Northeast Zone CAPC/CPNP Projects – Networking Teleconference MINUTES

January 6th 2022 1:30-pm

Attendees: Rachele Pelletier, Sydney Bell, Nicole Renaud, Joelle Chartrand, Laura Gordon, Crystal Greig, Sherry Beaton, Elizabeth Massier

PHAC: Hamid Pazhwak

Regrets: Stephanie Brazeau, Debbie Lovelace

**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** December 2nd 2021
4. **Support and orientation**: n/a
5. **PHAC update –** Provided by Hamid

Inquiry from Sherry: IMHP training – SickKids are releasing another series in 2022. Will PHAC provide CAPC/CPNP programs access to this?

**PHAC UPDATES**

COVID- Omicron continues to be the top priority of the organization

**PROGRAM UPDATES**

·        Annual Reports and year end administration is coming up.

·        Financial for underspending/rollovers are due January 31st 2022.

**PHAC SPONSORED TRAINING UPDATES**

·        Mommy Monitor-Racialized  Maternal Health Training- **Reference attachment for registration**

**ADDITIONAL TRAINING/EVENTS/RESOURCES**

**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

·        [Webconnects](https://www.webconnects.ca/%22%20%5Ct%20%22_blank)- another great way to stay connected

In addition, for the inquiry that was made during our meeting about infant mental health, reference the article link below that mentions the Prime Minister’s mandate letter for Dr. Carolyn Bennet as minister of Mental Health and Addictions includes the direction to ensure timely access to perinatal mental health services. Advocates, including the Canadian Perinatal Mental Health Collaborative (CPMHC) have worked hard for this important support.

Many women experience postpartum depression, or what’s now called perinatal mental illness. Resources for them are just as stretched as every other health resource has been during COVID.

Perinatal distress has many faces: sleeplessness, anxiety, lack of enthusiasm for anything, fear of not bonding with the baby, disinterest in the baby, feelings of isolation, hopelessness, inadequacy, and worse.

Issues can begin in pregnancy and range from mild to severe, from temporary “baby blues” to depression, panic disorder, PTSD, or psychosis.

<https://torontosun.com/health/diet-fitness/braun-postpartum-depression-skyrocketing-during-covid>

1. **Report from Coordination Committee**:

Committee meeting next week.

1. **Upcoming events and training**

Online conference February 23 – 24 @ 9am - 1pm focus on mental health

February 22nd – afternoon indigenous sharing project circle

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) –

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

Positive Parenting –

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

Technology and Social Media –

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

Indigenous learning circle – to be determined

<https://forms.gle/QroUMMv1VAD1oLth8>

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

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

Most programs on hold due to vaccine clinics being priority. Clients are being offered some services but are aware that appointments could be cancelled at the last minute.

We have committed to offering a virtual prenatal series starting in February. Promotion will begin next week.

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

n/a

**Parry Sound Friendship Centre- Elizabeth Massier CAPC Coordinator**

Provided an update.

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

* Adjusting our programming from face to face to virtual again due to the provincial restriction due to COVID.
* Participation was picking up with older siblings going back to school. There was great participation at in-person programs being offered inside, especially at Open Gym and Playgroups that were offering craft and/or food.
* Participation was great in the fall for outdoor programs but has decreased to “low to nil” as the weather gets colder and snowier.
* Printed resources on timely topics are always available. Staff continues to meet and greet and checks-in with parents and children at all the programs, and staff is available for further discussion.
* Our participant expressed gratitude for child development and feeding baby resources. She said it supported her efforts to educate her partner about realistic expectations.
* Nobody’s Perfect will be offered virtually with EarlyON partnership in January/February.
* Wellness calls will be scheduled again soon.
* Timmins BF collaborating in delivering Good food Box to families for the next 6 months. The CDSSAB is providing 100 families in the city of Timmins with a Good Food box from the Anti Hunger Coalition. Every last Thursday of the month families will receive a box of fruits and vegetables.
* PHU, BF and EarlyOn collaborating in a prenatal series in February.
* Timiskaming Brighter Futures – prenatal series starting again in January in partnership with THU. The resource they use is from Best Start. Here is the link:

[Best Start | Prenatal Education Program](http://en.beststart.org/resources-and-research/prenatal-education-program)

[Best Start | Webinar recordings](http://en.beststart.org/past-events/webinar-recordings)

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

n/a

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

* Virtual Parenting “Circle of Support Group”. Peer lead model. Public health nurses have been redeployed at this time and are unable to attend program. We will offer virtual programming only at this time.
* Weekly Webinar open to the participants and community members. January topics include Pelvic Floor Health, Positive Parenting and Family Literacy.
* Weekly Community Kitchen. Cooking demo is uploaded to our closed Facebook groups and 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 Literacy Challenge for the month of January. Nutritional information, relaxation strategies, and information from community partners are also posted.
* Weekly wellness calls to participants.
* We have partnered with EarlyON to offer a monthly Super Dads Super Kids for Muskoka. The next session will run January 15 and focus on emotions and emotional health.
* We will run a virtual two-part Baby Food making workshop in collaboration with Muskoka Family Focus and a Registered Dietitian from the North Muskoka Nurse Practitioner Led Clinic. Part one will discuss introducing solids, Part two will be a community kitchen with meal kits delivered.
* 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.
* Developed an A synchronous learning model for expecting families who are unable to attend during scheduled times which we hope to launch this month.
1. **WebConnects Update:** very close to launch, look forward to an invitation and tutorials for the new website. Looking for testers from the northeast zone to poke around and provide feedback. Let Sydney know.
2. **Meeting presentation**

Presentation: Maternal mental Health tool kit - TBD

Presentation February 3:

Jessica will offer outdoor program on February 3rd 2022

She has a presentation already planned however if you want to focus more on a certain topic here is the list:

* Role of the educator outdoors
* Outdoor play
* Risky play
* Outdoor safety/safety checks
* Creating an outdoor space
* Where to start?
* Weather and clothing
* Simple things to do outdoors
* Supplies and materials
* Ecological impact and ecological identity

Please let Stephanie know if anyone has anything specific they want her to focus on or any other topic not listed, if not then she will cover a bit of everything.

1. **Nobody’s Perfect**

Registration for Nobody’s Perfect is full.

Jennifer Doherty and Kelly Rowlinson will be the facilitators. They will be in communication with each participants to set up dates and times. Two virtual sessions will be offered.

Only cost included the purchase of the Nobody’s Perfect kits.

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