Northeast Zone CAPC/CPNP Projects – Networking Teleconference MINUTES

February 3rd 2022 1:30-pm

Attendees: Rachele Pelletier, Sydney Bell, Stephanie Brazeau, Stephanie Wollridge, Nicole Renaud, Joelle Chartrand, Debbie Lovelace, Laura Gordon, Maryanne Marsden, Crystal Greig, Sherry Beaton, Elizabeth Massier,

PHAC: Michelle H,

Guest: Jessica Lajoie

Regrets: Hamid Pazhwak , Sherri Beaton

**Welcome – Land acknowledgement**

**The Ontario Network of CAPC/CPNP Projects acknowledges and give thanks to the First Peoples of the territories where we work and serve and other Indigenous peoples for sharing this land in order for us to continue in our work with families.**

1. **Welcome – Land acknowledgement**
2. **Revision of Agenda** : good as presented
3. **Revision of minutes Dated** January 6th 2021
4. **Support and orientation**: n/a
5. **PHAC update –** Provided by Michelle H

**PHAC** UPDATES COVID- Omicron continues to be the top priority of the organization

**PROGRAM UPDATES**

* Financial for underspending/rollovers were due January 31st 2022, please speak with your PC/CGC if you have questions or concerns.
* Annual Reports and year-end administration is coming up.

**PHAC SPONSORED TRAINING UPDATES**

FASD-

New context and updated website at PHAC. Please visit [Fetal alcohol spectrum disorder: About, causes and co-occurring conditions - Canada.ca](https://www.canada.ca/en/public-health/services/diseases/fetal-alcohol-spectrum-disorder.html)

FATHER INVOLVEMENT

***The New Dad Manual***. Filled with practical and specific direction, everyone can benefit from this resource. Please share this blog with anyone who needs support for the parenting journey – especially new moms and dads.

For the blog and other resources please visit: [Performance – 24 HOUR CRIBSIDE ASSISTANCE (dadcentral.ca)](https://dadcentral.ca/newdadmanual/performance/)

INFANT MENTAL HEALTH

For resources and courses available, please visit [Home - Infant Mental Health Promotion (imhpromotion.ca)](https://imhpromotion.ca/)

NOBODY’S PERFECT

* Nobody’s perfect Virtual Conference-**When:** Thursday, March 3rd and Friday, March 4th, 11am to 4:30pm EST, **Where:** Zoom, **Price:** $89, click link for registration [Looking Within.... a Nobody's Perfect Virtual Conference Tickets, Thu, 3 Mar 2022 at 10:00 AM | Eventbrite](https://www.eventbrite.ca/e/looking-within-a-nobodys-perfect-virtual-conference-tickets-220026975607?mc_cid=11f4467e84&mc_eid=6d00406c5a)

**ADDITIONAL TRAINING/EVENTS/RESOURCES**

* Mommy Monitor-Racialized  Maternal Health Training- [Meeting Registration - Zoom](https://us06web.zoom.us/meeting/register/tZAkfuugpjkoE910DeTdfKbQIbT_AtPuL7Gm)
* Indigenous Chronic Pain & Substance Use – Tuesdays, 7:00 – 8:30 PM ET [Indigenous Chronic Pain & Substance Use — Project ECHO: St. Joseph’s Care Group (squarespace.com)](https://sjcgecho.squarespace.com/indigenous-chronic-pain-substance-use)

**Reminders:**

* Sydney Bell- CAPC/CPNP Network Friday updates- If you want to be on the email list to receive information, email Sydney: [sbell@carizon.ca](mailto:sbell@carizon.ca)
* [Webconnects](https://www.webconnects.ca/)- another great way to stay connected

1. **Report from Coordination Committee**:

3rd Annual Online Conference - get registered!

Annual Survey closed, 57 responses, gratitude. We do look at them. Watch for upcoming reports.

