

CAPC/CPNP Central Zone Meeting Minutes

Date: **Monday June 27th, 2022** (scheduled for 4th Monday)
Time: 10:00 am – 11:30 am
Location: Virtual meeting via video conferencing through ZOOM
Yvette Nechvatal-Drew is inviting you to a scheduled Zoom meeting.

Join Zoom Meeting

<https://us02web.zoom.us/j/82460437738?pwd=eWVWc08wd1VaS0hvYVRLNHg5QVgvdz09>

Meeting ID: 824 6043 7738

Passcode: 432077

One tap mobile

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Attendance: Karina Portillo, Nancy Holwson, Michela Pirruccio, Isobel Valley, H. Mubaligh, Manpreet Bhogal, Tim Eddis, Carmen Barrientos, Claudia 5 P's, Maria Cardone, Hamid Pazhwak, Michelle Halket, Pleechin, Yvette Nechvatal-Drew

Regrets: Loraine Bairstow, Tanya Iskierski, Sydney Bell, Margaret Leslie, Sophia Ali

Welcome/Introductions: Still need co-chair and looking for volunteers ☺

1. Review of Agenda- accepted by all
2. Approved Minutes of Mon. **March 28th, 2022.**
3. Designate minute taker – Yvette Nechvatal-Drew; Margaret Leslie (volunteered next meeting as she was unable to attend)
Action: Looking for volunteer designated minute taker for November meeting (Margaret Leslie)
4. Land acknowledgements- Isobel Valley volunteered for our June meeting. <https://native-land.ca>

Land Acknowledgement

“Good Afternoon/Morning,

I would like to start this land acknowledgment by asking everyone to do whatever it is that helps them feel grounded, whether that is closing your eyes, looking out a window or ensuring that your feet are on the ground or on the floor...

My name is _____ and I am a descendant of settlers with a British background. I live/work in the Region _____. (Treaty _____)

I am here today with my colleagues from _____ who are committed to addressing systemic racism by improving our professional practices, having courageous conversations and putting action to our words.

I would like to begin by acknowledging the land on which we gather is part of the Treaty Lands and Territory of the Mississaugas of the Credit. I would also like to acknowledge that Toronto is covered by Treaty 13 with the Mississaugas of the

Credit.

For thousands of years, Indigenous peoples inhabited and cared for this land. In particular we acknowledge the territory of the Anishinabek, Huron-Wendat, Haudenosaunee (Ho-den-nessh-oney) and Ojibway/Chippewa peoples; the land that is home to the Metis, and most recently, the territory of the Mississaugas of the Credit First Nation, who are indeed direct descendants of the Mississaugas of the Credit.

We are grateful to have the opportunity to live, work and gather on this land and by doing so, give our respect to its first inhabitants.

We want to acknowledge that colonial violence continues to negatively impact Indigenous Peoples, that reconciliation is imperative, as land violence still exists and its impacts reverberate today. We recognize we are gathered in an institution with a colonial history, and a colonial presence and aim to continually lessen ongoing colonial harms through speaking about them.

We acknowledge that slavery happened on this land and anti-blackness exists to this day, everywhere and that anti-Asian racism is not new in Canada and has existed in many ways throughout our history and is still prevalent today.”

Action: Looking for volunteer to share their land acknowledgment for September meeting

5. PHAC Update- Michelle Halket

PROGRAM UPDATES- ☐ ARTs should have already been sent back to PCs. Due date was April 30th, 2022. PCs are currently reviewing ARTs. Make sure you keep an eye out in your email, as your PCs might have questions or clarifications, regarding your report.

☐ Please make sure to review the CAPC projects directory and/or CPNP projects directory and ensure all your information is up to date. If changes are needed, please submit them through the website and advise your PC of the request.

☐ Cash flows for 22-23 should have already been sent in. Make sure to submit to CGC and PC if you have not done so yet.

☐ As we start the new funding year, for those that are new to CAPC/CPNP, please find attached the Recipient Guide (Attached to email) for your reference. This guide outlines expectations and assist with the planning and management of funding that organizations receive from PHAC. As some coordinators are new to CAPC/CPNP, this guide provides

☐ Information about roles, responsibilities, and obligations;

☐ The process of developing and finalizing the CA;

☐ Details related to the implementation of your CA including establishing internal controls; and

☐ Instructions on how to complete required forms.

☐ Reminder, please keep detailed records of your expenses as it relates to your CAPC/CPNP project. This includes documentation of your expenditures and programming changes, alternative staffing, food cards, and any other expenditures as it relates to programming. Please ask your CGC officer and PC for required details. (Regarding food cards- The general recommendation is that a log be kept for food cards (ideally the tracker would include; the date,

name, amount of the food card, and signature of the person that received it), and if possible, the receivers of the food cards indicate their names and signatures, if there is no risk to privacy. However, if there are concerns with regards to privacy, then alternative means can be used to certify that the food card was issued, this could be by indicating a date, adding an initial and having a representative of the organization sign.)

