun and Come and go swim
   * **Acorn Family Place:**
     + Music Circle – Wednesday mornings Parent child program for parents and toddlers/babies. Free, drop in
     + Pilot – loss support group in November (Tuesday mornings)
     + <https://www2.mb.bluecross.ca/wellness/healthy-community-challenge> (vote for us!)
   * **Villa Rosa**
     + Programs are opened to community members again. Contact intake worker
   * **Bookmates**: [nantovell@mymts.net](mailto:nantovell@mymts.net)
     + 4-part workshop through Literacy for Life (starting Oct. 25). Seasonal based. For service providers. Free of charge.
     + Nov. 15 workshop. $30/person. Take it Outside workshop (winter edition). Via Zoom. For service providers.
   * **IRCOM**
     + Will be offering Nobody’s Perfect, Handle with Care with Mosaic
     + All other programs have started – posted on IRCOM [website](https://www.ircom.ca/programs/). After school programs are available for all community members.
     + Community clean up, Women’s workshops
   * **Communities 4 Families** 
     + Bursaries are now available for Parenting or Parent-Child program training - $400/agency
     + Water/Ice safety presentations – Lifesaving Society offers presentations. If an agency wants to partner with us to host a presentation, please contact [Cheri](mailto:outdoorplay@communities4families.ca). Dates in November would be ideal. For more information to share with families see <https://lifesaving.mb.ca/water-smart/winter-safety/>
     + Check out upcoming workshops <https://communities4families.ca/whats-new/events/>
     + Cheri and Chris will represent C4F at The Gathering (Friday) by presenting a mini TRTS workshop
2. **Staff updates**

* **Staff updates**
  + Team is reorganizing after Amna’s leaving. Each staff is working 20 hours/week.
  + Cheri and Chris will be providing workshops
  + AGM in person went very well
* **Literacy 4 Life grant – Raising the Village**
  + Cultural storytelling around parenting – piloting a parenting program focused on cultural stories.
  + Storytelling as the main tool to emphasize family values. Promoting connections/relationships.
  + We want to partner with a couple of agencies in developing this parenting program. We are looking for facilitators with young children (1-4) to work with us.
  + Ingrid will draw up expectations to share to help in determining if you have time and skills to join us. Length of commitment, orientation, other details.

1. **Additional Committee Updates** 
   * **Executive Committee** 
     + Will plan a Coalition Strategic planning session – 2 to 3 hours. Facilitated session to review strategic direction.
     + Healthy Child report due end of October
     + Staff changes – all staff are now 20 hours per week
     + Amna will be contact person for RIRO

* **Resource Committee**
  + Looking for a chairperson, though Jenn may take the position with Carmen as mentor. Any other interest, please contact us.
  + Meeting 3 or 4 times/year
  + Jess Smith and Karen Howgate will join this committee
  + Bursaries are being accepted. Available year round. $5000 in bursaries can be granted.
  + Terms of Reference will be finalized
  + The next meeting will review fall programming and winter calendar of events
  + Any other issues will be dealt with as necessary via email or meeting
  + Jan. 9 next meeting @ 1:30 pm
* **Social Enterprise Committee** 
  + Oct. 27 first meeting
  + Minimum of 3 people required on this committee
  + A decision-making body, not just advisory
  + 3 meetings this year: October, February, March
  + Contact Corrie if you or someone from your agency are interested in joining this committee

1. **5 At-Your-Desk Stretches** | WW USA (weightwatchers.com)
2. **Next C4F Meeting – November 16, 2022 @ 1:30 pm**