



CANAA Breakfast Meeting

Thursday, January 12, 2023
9:30 am to 11:30 am
In Person (Cornwall Public Library) and
Virtually via Zoom

Minutes

Members Present:

Situation Table
Regional Integrated Care
Maison Baldwin House
Recovery Care
Cornwall Police Service
Centre York Centre
Clinique juridique Roy McMurtry Legal Clinic
Centre de santé Communautaire de l'Estrie
City of Cornwall
City of Cornwall
Équipe psycho-sociale
ACCFutures
Victim/Witness Assistance Program

Elyse Lauzon-Alguire
Josee Cotnam
Chelsey Saucier
Lacey Bingley
Stephanie Casselman
Jennifer Burke
Patti Carson
Ivan Labelle
Jennifer Bowen
Meagan Black
Gabrielle Fecteau
Angela Vinet
Kristiane Bissonnette

Guest Speakers:

ACCFutures

Angela Vinet

CANAA Coordinator/Recording Secretary:

Stephanie Nalepa

Chair:

Individual

Ashley Walker

Co-Chair:

Regional Integrated Care

Josee Cotnam

Treasurer:

Clinique juridique Roy McMurtry Legal Clinic

Patti Carson

1. **Call to Order / Welcome at 9:38am** – Stephanie Nalepa welcomed everyone to the meeting.
2. **Land Acknowledgement** – Stephanie read the Land Acknowledgment.
3. **Introductions** – All present were asked to introduce themselves.
4. **Ice Breaker Activity** - Stephanie hosted the ice breaker game, “New Year Resolution”.
5. **Adoption of Agenda**
 Moved by: Angela Vinet
 Seconded by: Elyse Lauzon-Alguire
 It was resolved that the agenda be accepted as presented.
 CARRIED.
6. **Approval of Minutes**
 Moved by: Chelsey Saucier
 Seconded by: Elyse Lauzon-Alguire
 It was resolved that the Minutes of November 10, 2022 be accepted as presented.
 CARRIED.
7. **Budget (April 1, 2021 – January 12, 2023)**
 The following was reported by Stephanie:

Source	Grant/Income	Revenues Y-T-D	Expenses Y-T-D	Balances
MCCSS (annualized funding)	\$24,813.38	\$18,610.03	\$19,720.13	\$5,093.25
CANAA Bank Account	\$12,543.79 (Opening Balance)	\$0.00	\$487.40	\$12,056.39

Moved by: Josee Cotnam
 Seconded by: Ivan Labelle
 It was resolved that the Budget be accepted as presented.
 CARRIED.

8. Project Reports

- a) Strategic Planning Committee Updates
 - i. Priority #1: Boost Membership Growth and Network Connection (Ashley Walker, Elyse Lauzon-Alguire, Ivan Labelle, Jessica Bourdeau, Linda Rodgers, Patti Carson, Angela Vinet)
 This priority’s objectives include:
 - Expanding membership base to include survivors, supporters, and sector professionals from all across SDG&A.
 - Optimizing network meetings to include dynamic discussion, brainstorming and information sharing.
 - Creating structured opportunities for member connection and collaboration.
 - ii. Priority #2: Optimize Training and Service Delivery (Angele Lalonde, Ashley Walker, Bonnie Bishop, Elyse Lauzon-Alguire, Josee Cotnam)
 This priority’s objectives are:
 - Offering diverse workshops to members and the broader community.
 - Identifying and collectively addressing duplication of services, as well as service gaps.

- iii. Priority #3: Enhance Community Awareness (Donna MacGillivray, Elizabeth Gagnon, Josee Cotnam, Juliette Labossiere, Stephanie Nalepa, Patti Carson)

This priority's objective is:

- Increasing awareness regarding threats of abuse, prevention, and services available.

Stephanie explained that if any would like to know more about any of the priorities or would like to join any of the committees, to please contact her.

9. New Business

a) Upcoming Meeting Dates:

Brain Injury & Mental Health Workshop
January 26, 2023
1:30pm-3:00pm
Virtually via Zoom

Breakfast Meetings: March 9, 2023
9:30am-11:30am
Cornwall Public Library and Virtually

b) Guest Speaker

Angela Vinet - ACCFutures

Angela began with a short video about ACCFutures.

