Northeast Zone CAPC/CPNP Projects – Networking Teleconference MINUTES

March 3rd 2022 1:30-pm

Attendees: Debbie Lovelace (Chairing) Rachele Pelletier, Sydney Bell, Stephanie Brazeau, Laura Gordon, Crystal Greig, Sherry Beaton, Elizabeth Massier

PHAC: Hamid Pazhwak, Michelle H.

Regrets: Maryanne Marsden

**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** February 3rd 2021
4. **Support and orientation**: n/a
5. **PHAC update –** Provided by Hamid Pazhwak

**PHAC UPDATES**

COVID- Shifting to Reopening

**PROGRAM UPDATES**

* ART sent to projects, with expectation for completion by April 2022
* Second program monitoring calls (PMC) will take place before the end of the fiscal year
* Any outstanding BTRs to be sent as soon as possible

**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)
* Please check the FASD ONE website for resources, events and other important work. [Welcome to FASD ONE | FASD ONE (fasdontario.ca)](https://fasdontario.ca/)

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**

* 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)
* **Mommy Monitor Recorded Sessions**

The recordings for the workshop are listed below:

* [Friday February 25th recording](https://can01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fus06web.zoom.us%2Frec%2Fshare%2FutTwHto9RJcvhHsjGCNqlUqqNctHORmst2BeTEU-5lZVVhGG_bKfjs6MNSKnLuc5.0fEMH5bM9XG8azV7&data=04%7C01%7CHamid.Pazhwak%40phac-aspc.gc.ca%7C95d0da49c0b245372bb408d9fb8fb828%7C42fd9015de4d4223a368baeacab48927%7C0%7C0%7C637817416952568698%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=17Gmb2Atk6TTXnAkhhXPc5JQNy07UrAoWjE94QBhrfk%3D&reserved=0)
	+ Access Passcode: 1CkX%T3\*
* [Monday February 14th recording](https://can01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fus06web.zoom.us%2Frec%2Fshare%2FeMbWMGvJ9nRv1tqo0mMp-5JuqnErFImGc-caQVuxc2qNNTcozIxnEZFheLSApYWu.FeYkHbMjiR3H1mLl&data=04%7C01%7CHamid.Pazhwak%40phac-aspc.gc.ca%7C95d0da49c0b245372bb408d9fb8fb828%7C42fd9015de4d4223a368baeacab48927%7C0%7C0%7C637817416952568698%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=Iheu%2B1oYvivOc6iE%2BJ6slPzP7Q7dr%2BSHxs30AxCpNMM%3D&reserved=0)
	+ Access Passcode: 4\*4HfWpN
* [Friday February 11th recording](https://can01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fus06web.zoom.us%2Frec%2Fshare%2F8Tr9UDcE00FSfU2H_Ltg0cqCVkyiKVEK4bGhuh-yl44Tg06sL5KCFGKvHka_DFCO.-SRlJHIqDseZbRjO&data=04%7C01%7CHamid.Pazhwak%40phac-aspc.gc.ca%7C95d0da49c0b245372bb408d9fb8fb828%7C42fd9015de4d4223a368baeacab48927%7C0%7C0%7C637817416952568698%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=RmSZuu1edNTJs1jZe%2FVeoPcf2PyRJCHSyJTSQ6L7BCg%3D&reserved=0)
	+ Access Passcode: 9P?2ErSD
* [Friday February 4th recording](https://can01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fus06web.zoom.us%2Frec%2Fshare%2FeNmg7iCbHmkLOzw51VQqLwd70nI5ZidjWT7rni4whakycPStcjXTJnhG7OSnX8NP.klBZuVk47lXPsuMU&data=04%7C01%7CHamid.Pazhwak%40phac-aspc.gc.ca%7C95d0da49c0b245372bb408d9fb8fb828%7C42fd9015de4d4223a368baeacab48927%7C0%7C0%7C637817416952568698%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=JuNhLUNSl1sNupavn3tI1bKXj8iA%2FktqgYJw3ReTcLE%3D&reserved=0)
	+ Access Passcode: 2jS#57$+

**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/)- another great way to stay connected
1. **Report from Coordination Committee**:

Annual Reporting tool – shared by Hamid.

CAPC/CPNP conference recording will be sent in the news letter

Network Covid Discussion – March 11 2022 @ 1pm – info and sign up link in Friday’s Newsletter – Discussion around impact of Covid and how things might be going during reopening.

Mommy monitor training – recordings were sent out and available until March 14th.

See under PHAC update for links to Mommy Monitor training.

1. **Upcoming events and training**

Nobody’s Perfect Training is offered to Northeast Zone CAPC/CPNP members

April 13th – Indigenous teaching in the learning circle. Will be promoted in the Newsletter

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

Home visiting programs

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

Positive Parenting – March 18 @ 10:30am

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

Technology and Social Media – April 6th 2:30pm

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

Indigenous Teaching learning circle – April 13th @ 10:30am

<https://forms.gle/QroUMMv1VAD1oLth8>

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

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

Provided update

**Parry Sound Friendship Centre CAPC (Elizabeth Massier)**

* Activities packages weekly for our clients, including printed out instructions for the activities in the package
* Food Packages Weekly
* Diapers, Wipes and Formula for clients.
* Language Kits
* Literacy Kits
* Still working in cohorts, back to office second week of march.