☐ No further updates on renewals right now. If you do not have the Evaluation report that was sent last summer, please ask your PC for it.

PHAC SPONSORED TRAINING UPDATES

FASD- ☐ Considering the upcoming Ontario provincial election, FASDONE is increasing public awareness on FASD to influence potential candidates on the issues faced by families affected by FASD. They have prepared a page on the FASDONE website What You Can Do | FASD ONE (fasdontario.ca) with resources on how one might frame the questions and stories that are important when reaching out to a candidate and other important suggestions and tools for the Provincial election.

ZONE LEADS Michelle Halket- Southwest; Central; Carmen Barrientos- East ; Hamid Pazhwak- North East and North West

☐ 13th Annual Anishinabek G7 FASD Conference, September 21st, 2022, via Zoom.<https://fasdinfo.ca/2022/04/20/call-for-workshop-facilitators-13th-annual-anishinabek-g7-fasd-conference/>

☐ New context and updated website at PHAC. Please visit Fetal alcohol spectrum disorder: About, causes and co-occurring conditions - Canada.ca

☐ Please check the FASD ONE website for resources, events and other important work. Welcome to FASD ONE | FASD ONE (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) ☐ What Does It Mean to Be a Dad? – Dad Central

INFANT MENTAL HEALTH- ☐ For resources and courses available, please visit Home - Infant Mental Health Promotion (imhpromotion.ca)

FAMILY VIOLENCE- ☐ Training opportunity called Being Trauma Aware -Being Trauma Aware is a FREE e-learning course meant to equip and empower participants to approach interactions within their organizations compassionately and to be curious about any trauma that may be affecting current behaviour. From there, the course outlines the path to resilience through tangible steps and best practices. Divided into 5 modules, the course can easily be paused and resumed at your convenience.

☐ For some resources on family violence go to Luna Child and Youth Advocacy Centre

FUNDING OPPORTUNITIES: N/A

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

6. Ontario Network of CAPC/CPNP Project Updates – Ruth Ann (reps) – Coordinating committee are looking for CPNP rep and CAPC rep's
Ruth Ann's term end later this year in September – no update at this time

7. Update from CAPC/CPNP-

- [Upcoming Learning Circles](#) - sign up for Mental Health and Positive Parenting
- [Call to Participate in our](#) Special Evaluation Project Discussion Board
- Last Call to participate in our [Summer Network Activity Survey](#)
- [Dad Central Podcast](#) - check it out
- [Financial Literacy Video Series](#) - by the First Nations Child & Family Society of Canada
- [Resources Shared by Network Members](#): Greif Resources and Prenatal Nutrition Tool

Indigenous Teachings Learning Circle

If you missed the Indigenous Teachings Learning Circle this week, you can watch it here:

<https://youtu.be/HrqgrwMEPvA>

Mental Health Learning Circle - July 20

Daniel Siegel: What Is Mindsight? (video)

Sign Up: <https://forms.gle/DPUEHA1WG42ixxm9>

- **Leslie will speak about her gardening program at the September meeting**
[meetinghttps://www.bing.com/search?q=CAPC+Simcoe+County+Gardening&cvid=535e4ba64c24404188e78f6facb6b46e&aqs=edge..69i57j69i64.12485j0j1&pglt=43&FORM=ANNTA1&PC=LSJS](https://www.bing.com/search?q=CAPC+Simcoe+County+Gardening&cvid=535e4ba64c24404188e78f6facb6b46e&aqs=edge..69i57j69i64.12485j0j1&pglt=43&FORM=ANNTA1&PC=LSJS)
- **Share ideas for potential guest speakers and focus topics for 2022 meetings-**

8. Evaluation Report and Ontario wide meeting Update- Sydney Bell
Informed me that she had no response to sending in the summary of our Ontario responses to the evaluation report beyond acknowledging receipt. Here is the summary write up:

https://docs.google.com/document/d/16FmpD4aCwlqb_P75rtQj3cELLawo5M7Q2Kldndw14hl/edit?usp=sharing

and Child Health/ Division of Children and Youth in late 2021/early 2022. This discussion guide was provided to CAPC/CPNP projects across the country as a way to provide a response to the Evaluation of PHAC's Community Action Program for Children (CAPC) and Canada Prenatal Nutrition Program (CPNP) - 2015-16 to 2019-20. We understand these responses will be considered in any potential program or delivery changes to the CAPC/CPNP projects across Ontario and Canada.

This version of the document groups and themes responses to the 9 discussion questions. Responses were gathered in three ways: via email responses to the Program Lead, via responses shared on a Google Jamboard, and via a live Zoom Discussion hosted by the Network on Wednesday, May 4th, 2022.

