

Minutes

Members Present:

Agapè Centre
Bridging Gaps
Carefor Health & Community Services
Centre de santé communautaire de l'Estrie
CCH – Community Addictions and Mental Health Services
Cornwall Community Police Service
Counselling and Support Services of S.D. & G.
Eastern Ontario Health Unit
Équipe psycho-sociale

Glengarry Inter-Agency Group – Youth in Transition Worker
Maison Baldwin House
Maison Interlude House
Naomi's Family Resource Centre
Seaway Valley Community Health Centre
Sexual Assault Support Services for Women of S.D.G. & A.
Social Development Council of Cornwall & area
S.D. & G. Developmental Services Centre
S.D. & G. Legal Clinic

Victim Services of S.D.G. & A.
Youth Now Connections

CANAA Coordinator/Recording Secretary

Co-Chairs:

Sexual Assault Support Services for Women of S.D.G. & A.
Centre York Centre

Others:

RCMP
Valoris
St. Lawrence Medical Clinic

Guest Speaker:

S.D. & G. Developmental Services Centre

Diane Plourde
Stefano Delacosta
Nancy Galway, Amanda Lalonde
Ivan Labelle
Susie Trotter
D/Cst Larry Frappier
Sarah Good
Loree Lalonde
Anne-Marie Paquette, Gina Lacombe, Anik Landry
Lissa Lalonde, Nancy Davidson
Catherine Stapley
Petey Cameron
Micheline Duval
Verna Léger
Stephanie Hemmerick
Karina Boucher, Devin Couchman
Alex de Wit
Jennifer Jarvis, Leslie-Ann McLeod
Patti Carson, Bernadette Clement
Robert Coulombe, Andréanne Charron
Kim Trottier
Kim Hayward, Alanna Wall

Sylvie Kinloch

Angela Vinet
Farhana Meghji

Christeena Curotte, Suzanne Dagenais-Cameron
Natalie Lacroix
Tara Dickson

Dr. Janine Scott

1. Call to order at 9:00 a.m. – Angela welcomed everyone to the meeting.

2. Roll Call - All present were asked to introduce themselves.

3. Adoption of Agenda

Moved by: Patti Carson
Seconded by: Diane Plourde
It was resolved that the agenda be accepted as presented.
CARRIED

4. Adoption of Minutes

4.1 Minutes from Breakfast Meeting dated May 18th, 2017

Moved by: Sarah Good
Seconded by: D/Cst Larry Frappier
It was resolved that the Minutes of May 18th, 2017 be accepted.
CARRIED

5. Budget (April 1, 2017 – August 4, 2017)

The following was reported:

Source	Grant/Income	Expenses Y-T-D	Revenues Y-T-D	Balances
MCSS 1 (annualized funding)	\$24,813.38	\$8,684.21 • Coordinator pay • Sponsorships • NFRC fees		\$16,128.17
MCSS OWD	\$4,000	0		\$4,000
CANAA Bank Account	\$4,024.73 (Apr 1/17)	\$4,079.45 • Ramada Inn • Bridges Out of Poverty	\$4,079.45 • Ramada Inn • Bridges Out of Poverty	\$4,924.34

Moved by: Patti Carson
Seconded by: Catherine Stapley
It was resolved that the Budget be accepted.
CARRIED

6. Project Reports

6.1: Workshops 2017-2018

- Transgender Training – October 12, 2017 *invitation to follow*
- Effective Board/Volunteer Management – Winter 2018 (Ticket cost: TBD)

6.2: Website (Calendar of Events, Resources, Photos, Stats, Facts, etc.)

- Please send your list of events, resources, photos, stats, facts, etc to Sylvie

6.3: Healthy Relationships Committee

Angela asked for volunteers to sit on the Healthy Relationships Committee.

The following members volunteered:

- Catherine Stapley
- Ivan Labelle

➤ Angela Vinet

➤ Alanna Wall

A meeting will be scheduled in the near future.

6.4: Shine the Light

Angela shared that the Shine the Light Campaign is fast approaching and that the organizing committee will be meeting after the breakfast meeting.

