

September 2023 PHAC ZONE REGIONAL UPDATE

PROGRAM UPDATES

CAPC/CPNP Renewal:

- In July, we advised you that the funding application process proposed for the Fall 2023 was being postponed to provide additional time to prepare for the proposed program changes. For this same reason, we are writing to advise you that **all CAPC and CPNP funding agreements currently in place will be extended to March 31, 2026, at current funding levels.** More information on next steps for the extension will be shared with recipients, beginning first with those with agreements set to expire in March 2024.
Reference attached official correspondence from PHAC

PHAC SPONSORED TRAINING/RESOURCES UPDATES

The Government of Canada has released a new postpartum guide for families. Please see below for the links to the news release and the link to the guide and ordering form. A pdf version of the guide is also attached.

<https://www.canada.ca/en/public-health/news/2023/06/the-government-of-canada-releases-new-postpartum-guide-for-families-a-comprehensive-guide-on-postpartum-maternal-and-child-health.html>

<https://www.canada.ca/en/public-health/services/child-infant-health/postpartum-health-guide.html>

Follow the link below to find multiple resources on health.

[Publications – Health - Canada.ca](#)

Follow the link below to find multiple resources on child health and parenting.

[Publications – Healthy living - Canada.ca](#)

INFANT MENTAL HEALTH-

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

Training:

The Public Health Agency of Canada (PHAC) has funded access for **600 staff from CAPC/CPNP projects to register** for the Lecture Series 2022: Laying the Path for Lifelong Wellness for **free**! At this point it would be **limited to one account per project**, on a first come first serve basis. If you have a Contribution Agreement that funds both CAPC and CPNP, you can use two registrations. Access will be for one year, until March 2024. At about the halfway point in September, we will assess how many registrations are left. If some are remaining, we will open them up to projects so they can have more than one individual registered.

This 15-part web-based series was developed by the Infant and Early Mental Health Promotion (IEMHP) organization at The Hospital for Sick Children in partnership with the World Association of Infant Mental Health (WAIMH) and Tampere University. The series offers insight into the

foundational science of infant and early mental health, the importance of promotion and prevention policies and strategies, evidence-based interventions, and treatment approaches.

Topics include:

Building a Culture of Support and Strength Through Trauma-Informed Care
Reflective Family Play A Whole-Family Treatment Model for Infants and Younger Children
How Perinatal Health and Wellbeing Influence a Baby's Health and Wellbeing

For a full list of speakers, please refer to the "Lecture Series 2022 – Speakers and Topics" documents attached in both English and French.

How to Register:

To register for free, please follow the steps as outlined in the "Lecture Series 2022 Registration Package" documents attached in English and French. Ensure to use the promotional code provided, you should not be asked to enter a credit card.

If you have any questions or concerns, please contact IEMHP Lecture Series at iemhp.lectureseries@sickkids.ca for support.

NOBODY'S PERFECT

Follow the link below to find multiple resources on child health and parenting, Nobody's Perfect.
[Publications – Healthy living - Canada.ca](#)

AUTISM – See the PHAC website for details and resources.

[Autism: National autism strategy - Canada.ca](#)

[Autism: About, causes and co-occurring conditions - Canada.ca](#)

FASD -

- PHAC FASD website at [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 \(fasdontario.ca\)](#)

FASD Conferences

- **NEW:** 4th Annual FASD Conference 2023. October 3rd, 2023. Let's Talk About Sex - Understanding FASD & Sexuality. Topics will range from sexual identity and how to facilitate healthy expression to human trafficking and the various supports available to survivors. Along with reflection on the impact on your mental health while supporting individuals with FASD & Sexual concerning behaviour and how to adopt new personal and professional supports. For more conference details and registration go to [Let's Talk About Sex - Understanding FASD & Safety Registration, Tue, 3 Oct 2023 at 8:00 AM | Eventbrite](#)
- 4th Annual London & Region FASD Virtual Conference 2023. October 24 & 25, 2023. Registration opens in August. Our theme this year is: "Breaking Stigma: Supporting Success in a Complex World". ABSTRACT SUBMISSION DEADLINE: FRIDAY, AUGUST 18, 2023 For abstract submissions,

go to: [Developmental Disabilities - Western University \(uwo.ca\)](https://developmentaldisabilities.ca). For more conference details go to: <https://vocpri.ca/fasd2023/>

FATHER INVOLVEMENT

Follow the link below to find multiple resources on father involvement.

[What is positive father involvement - Canada.ca - Canada.ca](#)

[Benefits of father involvement - Canada.ca - Canada.ca](#)

The 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 \(dadcentral.ca\)](#)

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:

[PHAC has launched the call for proposals to prevent gender-based violence through youth dating violence prevention.](#)

This funding opportunity aims to support projects that deliver and test health promotion interventions that:

- foster healthy relationships
- prevent youth dating violence
- help build the youth dating violence prevention evidence base

This call for proposals has 3 streams of projects, each with its own objective:

- **Scale up stream**

This stream scales up, delivers and further tests youth dating violence prevention interventions that have already shown to be effective through rigorous evaluation.

- **Key populations stream**

This stream delivers and tests existing youth dating violence prevention interventions that support underserved or at-risk populations.

- **Indigenous stream**

This stream supports Indigenous organizations to develop or adapt, deliver and test culturally appropriate youth dating violence prevention interventions for Indigenous youth.

For more information about this call for proposals, please visit: [Call for proposals to prevent gender-based violence through youth dating violence prevention.](#)

Please direct any questions about the call for proposals to chpv-pscv@phac-aspc.gc.ca.

ADDITIONAL TRAINING/EVENTS/RESOURCES

- Families Canada Resource on [Financial Empowerment for Women Living on Low Incomes: An Action Plan – Families Canada](#)
- PERINATAL WELLBEING ONTARIO, Pregnancy and post partum support & connection <https://www.perinatalwellbeing.ca/> low-cost or free. See link below for free information brochure on the signs and symptoms of Perinatal Mood and Anxiety Disorders as well as ideas for coping skills [here](#)! **Crisis Services Canada** 1-833-456-4566 toll free; Text: 45645
- Second Harvest has a food rescue app that organizations can use to rescue food instead of it being thrown out into landfills. More information can be found here: <https://secondharvest.ca/our-work/food-rescue/get-food> While it is very competitive meaning when a donation is registered on the app from a restaurant or grocery store they do go fast, it can be very rewarding to the organization.
Also, once an organization registers with Second Harvest, they will receive targeted solicitations when they have additional funding opportunities such as emergency operational funding or grocery gift cards.
- The Canada Dental Benefit is part of the Government's plan to improve dental care for Canadians with a family income of less than \$90,000 annually.
Through this benefit, children under 12 who do not have access to dental care insurance can get the dental care they need.
We want to make sure that every eligible family knows about this benefit and how to apply. We are seeking assistance to help amplify this message to the families within your network. There are many ways you can help families and raise awareness about the dental benefit:
 - Display posters across your locations
 - Add a button or a banner to your websites, e-newsletters, or other communications that go out to your community members
 - Share social media content posted @Healthy Canadians on your social media channels
 - Distribute digital or hard copy fact sheets to your community members (available in 8 languages)

Canada Dental Benefit promotional materials are available on our website: www.canada.ca/dental.

The Public Health Agency of Canada is pleased to announce the release of [Your Guide to Postpartum Health and Caring for Your Baby](#). The guide aims to provide parents and caregivers credible, easy to read information about postpartum health and parenting a new baby. The guide complements the existing *Your Guide to a Healthy Pregnancy*.

Reminders:

- Sydney Bell- CAPC/CPNP Network