What’s coming: T&R discussion guide, Onboarding Document

1. **Upcoming events and training**

Online conference February 23 – 24 Registration open: [Network Conference 2022 | Trello](https://trello.com/b/fO3wh9t2/network-conference-2022)

1. **Updates in learning circles**

See this link to see all upcoming learning circles and webinars:

[Network Yearly Events Calendar 2021.22 | Trello](https://trello.com/b/Ax8YDB0i/network-yearly-events-calendar-202122)

Here are the links to register for the learning circles:

Mental Health (Maternal, Infant, General) – March 22nd @ 10:30

Homevising

Sign up link: <https://forms.gle/VzoQ7C8hEJfXzfFn6>

Positive Parenting – FEB 18 @ 10:30am

Infant massage

Sign up link: <https://forms.gle/SXgHyZb3xoMb5pjZ9>

Technology and Social Media – April 6th

Send ideas an topics to Sydney

Sign up link: <https://forms.gle/M3ZgTYcxtaz8hQi6Bq6>

Indigenous Teaching learning circle – Feb 9th @ 10:30am

<https://forms.gle/QroUMMv1VAD1oLth8>

1. **Circle check-in / round table**

**Timmins Porcupine Health Unit ( Joelle Chartrand)**

Virtual prenatal series in collaboration with Early ON/ Brighter futures. We have 25+ registrants who live all around our district including many of our small communities.

You’re the Chef: virtual session will take place on Feb 23rd. 5 registrant after the first day of promotion.

**Timmins Native Friendship Centre (Debbie Lovelace, Jillian, Shannon)**

Provided update

**Keepers of the Circle – Kirkland Lake (Nicole Renaud)**

Provided update

**NEOFACS – Brighter Futures CAPC/CPNP (Cochrane District to Timiskaming District – Rachele Coordinator / Heidi Joron Brighter Futures worker**

Provided update. No new info.

**Our Children, Our Future, Sudbury District – CAPC/CPNP (Stephanie Brazeau, Manager Family Services)**

We continued to offer all the same virtual programming and we are still offering curbside deliveries of activity kits and meal prep kits. 

Starting in January we are offering virtual HELP Tool Box (Healthy Emotions, Loving Parents) Parenting Series and another Infant massage (5-week program).

For December face to face outdoor programming went well - we offered walk and talks, snowshoeing (local libraries rent them for free), geocaching, sliding, story board walks on community trails and nature playgroups. For the first 2 weeks of January we replaced out outdoor programming with zoom groups because of schools going virtual. However these we resumed outdoor programming on January 17th.

During the first week of January we offered our annual Staff Professional Development.  We offered Crisis Prevention & Intervention training, Stress & Anxiety Workshop and Outdoor Training with our partners from Mnidoo Mnising Sharing & Learning Centre for All including Elder Jim Eshkawkogan.

CPNP - continue to offer virtual pre-natal programming, mailing gift cards and milk vouchers for those who participate as well as offering welcome bags & exit bags once the baby reaches 3 months.

**Updates for Great Beginnings at Hands the Family Health Network -Parry Sound / Muskoka – Laura Gordon**

Current Offerings:

* Virtual Parenting “Circle of Support Group”. Peer lead model.
* Weekly Webinar open to the participants and community members. February topics include: Physical Activity during and after pregnancy, Gross Motor, Healthy Relationships and Family Yoga.
* Weekly cooking demo. The accompanying meal kit gets delivered, or gift cards are mailed out.
* Closed Facebook Groups where recorded webinars and follow up from our Circle of Support Group are uploaded. Weekly movement challenge for the month of February. Nutritional information, relaxation strategies, and information from community partners are also posted.
* Weekly wellness calls to participants.
* We will start a 7-week virtual session of Make the Connection at the end of January in collaboration with Muskoka Family Focus. This program focuses on building attachment during the first year of life.
* Running a 4 week session called “Full Bellies Happy Hearts”. This program is for expecting families. Sessions include: A panel on becoming a parent; Breastfeeding; Post Partum Health for Mom; Community Kitchen with Registered Dietitian to create a Breastfeeding Snack centre and freezer meals. Participants who attend all 4 sessions will receive a Haakaa pump. We have 25 expecting families registered.
* Developed an A synchronous learning model for expecting families who are unable to attend during scheduled times which we hope to launch in March.

1. **WebConnects Update:**

Old version is still up and running

On the precipice of launching the new Website

1. **Meeting presentation**

Presentation: Maternal mental Health tool kit – TBD

[IWK Health Centre - Mothers' Mental Health Toolkit: A Resource for the Community (nshealth.ca)](https://www.iwk.nshealth.ca/mmh)

1. **Nobody’s Perfect**

Two virtual groups are created and participants were to pick their preferred date.

February 22-24 th (requested to change the dates to March or May)

April 26-29 (this one is full with 16 ppl)

1. Next meeting March 3rd 2022 1:30 to 3:30 STEast time