7. New Business

7.1: Upcoming Meeting Dates

Thursday, November 16, 2017 – Breakfast Meeting

Thursday, February 15, 2018 – Breakfast Meeting

Wednesday, May 16, 2018 – Breakfast Meeting

7.2: Vouchers/Merchandise

Available → 2017 Agendas, CANAA pens, CANAA post it notes and bus tickets (individual & family)

7.3: Presentation to Sarah Good

Sarah was presented with a gift for her dedication as CANAA Coordinator over the past year.

8: Guest Speaker

8.1: Dr. Janine Scott

Topic: Post Traumatic Stress Disorder

Dr. Scott gave a brief autobiography, then proceeded with her presentation.

Here were the highlights:

- What is Posttraumatic Stress Disorder (PTSD)?
- PTSD and Childhood Sexual Abuse
- Treatment
- PTSD, our community and beyond
- Dr. John Bradford
- Prevention

The members thanked Dr. Scott and presented her with a gift.

9. Information Sharing: *Information Sharing cards (blue) were provided.*

Centre de santé communautaire de l'Estrie

- Group sessions for Anxiety and Relaxation Management are set to begin shortly *more info to follow*

Maison Interlude House

- Now accepting registrations for the *Pattern Changing* Group (an educational program to help abused women live a better life).

Centre Agapè

- Kickin' Hunger Soccer-Golf fundraiser:

→ September 23rd at the Cornwall Golf and Country Club

→ Register your team (minimum of \$20 pledge to play)

- **Hunger Awareness Challenge:**

→ Nine (9) Hunger Awareness Champions have stepped up to the plate to live off limited food items for six (6) days (September 17-22). They will report their experience and raise awareness about the issue of hunger while raising funds for Agapè Centre.

→ You can sponsor any of the Champions or follow their journey at www.facebook.com/hungerawarenesschallenge/

Social Development Council of Cornwall & area

- **Caring Dads Program:**

→ New session started on September 12th and will run until December 12th at Counselling and Support Services from 5:30 – 7:30 p.m.

- **Job Fair 2017:**

→ Positive feedback

→ Approximately 600 job seekers participated

→ Job Fair 2017 booklets available

Legal Clinic

- **New staff: Andréanne Charron**

- **New program: access to justice in French to French speaking clients**

→ representing clients in French

→ helping clients to fill out forms in French

→ offering legal advice in French

Équipe psycho-sociale

Offering the following programs:

- **Yoga and Mindfulness for kids**

- **Dealing with Anxiety Groups for kids and parents dealing with separation/divorce**

Seaway Valley Community Health Centre

Coping with mental illness family information support meetings

We are happy to offer via videoconference (OTN) a series of meetings on Coping with mental illness – family information support in partnership with the Royal Ottawa Hospital.

These are stand alone meetings for family and caregivers which will take place at SVCHC, 353 Pitt Street. No registration is needed.

While these meetings will be delivered via videoconference, we will have staff from mental health agencies on site.

When: September to December 2017

Time: 6-7:30 pm

Sexual Assault Support Services for women of S.D.G. & A.

- **Take Back the Night – march against sexual violence**

→ Thursday, September 21st from 6-9 pm (from 610 McConnell Avenue)

CCH – Community Addictions and Mental Health Services

- Clinicians offer cognitive processing therapy (CPT) and cognitive behavioural therapy (CBT) to individuals (OPMH, ASAP, Adult Mental Health Services) recovering from posttraumatic stress disorder and other related conditions.

Centre York Center

- York Centre 25th anniversary celebration dinner
→ Thursday, November 16th *more info to follow*

10. Future Agenda Items: *Future Agenda Items cards (white) were provided.*

- 11. 50/50 draw:** Congratulations to Catherine Stapley winner of the 50/50 draw (\$20)
Congratulations to Stefano Delacosta winner of the “Treasure Box” draw

12. Evaluation: *Evaluation cards (purple) were provided.*

13. Adjournment & Next Meeting:

When: Thursday, November 16th, 2017
Time: 8:30 a.m.
Location: Ramada Inn Cornwall

Adjourned 10:30 AM/sk