## SW Zone Meeting Agenda and Notes - Monday, May 26th, 2025

2025 Meeting Dates:
*-subject to change, but generally the 3rd Monday of a month, bi-monthly meetings, scheduled on zoom from 10 am-11:30 am*

Upcoming meetings: July 21st, September 15th, November 17th

**SW Zone Chairs:** Ellen Bachtold: bbbb@uwindsor.ca & Lori Wilson: loriwilson@kcyfs.com

Link to SW Zone contact list: [SW Zone Contact List](https://docs.google.com/spreadsheets/d/1D7-R8rMkmsfIj0FVczuQjCIDQtdbP05zVSlum41_PJg/edit?usp=sharing)
-send any changes to: sbell@caminowellbeing.ca

Chair: Ellen Bachtold
Recorder: Lori Wilson
# of attendees: 18

| **Agenda Item** | **Notes** |
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| Welcome -introduction of any new members, returnees, and/or special attendees |  |
| PHAC Update: Carmen Barrientos (PHAC/ASPC)\*Carmen will be our newly assigned PHAC Representative | Link to May update on WebConnects: <https://www.webconnects.ca/node/941>The new funding stream name will be: ***Community Action for Prenatal and Child Health Program (CAPCHP),*** with a continued focus on health promotion: 1. To build community capacity
2. To build partnerships and intersectoral collaboration
3. To facilitate the development and exchange of knowledge
* ISFRs are currently being reviewed. Potentially, by ~fall 2025, if there is anything missing or needing clarification, projects will be contacted. At the National level, ISFRs are being screened to be sure they are complete, then passed to PCs to review the Community Needs Assessments (CNA), ensuring that the needs of specific communities have been addressed in the plan, and that all questions were answered. This will hopefully be completed by ~end of June, then the applications go to a committee.
* the CNAs will inform the next stage of funding when it will be competitive
* It is expected that projects will know if they were successful by ~fall 2025. We will be notified from the National level, not from PCs.

For those without a PC at the moment, questions or concerns can be submitted to the general email account: ontario@phac-aspc.gc.ca2024-2025 ARTs should have been submitted April 30. See PHAC Update for funding opportunities and PHAC Sponsored Training and Resources including:-Child Maltreatment Call for Proposals (Funding Request form was due by May 14th; information session March 26 at 12 PM EST; proposal due May 28th)-2025 CANFASD conference October 21-23, 2025-Being Trauma Aware, free e-learning courseBe sure you are on the list to receive weekly network news emails from Sydney Bell at: sbell@caminowellbeing.caTabled Item: There were some outstanding questions regarding the piloted online national PHAC survey such as the response rates, how many were unable to participate due to the on-line only format, only French and English languages, lower participant numbers at the time of year the survey was completed… did PHAC deem the approach “successful”?*-no additional information at this time* |
| Coordinating Committee (CC) UpdateKatrina Clarke (CAPC), Sheena Joseph (Co-Chair and Indigenous Rep) Netti Wall (CPNP)  | The annual 2-day virtual conference was held in MayIt was a time for looking back and looking ahead, planning |
| CC May Check-in Question | **How could the Network do a better job of reflecting the different communities, cultures, and experiences across our membership?****You might think about things like:** whose voices are featured in the newsletter, what topics show up in webinars, or how events are planned.-responses can be submitted on webconnects: <https://www.webconnects.ca/node/943>Discussions during meeting:-how to connect better with the Indigenous projects…? Timing of some meetings or different communications? Maybe zone meetings feel intimidating for small projects or to new staff?-some Indigenous projects are very small (1-2 staff) and are unable to attend meetings because there is no capacity to backfill… may have to pick and choose how they spread their time?-timing of webinars: try varying the times and days? Perhaps put a survey out to find the most preferred/most available day and times?-”experiences”: so much diversity across the zone! How do projects share what they do, learn about what other projects are doing? Could we have a living document? How can we make our programs better? -webconnects can be a helpful space to ask questions but only if people know the question is there. Feels like we need an email alert to let people know there is a question there!-could we have a “topic or question at each zone meeting”? I.e. does your project offer child minding and how do you do that within budget? What community resources or speakers does your project access? Do you offer interpretation and how do you access and pay for that service? What are some new interesting classes? Can we share some presentations (i.e. power points, games, activities?**-submit additional response to Sydney or Netti by the end of May** |
| General Discussions, Suggestions, & Thoughts: | -Susan: What does staffing look like at your project? Is there a “gold standard”? Currently she has an RD from a CHC who co-facilitates, but that position may be cut. A RECE provides child minding. Are volunteers and students commonly used for filling gaps and providing assistance, and if so, is this okay?* There is much variation across the zone. There is a need to be flexible according to the needs of the group. In general, for smaller groups (1-5 parents) may have 1 staff, for larger groups may have 2-3 staff; a guest speaker may act as a second staff; Can also depend on if the group is virtual or in-person and what is happening at the group, if babies or preschoolers are present and with parents, or in child minding.
* Are guest speakers paid or given an honorarium? It depends who the project is hosted by, who is speaking or providing an activity, and if your project can afford it. For example, projects hosted by a Health Unit (HU) may give access to free speakers from Dental, Sexual Health, Nursing or Dietitian etc, or a local HU may offer this in kind. There may be services such as a County Literacy Facilitator or United Way Financial Literacy Coach who may have a mandate to reach out to the community, so they do not need payment. If you can afford it, you may be able to offer some paid guests, probably less often, such as a first aid instructor or yoga instructor.
* Some parents are not using the child minding service when offered at group; some projects give parents the option to keep them with them if an older child can be fairly quiet/not disruptive. Some former participants provide child minding services who may be “paid” in food or other program incentives.
* Do you have eligibility requirements? Ellen has a clear statement that, “our program is for parents who… (listing risk factors) to help parents self screen, and then follow-up with an email so they can register.

