**Communities 4 Families**

**Meeting Minutes**

**February 21, 2024**

**1:30 pm**

**Attendees:** Erin Bockstael, Karen Bryce, Cherylann Byard, Kedeen Cummings, Emma Fineblit, Ashley Ford, Genny Funk-Unrau, Zali Holeman, Laila Khaudeda, Corrie Monk (staff), Ingrid Peters Derry (staff), Wren Robertson, Barby Sewrjugin (staff), Jess Smith, Fatuma Sufi, Nancy Tovell, Katherine Turner, Cheri Wright-Kaguah (staff)

**Regrets**: Karley Cockerline, Gabriela Galli, Cathy Seitz, Anne Sikora

**Chairperson:** Emma Fineblit

**Minutes:** Ingrid Peters Derry

1. **Welcome, Introductions & Land Acknowledgement**
2. **Consent Agenda** - all approved
* Approval of Agenda
* Approval of Minutes of January 17, 2024
1. **Agency Profile:** Women’s Health Clinic – Ashley Ford

**Programs offered by the Women’s Health Clinic:**

* + 419 Graham Ave., Ode’imin (the Birth Centre) 603 St. Mary’s Rd., 246 Portage Ave. (abortion medical clinic – also some other programs), programs in the community.
	+ **Families Connecting** (Healthy Baby program) – pre- and post-natal services, nutrition, etc. West Central Women’s Resource Centre Mondays 1:30-3:30. This is a new program in our area.
	+ **Coping with Change** – knowledge and support post-partum. Creating connection and community as well as providing information. Focused on people with children under 1 year. This program is being updated and upcoming training for facilitators will reflect that.
	+ **Nobody’s Perfect** (at Ode’imin) **and Circle of Security** (Graham location in spring 2024)parenting classes.
	+ **Pregnancy drop-in** at Ode’imin (March 4, April 8, May 6, June 3 1-3 pm)
	+ **Dragonfly Support Program** – support for people experiencing pregnancy loss, infant loss, babies born to spirit. Counseling, peer support, group therapy, resources, education for service providers.
	+ **Midwifery Services** – includes increased support post-partum. Ode’imin is a hub, though services are available throughout the city.
	+ **Health Services** – primarily reproductive and sexual health services (mostly Graham location).
		- Extended hours, drop-in services, Saturday appointments, booked appointments, no referrals necessary.
	+ **Teen clinic** – for young people 13-22 of all genders. Usually for reproductive/ sexual health. Thursdays at Graham location (3-8 pm). Free birth control, abortion services and pregnancy counseling.
	+ **General counseling** – teen and adult. Free.
	+ **Provincial Eating Disorder Prevention and Recovery program** – assessment and treatment. Workshops.
	+ **General Dietician**
	+ Health Education programs, Whole Self Program in schools, facilitator training.
	+ Contact: <https://womenshealthclinic.org/>.
	+ More information on Facebook, Twitter, Instagram
1. **Member Sharing: agency updates and/or emerging issues**

**Swimming lessons -** for newcomers at the downtown Y.

**Genny –** Pathways (formerly Shoe Project). Highlighting newcomer women’s journey to Canada. Currently recruiting for up to 12 spaces.

**Acorn Family Place** – Palantines day, I Love to Read month. Hosting C4F’s Raising the Village pilot.

**C4F** – Corrie is phoning people about WGM training. Reception has been good.

**IRCOM** – had their yearly Spa Day. Positive Discipline program. Healthy relationships program. Field trip to Camp Manitou.

**ANCR/Snowbird Lodge**

* + Metis celebration had good turnout.
	+ Parenting programs.
	+ Caring Dads starting on Mar. 7 - accepting referrals until Feb. 29.
	+ Cultural ceremonies are held every month.
	+ See calendar on website - <https://www.ancr.ca/resource_centres>

**Thrive** –

* Art and play for wellness
* Men's group Wednesdays 10:30 and Anger Management for women 1:30 (full)
* Outreach Tuesdays and Fridays
* "Fun Fridays" for mental health, bingo or movies
* Free clothing giveaway by appointment now
* Contact jessicasmith@thrivewpg.com

Bookmates – New workshop Feb 29 - *We Dig Dinosaurs*. About child-led play.

WestEnd Commons – Turnout at tenant events has been very good.

1. **Staff updates**
* Raising the Village – sessions started at AFP. Pilot at Mosaic went very well and changes to the program are being incorporated.
* Outdoor Play – *Naturally Inclusive: Engaging Children of All Abilities Outdoors* (Cheri has this book - available to be borrowed). She will use this information to include in her presentations. outdoorplay@communities4families.ca
* Mentoring/training – WGM training Feb. 27-29. Online and in person sessions. 19 people are registered. These will all be mentored as well.
* [Book Bags workshop](https://communities4families.ca/event/book-bags-workshop-in-person/?instance_id=3555) – rescheduled to **March 15**. Excellent workshop for staff or volunteers – they will go home with a Book Bag to share with families. $10 charge for downtown registrants, but this can be waived.
1. **Committee Updates**
	* **Executive Committee**
		+ Budget – We will need to approve 2024-5 budget next month. Staff and Genny are currently working on a draft to present.
		+ Annual staff check-in
		+ Trademarking WGM name – we trademarked the name in 2014. This is good for 15 years (NOTE: remember this in 2029). Money for this could come out of our reserve fund. Klinic did the legal trademarking. Trademarked in Canada only.
		+ Letter to Province – Provincial Coalitions are inviting MLAs to a meeting on March 4.
		+ Meeting schedule draft – Proposal to alternate the months we have regular meeting with business with Lunch & Learns and/or agency tour. Feedback and ideas welcome. We will try this schedule for the year and see how it works. Please send responses to Ingrid. projects@communities4families.ca

**April** – agency tour and/or Lunch & Learn

**May** (regular meeting) – meeting highlighting upcoming summer programming

**June** – AGM

**September** (regular meeting) – in person. Back to business.

**October** – agency tour and/or Lunch & Learn

**November/December** – planning meeting

**January** (regular meeting) – budget update and surplus planning

**February** – Lunch & Learn

**March** (regular meeting) – budget approval for the coming fiscal year

* **Resource Committee** – hope to host a Mindful Munchkins workshop in April. Resources for Mental Health for young children.
* **Social Enterprise Committee –** committee will meet in March. Working on a marketing plan with Katie Anderson. Good progress in connecting with people outside the downtown. Aulneau partnership – considering offering Staying Afloat workshop. Targets have been met for participants outside the downtown.
1. **Next Meeting – March 20, 2024 Zoom? In person? 2024-5 budget will be discussed.**