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

Our Program is open face to face indoor and outdoor with capacity numbers. Registration are required and health screen still in place. Our primary partners are EarlyON child and family Centres.

Timmins, North Cochrane and area:

Kits delivered to families:

* Nobody's perfect book kits: Each parent / caregiver received the complete set of Nobody's Perfect Parenting Books. They joined us on Zoom every Wednesday in January and February for 8 sessions.
* Craft and zoom kits: Each child received a craft for every Monday evening in January. They joined us on zoom for story time, action songs and a craft.
* Good food box program: All 3 EarlyON centers, Anti hunger coalition collaborated to provide these boxes to families once a month.  Brighter Futures assist in packing and delivery of GFB.
* CPNP Supplements delivery includes : Bread, milk, eggs, and oranges, vitamins
* Baby supplies (diaper cream, vitamin C drops, wipes, and parenting magazines): These supplies are always available for our families at the center. We provided these items to an estimate of 30 parents per month. They do not need to sign anything or ask when taking these samples, they can grab and go as they please.

Mommy Wellness: Offered in person. Discussion on the importance of self-care and to support mother’s as their child first teacher. Promoting Mental health and wellbeing for both mom and child.

Parenting group: This group offers different discussions about topics such as breastfeeding, baby food making, toilet training, etc. This month’s topics are:

· Tips on helping to develop fine motor skills

· Help filling ones cup

· Toilet training

Triple P - Infant Series - covers topics to guide parents in effective parenting strategies, how to promote their child’s development, how to manage common child behavioral problems as well as provide parents with principles to help them deal with any situation that may arise.
Topics: Promoting development / Separation anxiety/ Sleep Patterns / Crying

Temiskaming Brighter Futures

Parenting Support: Virtual group. Parent support for parents with children 0-6. We share parenting tips, discuss child development and many other related topics. Topics of conversations:

* Bedtime routines
* Kids and emotions
* Meal times
* Importance of play

Songs and Rhymes: During this, group families learn a few songs and rhymes to do with their baby. The importance of literacy is promoted.

Virtual group prenatal education program for expectant parents. Covering the information needed to prepare for the birth of your baby. Topics such changes in pregnancy, labour and delivery, healthy lifestyles, medical interventions, comfort measures, newborn care and more. –

* Physical and emotional fitness
* Prenatal attachment
* healthy eating
* Car seat presentation
* Whose having this Baby anyway—a fun interactive, educational game

Postnatal: Me My Baby Our World is an interactive parenting program that focuses on a healthy attachment between primary caregivers and their child/children. The program includes circle time, parent discussion and scrapbooking.

Holistic health - In this virtual group, we will be discussing ways of including holistic health in your daily routine.

Kids can cook - With the supervision of parents; children will learn how to prep simple meals safely. Food bag is delivered to registered families.

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

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

Still offering face to face outdoor programming which we finally expect to transition back to indoor programming in June.

Looking forward to having 3 staff trained in Nobody's Perfect.

Because of a generous donation from an external funder - For our Families in the Kitchen program at the end of March we are offering to 40 of our most vulnerable family's new blenders to those who sign-up during that particular week. We will be making healthy breakfast smoothies, which will include vegetables, fruit and a protein source.

We offer quarterly Food Give's (which are over and above from our Infant Food Cupboard & Emergency Aid), we had the last one this week and we serviced 102 families throughout the district. Each family received approximately $100 worth of fresh fruit, vegetables, canned goods & staples plus cheese, eggs, bread, milk & a large full chicken. We also gave out 40 baby essential kits to 40 families in February.

For the entire month of February our Wellness team offered a Wellness Bingo to encourage staff to practice in activities under the different dimensions of wellness.

Circulated a survey to all our participants to see who wanted to receive regular wellness check-ins (*Phone call to check-in to see how they’re doing, to listen and support, to answer any questions, to help with a referral, to provide them with other community resources.*)

CPNP - Continue to offer virtual pre-natal programming, mailing grocery cards and milk vouchers for those who participate as well as offering welcome bags & exit bags.

**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. For the month of March, our focus is on nutrition. Webinars include eating healthy on a budget, cooking with kids, prenatal nutrition and picky eaters.

• 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 cooking challenge, we will draw for a small appliance at the end of the month. Nutritional information, relaxation strategies, and information from community partners are also posted.

• Weekly wellness calls to participants.

• Developed an A synchronous learning model for expecting families who are unable to attend during scheduled times which we hope to launch in March.

• Will run a weekly Super Dads Super Kids in Collaboration with EarlyON beginning at the end of March. Will be virtual. Meal and activity kits will be delivered weekly.

1. **WebConnects Update:**

Old version is still up and running

On the precipice of launching the new Website

1. **Meeting presentation**

Outdoor programming recording attached to email.

1. **Nobody’s Perfect**
* TNFC will be implementing N.P with their cultural parenting program.
* Virtual training Set dates:

March 29, 30, 31 (14 CAPC/CPNP workers)

April 26, 27, 28 (16 CAPC/CPNP workers)

1. **FASD**

Rachele will share letter of invitation to FASDONE Looking for representation of FASD in the province. Rachele will provide relevant FASD information to N.E zone.

1. Next meeting April 7th 2022 1:30 to 3:30 STEast time