**Communities 4 Families**

**Meeting Agenda**

**September 20, 2023**

**1:30 pm – WRHA 755 Portage Ave.**

**Attendees:** Corrie Monk (staff), Jennifer Neufeld, Ingrid Peters Derry (staff), Anne Sikora, Jess Smith, Cheri Wright-Kaguah (staff), Barby Sewrjugin (staff), Emma Fineblit, Genny Funk-Unrau, Gabriela Galli, Cathy Seitz, Katherine Turner, Karley Cockerline

**Regrets**: Zeinab Ali, Karen Bryce, Katherine Johnston, Mandy Safronetz, Fatuma Sufi, Nancy Tovell, Zebiba Ibrahim

**Chairperson:** Cathy Seitz

**Minutes:** Ingrid Peters Derry

1. **Welcome, Introductions & Land Acknowledgement**
2. **Consent Agenda**
* Approval of Agenda
* Approval of Minutes of April 19, 2023
* Financial report

**Financial Report**

* Money from the Province has come in as needed.
* We are slightly underspent in the salary line.
* Katie Anderson does some contract work for us – this may go into different lines than shown here – under Stepping Stones, for example, for work done for that committee.
* Deferred revenue has been added to this - $ 3,203 surplus Province funds. The income we receive from workshop is a different amount.

Approved by all.

1. **Agency Profile:** Anne Sikora -WRHA Healthy Baby and Breastfeeding groups

Anne circulated a *Babies and Crying* brochure available for parents of babies.

**Healthy Baby Groups**

* + Healthy Baby is funded by MB government. The focus is on pre- and post-natal support, for parents with babies up to one year of age.
	+ Parents can bring siblings older than one-year old who will be supervised by childminders. Healthy Baby is a way for one-on-one bonding between parent and baby.
	+ Healthy Start is a partner, also a Healthy Baby group with some additional funding.
	+ Community Partner - Women’s Health Clinic runs Families Connecting groups – will be starting some sites in the downtown area. Valour CC is no longer a site. Orioles may be a possibility.
	+ Crossways in Common site – Acorn partners with this group.
	+ Not a lot of programming for families with children over one year of age. WGM programs should be promoted to Healthy Baby groups. C4F could speak to these groups as well.
	+ Healthy Baby groups are offered throughout the city.
	+ Healthy Baby offers milk coupons. Healthy Start also offers egg coupons and low-cost meal kits.
	+ Healthy Start groups focus one week on prenatal, one week post-natal. Other Healthy Baby groups include both pre and post every week.
	+ Healthy Start has an outreach person.
	+ A different topic is addressed each week.
	+ Some groups support cooking skills if there are facilities to do so.
	+ Downtown locations – HS? St. Peters Lutheran church, Freight House (also a newcomer group), Magnus Eliason Recreation Centre, Crossways (in person an online).
	+ Parenting information, support, coupons, place to ask questions. Accessible to all families. Helps with social needs and mental health.

**Breastfeeding/Chestfeeding Support Groups**

* + The Breastfeeding and Chestfeeding support group – At Klinic, 167 Sherbrook St. Every Friday afternoon 1:30 to 3:00. Parent-led group.
	+ Different topics are addressed. A Public Health Nurse leads the group. Another PHN is available for appointments.
	+ Also offered every day of the week at other places in the city. All are structured the same.
	+ These groups do not have childminding, but parents can come with older children.
	+ C4F could make presentations at these groups too, to introduce them to WGM groups running downtown.
	+ These groups are completely open. Some participants come regularly, others occasionally.
1. **Member Sharing. Agency updates and/or emerging issues**

Issue for reflection:What are you looking forward to as an agency as we move into fall?

[**Thrive Community Support Circle**](https://thrivecommunitysupportcircle.com/resource-centre/)

* their childcare centre has been approved for Abecedarian funding.
* 406 Edmonton. Fewer families, more harm reduction.
* Programming
	+ Nobody’s Perfect parenting in Oct. Monday afternoons.
	+ Circles of Support coming this fall.
	+ Grief circle, art for wellness, men’s group, anger management, addiction support, nurse visits, clothing giveaway (often need men’s clothes), women’s support circle.
	+ Safety club

[**Acorn Family Place**](https://acornfamilyplace.ca/)

* Recently celebrated 25th anniversary.
* AGM on September 25th.
* Caring Dads program has just started (17 weeks)
* There is currently space in their counseling program specifically for parents of children under 6
* Other programs - personal development workshops, music circle (1–3-year-olds).
* Sept. 28 some activities focused on the Calls to Action.
* Hiring an interim new manager of programs.