Questions or comments can be directed to Sydney Bell, Network Program Lead: sbell@canzon.ca

Question 1

How do CAPC and CPNP complement other Provincial/Territorial (PT) programs and investments for at-risk populations and early child health in your PT? Has this

[Network Discussion Summary - themed .May2022](#)

Network Discussion Summary These are the responses offered by members of the Ontario Network of CAPC/CPNP Projects to the CAPC-CPNP Evaluation Discussion Questions received from the Maternal and Child Health/ Division of Children and Youth in late 2021/early 2022. This discussion guide was pro...

docs.google.com

Also - you may be interested in the summary document of the National Network of Program Leads (a group Sydney Bell is taking part of with folks in roles like hers across the country). They came together with summaries from their respective provinces and submitted the attached Discussion paper. Let me know if you have any questions.

Network Special Evaluation Project Continues!

We are looking for your input on equity, diversity and inclusion in CAPC/CPNP programming and outreach!

All CAPC/CPNP projects in Ontario are invited to participate in an online discussion board between June 21 – July 5. The discussion board is part of a research project being conducted by the Ontario Network of CAPC/CPNP Projects in partnership with the Centre for Community Based Research (CCBR).

The purpose of this project is to 1) understand how diversity within CAPC/CPNP geographical areas is shifting, 2) capture our CAPC/CPNP success stories of adapting programming, and 3) critically reflect to determine strategic directions for more equitable and inclusive programming.

This discussion board is one of the methods being conducted to gather information that will help inform future planning. Your honest, open, and critical reflections are appreciated. The discussion board will close on July 5, 2022. Network members will have an opportunity to hear a summary of the study findings at an online community forum in February 2023. A written summary report will be released in March 2023.

Discussion Board guidelines:

- You are welcome to comment on all questions, or just a couple
- You can respond in different ways, for example you can type, post photos, GIFs, video, or audio
- Feel free to respond/react to each other's comments

Please find the discussion board here

<https://padlet.com/janna56/n2d1xbc5b1r8vnov>

(password to enter is **umbrella**)

We also request you take a moment to fill out this brief form so we know who participated: <https://www.surveymonkey.com/r/B2MFV88>

9. Other Business-N/A

Maria- CPAPC Durham getting ready for School Readiness Programming- practice parent child separation transition for school; parent workshops in Oshawa in West Durham. Looking for ways to remove barriers by inviting siblings (many families have children over 6 at home). Continue to planning to support food banks,

Nancy Holwson – new coordinator, replacing Isobel Valley settling in and learning her role and meeting members

Isobel Valley- last official meeting. All programs open in person over the summer. Completed 8-week session but difficult to fill all spots as some people apprehensive in person programming. Working on developing resources around Infant and Early Mental Health (Diversity and AOD lens); Offering a series of Lunch and Learns

Manpreet CAPC York Region- continue to offer in person indoor, outdoor and virtual programming will continue. Seamless transition program school readiness program wrapping up. Having parents and caregivers work together to support the family unit. Summer program are full (outdoor learning). Celebrate 4 season learning outdoors and sharing with families. Great feedback from dads with understanding of relations developed with partners and children and outdoor learning. Giving staff the month of August off and having time to recharge. Funding stretched thin and looking at submitting a proposal for increase and the pandemic impact of educators going above and beyond and bringing them up to par and address waitlist by providing activity kits while they wait.

Michela ABC Rose of Sharon- wrapping up for the summer and nice to see an increase in numbers after a while. Keep offering hybrid programming and Public health is returning to programming. They will be breaking for the summer and will restart in the fall.

Tim- Native Child Aboriginal head start programming overview- Nice to hear Public Health Nurses are returning. Quite remarkable and important to acknowledge and commend projects-

Thank you and celebrate the amazing work projects have done throughout the pandemic. Treasury Board has been informed and requested for more funding to go to Aboriginal head Start programs and will also inform regarding CAPC/CPNP projects work. Not sure how Renewal will take place at this moment but will be unveiled in the near future. Acknowledged and appreciated all the work projects have done throughout the pandemic.

Hamila Mubaligh –CAPC/ CPNP/CAPC –Continue to provide programming in the support. Has developed resources and programming outreach to vulnerable families,

Claudia- 5 P's – mostly running virtual programming and provide food bags by appointment in person. In the summer we will have in person activities with activity kits to families. Look to running hybrid in the fall with an in person component. Getting ready to celebrate our 30th anniversary this year. Nurses will not be returning until the fall with limited capacity.

Hamid Pazhwak, Carmen Barrientos and Michelle Halket echoed Tim's comments- Thanking projects for their commitment and hard work thorough out the pandemic.

10. Next meeting September 26, 2022 10:00 am to 12:00 pm

Location: We will continue to use ZOOM video conference until further notice.

Join Zoom Meeting

https://us02web.zoom.us/j/83483446340?pwd=W78E_AkFgDPn_6_oK6GKb1PLH9iUcO.1

Meeting ID: 834 8344 6340

Passcode: 895602

One tap mobile

+12042727920,,83483446340# Canada

Looking for a new co-chairperson for 2022/23. If interested please email yndrew@durham.girls-inc.org

Action: Please mark your calendars as we will continue to meet on the 4th Monday of the month 5 times in 2022.

Monday September 26, 2022

Monday November 28, 2022