**CPNP/CAPC East Zone Meeting**

**Minutes**

**Date:** Tuesday, September 13th, 2022

**Time:**  10:00 am to 11:30 am

**Chair:** Maureen Hampton

**Recorder**: Jason Brock from Peterborough Child & Family Centres

**Welcome and Introductions**

1. **Confirmation of Previous minutes** from June 1st, 2022

Confirmed by Kim Groskleg and Jane Coyle

1. **Approval of Agenda -** Approved
2. **Standing Items**
   1. **PHAC Update**

**September 2022 PHAC ZONE REGIONAL UPDATE**

Michelle Halket- Southwest & Central

Carmen Barrientos- East

Hamid Pazhwak-North East and North West

**PHAC UPDATES**

**PROGRAM UPDATES**

* Please make sure to review the [CAPC projects directory](https://healthy-child.canada.ca/) and/or [CPNP projects directory](https://prenatal-nutrition.canada.ca/) and ensure all your information is up to date. If changes are needed, please scroll to the bottom of the page and click on Update Project tab to submit changes. Once submitted advise your PC of the request for review and approval. Approved updates will appear on the project directory within 24 hours.
* 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 card, 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.
* Project Monitoring Calls (PMC) will start, your PC will be connecting with you to set up meetings
* For projects who require Progress reports they are due October 31st. We will be in touch soon.

**PHAC SPONSORED TRAINING UPDATES**

**AUTISM**- nothing at this time

**FASD -**

* 13th Annual Anishinabek G7 FASD Conference, September 21st, 2022, via zoom.

<https://fasdinfotsaf.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](https://www.canada.ca/en/public-health/services/diseases/fetal-alcohol-spectrum-disorder.html)
* 3rd Annual Simcoe/York FASD Conference October 4, 2022. The conference will touch on topics ranging from How FASD impacts across the lifespan from both the family and frontline workers perspective, to Human Rights, to Strengths-Based Approaches, to Lived experience stories. For more details, please follow the link below.

[3rd Annual Simcoe/York FASD Conference | FASD Information for Ontario (fasdinfotsaf.ca)](https://can01.safelinks.protection.outlook.com/?url=https%3A%2F%2Ffasdinfotsaf.ca%2Fevent%2F3rd-annual-simcoe-york-fasd-conference%2F&data=05%7C01%7Cmichelle.halket%40phac-aspc.gc.ca%7Ca327296ec72a4b03ae1208da8c22e7ca%7C42fd9015de4d4223a368baeacab48927%7C0%7C0%7C637976378822670854%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=pqDdFMfrl%2FqHWN9YWU04wfTTnUWNBZr7UrKdJihYWPA%3D&reserved=0)

* The 3rd Annual London & Region FASD Conference will be held on **October 26, 2022**. Our theme this year is: Neurodiversity, Inclusivity, and Health Equity: Uncovering and Rediscovering Fetal Alcohol Spectrum Disorder. For more details, please follow the link below.

[London and Region Fetal Alcohol Spectrum Disorder Conference - Developmental Disabilities - Western University (uwo.ca)](https://can01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.schulich.uwo.ca%2Fddp%2Fresearch%2Flondon_and_region_fetal_alcohol_spectrum_disorder_conference%2Findex.html&data=05%7C01%7Cmichelle.halket%40phac-aspc.gc.ca%7Ca327296ec72a4b03ae1208da8c22e7ca%7C42fd9015de4d4223a368baeacab48927%7C0%7C0%7C637976378822670854%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=AanY2dHlEFyN6neetPdZZVcrs%2FQ0cCpa0r2SW%2F5G2Ew%3D&reserved=0)

* 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/)
  + <https://www.canada.ca/en/public-health/services/publications/healthy-living/benefits-father-involvement.html>
* [What Does It Mean To Be a Dad? – Dad Central](https://dadcentral.ca/what-does-it-mean-to-be-a-dad/?utm_source=mc&utm_medium=email&utm_campaign=2022_04_14)

INFANT MENTAL HEALTH-

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

FAMILY VIOLENCE-

* Training opportunity called [*Being Trauma Aware*](https://can01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.beingtraumaaware.com%2F&data=05%7C01%7CHamid.Pazhwak%40phac-aspc.gc.ca%7Ce251fe61f35346f092c608da27b26e30%7C42fd9015de4d4223a368baeacab48927%7C0%7C0%7C637865944540641608%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=OnxChxytAM%2Bp8m2bJzWYec6gPfIcAtVEyESgjiwTRmY%3D&reserved=0) *-*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](https://www.lunacentre.ca/resources)

**FUNDING OPPORTUNITIES**:

1. The Enabling Accessibility Fund (EAF) provides funding for projects that make communities and workplaces more accessible for persons with disabilities. EAF creates more opportunities for persons with disabilities to:

* take part in community activities, programs and services
* access employment

This Call for Proposals (CFP) will provide up to $57,950,000 in funding in fiscal year 2022 to 2023 to support a minimum of 580 accessibility projects, and up to $6,500,000 to support a minimum of 65 Early Learning and Child Care (ELCC) projects. See link for more details.