[**Mosaic Newcomer Family Resource Centre**](http://www.mosaicnet.ca/)

* [fall brochure.](http://www.mosaicnet.ca/wp-content/uploads/2023/09/Fall-2023-Brochure-by-programs-1.pdf)
* Positive Discipline in Everyday Parenting with IRCOM. New training for PDEP (trauma informed).
* English classes Monday-Thursday.
* Family Engagement Mentorship – 120 hours of training, work practice.
* Childminding for their programs.

[**Family Dynamics**](https://familydynamics.ca/)

* They currently have 2 parent coaches, who go into homes once a week for parental support – working with whatever goals they have. Self-referrals. There is a waitlist right now. Ages – up to 18 years of age.

[**Klinic Community Health Centre**](https://klinic.mb.ca/)

* Klinic’s Drop-in Counselling Program
	+ open Monday, Fridays & Saturdays from Noon – 4 p.m.
	+ Tuesdays, Wednesdays, & Thursdays from Noon - 8 p.m.
	+ Located at 167 Sherbrook and offered on a first come, first served basis.
	+ Available to anyone 13+.
	+ Please bring your Manitoba Health card.

[**Public Health**](https://www.gov.mb.ca/health/publichealth/)

* Gearing up for vaccinations.

[**Villa Rosa**](https://www.villarosa.mb.ca/)

* Started school and fall programs.
* For anyone expecting or has a young child. They have a couple of beds available.
* Full time art program. Pine Ridge Hollow will display their art work - Sept. 30.

**Other announcements:**

* Orange Shirt Day activities - 27th at Central Park 4-6 pm
	+ Monday is the day agencies are taking, as Sept. 30 is a Saturday.
	+ Cheri will add any activities she notes on our Communities 4 Families Facebook page
* WestCentral network meeting is tomorrow (September 21) at noon. These meetings are every two months and provide a lot of useful information about programs in the downtown. Contact Genny or Mandy about joining.
1. **Staff updates**
* Staffing updates
	+ Chris Voss has resigned. New trainer/facilitator Barby Sewrjugin began yesterday! She has been trained in WGM and many parenting programs.
	+ WGM training on Monday, Sept. 25 and Wednesday, Sept 27. Online on Monday and in person at JMK on Wednesday.
* Raising the Village pilot
	+ Literacy for Life grant approved for the next 3 years ($5000/year) to develop the program and facilitator training.
	+ We will be running a pilot with Mosaic beginning Oct. 27 for 6 weeks.
	+ Hoping to run one more series in winter
* Outdoor Play updates – We will do a Lunch and Learn in October. Date to be determined. Cheri is open to doing custom sessions, either for staff or for parents.
* If you need to contact staff:
	+ Corrie Monk (Stepping Stones, team administration) coordinator@communities4families.ca
	+ Ingrid Peters Derry (networking, E-digest, special projects) projects@communities4families.ca
	+ Cheri Wright Kaguah (Outdoor play) outdoorplay@communities4families.ca
	+ Barby Sewrjugin (mentor/facilitator) facilitator@communities4families.ca
1. **Committee Updates**
	* **Executive Committee**
		+ Discussing the Banker function of the Coalition, currently held by Klinic.
		+ Need to recruit committee members
		+ Meeting times – issue for some currently Executive members
* **Resource Committee**
* First meeting this fall is Oct. 5
* **Stepping Stones for Family Connections** (Social Enterprise)
	+ Created to move our training beyond the downtown
	+ A comprehensive marketing plan was developed over the summer that includes this messaging:

*We know you are working hard to reach families in your community and neighbourhoods who need engaging, fun activities and you’re always looking for ways to bring them into your centres. We’ve got you!*

*Stepping Stones 4 Family Connections shares inspiration and training to help you and your evolving staff team connect with families to play and explore moving more, get outside together, and to share some new snacks of course!*

* + Our Core Program Offerings
		- Wiggle, Giggle & Munch Facilitator Training.
		- Outdoor Play Workshop series incorporating outdoor and exploratory play in urban/small spaces programs.
		- Tapping into Resiliency is designed to provide support for staff to make sure staff are able to be present, feel seen, well cared for and truly supported for engaging and high energy work with children and families.
	+ This committee needs members and a chairperson. They have 3 meetings/year and are a decision-making committee. Please contact Corrie if you are interested or know of anyone who might be interested. The next meeting will be the second week in October (date and time TBD) on Zoom.
1. **Next C4F Meeting – October 18, 2023 online**. We may aim to meet in November in person.