 Cost saving ideas and changes: Windsor is making 2 changes: 1. Offering food vouchers until 3 months postpartum (PP), but parents may attend to 5 months PP; a $10 food card still seems to be an incentive to many who access programming.

-If we stopped providing food vouchers altogether, what else would we seek money for? Transportation? Some parents may be able to access transportation from other sources (like Ontario Works, for example); Crockpot cooking classes? Prenatal vitamins or vitamin D?1. Closing more often. Windsor will now be offering programs 40 weeks out of the year.

-Ellen would appreciate a power point presentation, or topic content about screen time if anyone has resources to share. Susan weaves it into topics as opposed to a stand-alone. Susan weaves it into topics as opposed to a stand-alone; Sylvia: “Power off and Play”; not a formal lesson plan; Police Liaison: what to watch for children re: internet safety, child safety-Julie: works with Friendship Centre so partners with in-house day care, EarlyON for parenting information, breastfeeding etc.-Susan: How many are using interpreters? Interested in facing a class about comparing common parenting practices from a Canadian perspective and from other cultures; 12/15 speaking Tigrinya from Eritrea; books interpreters for 2 hours, $25/hr; -Julie: Sees people using their phones, talks into their phones and gives to i.e. a cashier-Sylvia: has access to “we speak” through HU (who sponsors their project)-Jenn: uses HU who has a contract with an interpretation agency; interpreters at most in-person groups, Arabic, Punjabi,... $55/hr… cut down on childminding expenses to pay for interpretation; over covid and this year received food card donations so were able to shift money. What can we provide with what we have? What’s the priority for the parents?-Great ideas to get money? Knights of Columbus -When is the best time for programs? Maybe we can share some schedules and class ideas?-Susan: Wondering if anyone has had a guest speaker from a women’s shelter; Saira: healthy relationships, “green light, red light” signs of safety within relationships-Do projects offer a class about birth control? How can we approach such a topic that may be sensitive within cultural or religious groups, in a respectful way?. Ellen suggests calling the topic ”Spacing your Babies”, which allows for a wider range of perspectives and may be more comfortably received by parents. Consider having someone talk about natural family planning one time, then the next time, perhaps a more medical approach, and alternating these speakers or topics so a range of approaches is discussed.-Summer groups: Ellen: 2 park visits/groups in summer; Robyn has offered scavenger hunts and walks in community parks.-Did anyone do anything fun for Maternal Mental Health in May? Self Care Bingo |
| SW Zone Email List Updates | Submit to Sydney Bell: sbell@caminowellbeing.ca |
| Next Meeting | July 21st, 2025 |