[Apply for funding for the 2022 Small Projects Component – Enabling Accessibility Fund - Canada.ca](https://www.canada.ca/en/employment-social-development/services/funding/enabling-accessibility-fund-small-projects.html)

**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 is back online.

Here is the link to sign up: [https://www.webconnects.ca/user/register](https://can01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcarizon.us6.list-manage.com%2Ftrack%2Fclick%3Fu%3D9d77951b27624018f0b6a0612%26id%3De94137fdb6%26e%3Dc8753610d0&data=05%7C01%7Cmichelle.halket%40phac-aspc.gc.ca%7C60824fcdcd684c44a27c08da89d085a5%7C42fd9015de4d4223a368baeacab48927%7C0%7C0%7C637973825937681810%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=7Jhm0PvLM39pNv50cyahmg5uSIIJqRcSy7eJsxhAN6s%3D&reserved=0)  
The main URL (website address) will remain the same: [https://www.webconnects.ca/](https://can01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcarizon.us6.list-manage.com%2Ftrack%2Fclick%3Fu%3D9d77951b27624018f0b6a0612%26id%3D572c086411%26e%3Dc8753610d0&data=05%7C01%7Cmichelle.halket%40phac-aspc.gc.ca%7C60824fcdcd684c44a27c08da89d085a5%7C42fd9015de4d4223a368baeacab48927%7C0%7C0%7C637973825937681810%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=ER8QO34M4xICc8j5XIhHqNOAjXY8Zfxwzt%2FxTn81Gdc%3D&reserved=0)

* 1. **Coordinating committee update Jason Brock**

Sept 30 is Orange Shirt Day/ T&R Day: <https://www.orangeshirtday.org/>**.** in recognition of the harm the residential school system did to children's sense of self-esteem and wellbeing, and as an affirmation of our commitment to ensure that everyone around us matters.

Indigenous Coordinating Committee rep needed for the East Zone.

WebConnects - Everyone needs to sign up, even if you had an account on the old webconnects. <https://www.webconnects.ca/> click on "Create new account".Find information on network events on calendar, connect on the discussion forums (Zone information, PHAC updates, share information and resources).-watch for a launch party/tutorial announcement coming soon.

Infant Mental Health training - Blanca is working on getting free access to the new course - watch for more information

National Child Day Social Media Campaign and Speaker - keep an eye out for November dates, speaker: Tee Garnett, MA, PhD. Executive Lead & Strategic Advisor on Equity, Diversity and Inclusion.

Onboarding Document; <https://docs.google.com/document/d/1D7fDAL7LJbISQDluMn_9JKrV5WKZ9UT_HZwAZKVXjvw/edit?usp=sharing> . The purpose of this document is to support CAPC and CPNP managers and supervisors to become aware of resources and support provided by the Ontario Network of CAPC/CPNP Projects and to provide onboarding of their project staff to the Network. An overview of the resources and opportunities for Network engagement including WebConnects, Webinars, Learning Circles, Zone meetings and more is provided.

* 1. **Upcoming Network teleconferences and webinars – Sydney Bell**

Sydney working on webinar lineup and getting session booked for the Fall including one on Sept. 12 @ noon on Mental Health Resource; <https://forms.gle/qBH3B1E273TJQsx> for more information

1. **New Business**

**5.1 Dad Central Update**

Leigh Gibson gave an update from Dad Central and the new resources available, recently sent out to CAPC projects. Dad Central Show videos are available through the website. Free downloadable resources available and online Dads Fundamental email course now available as well as other free webinars. www. Dadcentral.ca for dads and service providers. Sign up for a newsletter is an option as well.

* 1. **Program sharing highlights**

San Eleser shared information on the Perinatal Wellbeing Ontario program; [www.perinatalwellbeing.ca](http://www.perinatalwellbeing.ca) .Christine Cunnningham is the contact, and she might be available to present at an upcoming Zone meeting. Many projects continuing hybrid model of programming offering programs both in-person and virtual, including Kim Groskleg who will be doing a multi-modal Infant Massage.

It was suggested to have a sharing opportunity about strategies for outreach projects have been using; it will be added to the agenda for our next zone meeting.

Social media was another topic of discussion as projects have utilized this avenue for programming through COVID with some success and keeping the momentum going while balancing staffing is a challenge.

Holding private or closed Facebook book groups for virtual programs was suggested to maintain privacy.

**Next meeting:** Wednesday, November 23rd, 2022, from 1:30 pm to 3:00 pm

**Chair:** Maureen Hampton and Dawn Wansborough

**Recorder:** Representative from SIRCH Community Services