She discussed that ACCFutures is now offering loans for small businesses. These loans will help encourage an economic core in Cornwall. \$50,000.00 has been set aside of this endeavour. Applicants will be able to apply for micro loans up to \$5,000.00. They are seeking those with entrepreneurial spirits and who have different circumstances. Angela is currently accepting applications. To apply or for more information, please contact Angela at avinet@mycommunityfutures.ca

Several questions were asked:

- Are these loans for those beginning non-profit and profit-making businesses?
 - o These loans are only for profit-making businesses. It is to help those on social assistance, so that they may be able to sustain themselves. The loan must be paid back.
- Do you counsel and offer advice to your clients?
 - o Yes. They will look at the client's finances and offer support and guidance. They will connect their clients to other services, including bookkeeping, etc. They will also be offering networking groups soon, which will include workshops and training opportunities.
- Do applicants require permits to start their business?
 - o Yes, but they will help their clients set that in place.
- What is the interest rate on these loans?
 - o The interest rate will depend on the applicant's credit. The rate will be between 8-12% with a year interest-free.
- How old do applicants need to be?
 - o Applicants should be over the age of 18, however they can possibly look at other circumstances (ie. co-signer). They will also be offering a youth entrepreneurial program soon.

- What is the referral process?
 - o Angela is creating a form. Once completed, she will share it with the network. If you know someone who may be interested, please email Angela.

c) Special Discussion

a. Current and Emerging Trends

i. What are our clients top 3 most critical concerns?

The following critical concerns were discussed:

- Housing
- Transportation
- Food insecurity
- Human trafficking
- People with disabilities
- Isolation (fear of catching COVID, etc.)
- Mental Health
- Lack of Doctors

ii. Are there resources available to assist with these concerns?

- United Way's Community Services Recovery Fund

- o The Community Services Recovery Fund is a \$400 million investment from the Government of Canada to support charities and non-profits as they focus on how to adapt their organizations for pandemic recovery. The application form can be found on their website.

iii. Are additional resources required to address these needs?

None discussed.

b. Opportunities for Collaboration

i. Are there opportunities for CANAA agencies to work together to address these needs?

- Patti discussed that there is now a hub in Morrisburg that was created for clients that are in the position of homelessness. This hub is offered through the House of Lazarus. There is office space available for workshops, remote meetings, etc.
- Ivan is offering a group for survivors and those living with cancer. It is starting on Thursday, January 19th and will continue every Thursday from 2:00pm-4:00pm through the Centre de santé communautaire de l'Estrie. He is looking for a co-facilitator, preferably a cancer survivor, who may be able to help with the group. If interested, Ivan can be contacted at I.Labelle@cscestrie.on.ca

d) Information Sharing

a. Changes to Programs and Services

i. Have there been any significant changes to community programs and services since our last meeting?

- Regional Integrated Care
 - o Josee is accepting referrals. If interested in referring a client or finding out more information, please contact Josee at joseec@seochc.on.ca
- Équipe psycho-sociale
 - o Many programs are being offered. For more information, please visit their website at: <https://eps-sdg.ca/en/> or contact Gabrielle at gfecteau@eps-sdg.ca

a) Upcoming Events

- i. Looking forward 3-6 months, are there any events coming up that could benefit from shared resources or assistance in spreading the word?
- ACCFutures is offering a Woman's Day Workshop for management of non-profit and budding entrepreneurs at the Cline House on March 8, 2023
 - CMHA Champlain East is hosting a MenTALK Virtual Event for Bell Let's Talk day. The virtual event is taking place via Zoom on January 24, 2023, from 6:30 to 8:00pm, one day before Bell Let's Talk Day on the 25th.

c. **Future Agenda Items**

None.

Vouchers/Merchandise available:

- Grocery cards (\$25 each): none
- Gas cards (\$25 each): none
- Bus tickets (10-ride sheets): none
- Taxi vouchers (\$5 each): none
- Thrift Store cards (\$20 each): none

d. **Adjournment & Next Meeting:**

Brain Injury & Mental Health Workshop

When: January 26, 2023

Time: 1:30pm-3:00pm

Location: Virtually via Zoom

Adjourned 10:37am/sn