



CANAA
Breakfast Meeting
 Thursday, November 21, 2019
 9:00 am to 10:30 am
 OPG Visitor Centre, Cornwall, ON

Minutes

Members Present:

Maison Baldwin House
 Cornwall Community Hospital
 Big Brothers Big Sisters of Cornwall & District
 Akwesasne Community Justice Program
 Maison Interlude House
 Youth Now Connections/Youth Now Canada
 Youth Now Connections/Youth Now Canada
 Sexual Assault Support Services for Women of SDG&A
 Sexual Assault Support Services for Women of SDG&A
 Naomi's Family Resource Centre
 Hawkesbury Hospital
 Bridging Gaps
 Children's Aid Society of SD&G
 Centre de santé communautaire de l'Estrie
 L'Equipe psycho-sociale
 Glengarry Inter-Agency Group
 Glengarry Inter-Agency Group
 Glengarry Inter-Agency Group
 Seaway Valley Community Health Centre
 Seaway Valley Community Health Centre

Petey Cameron
 Susie Trotter
 Brittany Hagen
 Jenna David
 Nancy Charbonneau
 Alanna Wall
 Kimberly Hayward
 Rachel Roy
 Angela Vinet
 Alanna Gauthier
 Elyse Lebel-Roy
 Stefano Delacosta
 Cassondra Wheeler
 Ivan Labelle
 Josiane Pilon
 Makenzie Hartle
 Alex Dewit
 Joanne Bathurst
 Stephanie Hemmerick
 Chantal Lajeunesse

CANAA Coordinator/Recording Secretary:

Stephanie Nalepa

Co-Chairs:

Counselling and Support Services of S.D. & G.
 Youth Now Connections/Youth Now Canada

Farhana Meghji
 Alanna Wall

Guest Speaker:

Sexual Assault Support Services for Women of SDG&A
 Counselling & Support Services of SD&G

Karina Boucher
 Erika Randolph

Regrets:

Breathe Peace
 Eastern Ontario Health Unit
 Canadian Red Cross
 Children's Aid Society of SD&G
 SD&G Legal Clinic
 Situation Table
 Cornwall Social & Housing Services
 L'Equipe psycho-sociale
 Victim Witness Assistance Program

Christine Chevalier
 Loree Lalonde
 Shelley Roy
 Tara-Ann MacGillivray
 Patti Carson
 Elyse Lauzon-Alguire
 Stacey Ferguson
 Anne-Marie Paquette
 Maria Lawrence

1. Call to Order / Welcome at 9:15 a.m. – Alanna welcomed everyone to the meeting.

2. Roll Call and Round Table Introductions – All present were asked to introduce themselves.

3. Adoption of Agenda

Moved by: Alex Dewit

Seconded by: Stefano Delacosta

It was resolved that the agenda be accepted as presented.

CARRIED.

4. Approval of Minutes

4.1 Minutes from Breakfast Meeting dated September 12, 2019

Moved by: Kimberly Hayward

Seconded by: Stefano Delacosta

It was resolved that the Minutes of September 12, 2019 be accepted as presented.

CARRIED.

5. Budget (September 12, 2019 – November 21, 2019)

The following was reported by Alanna:

Source	Grant/Income	Revenues Y-T-D	Expenses Y-T-D	Balances
MCCSS (annualized funding)	\$24,813.38	\$16,542.24	\$9,613.95	\$15,199.43
CANAA Bank Account	\$8,209.56 (Opening Balance)	\$4,597.42	\$4,145.48	\$8,661.50

Moved by: Petey Cameron

Seconded by: Kimberly Hayward

It was resolved that the Budget be accepted as presented.

CARRIED.

6. Project Reports

6.1: Upcoming Workshop: Technology & Abuse 101

- Unfortunately, due to scheduling conflicts, this workshop is being rescheduled for March 2020. Its focus will be on technology and VAW, and will be presented by METRAC. Date will be announced once details have been finalized.

7. New Business

7.1: Upcoming Meeting Dates

- February 2020 – Breakfast Meeting
- March 2020 – Technology & Abuse 101 Workshop

7.2: Vouchers/Merchandise

Available:

- CANAA pens
- CANAA post it notes
- Grocery cards (\$25 each): 0 remaining
- Gas cards (\$10 each): 0 remaining
- Bus tickets (10-ride sheets): 0 remaining

8: Guest Speakers

Karina Boucher – Sexual Assault Support Services for Women of SDG&A

Erika Randolph – Counselling and Support Services of SD&G

Topic: Creative Coping for Kids (CCK)

Karina and Erika shared a PowerPoint presentation with the group discussing what CCK is, CCK's guiding principles, their process, and explained the structure and themes discussed during their groups. The PowerPoint presentation has been forward out to the network, along with the CCK Referral Form.

Although the group serves children/youth ages 5-15, they tend to only see children under the age of 12. Due to their age, youth that are older in the group are often more comfortable with a separate facilitator.

They facilitate two groups a year. Brooke Marion does the intakes and explains the importance and significance of the group to the mother, so that she can then explain it to the children.

The following questions were asked:

1. *Do you have a handout/brochure for CCK?*

Not at the moment, but it's something that can be looked into further.

2. *What if the father is the one being abused?*

They're ministry funded through VAW, so the group must address the mothers or female guardians and the children who have witnessed abuse in the home. More funding would be required to address fathers or male guardians; however, they try to normalize all family types as much as possible.

3. *How was the program developed?*

A manual and curriculum is given from the ministry. It hasn't been updated for many years, so they have worked together to modernize the curriculum and make it more relevant for the 21st century.

4. *After each session, do the children then express their feelings and thoughts to the parents?*

They encourage the mothers to ask their children how their group was and to continuously have good communication and conversations.

5. *Although the group seems to encourage the children to express their anger and feelings, is that always allowed or appropriate (work, school, etc.)?*

An employer, school etc. may have different views. With the children in the group who are younger and may not be able to express what they're feeling through words, instead of letting them bottle up those emotions, they encourage them to express their anger and feelings in a way that doesn't hurt others or themselves. As they get older and have a better understanding, the group encourages them to have open conversations and express their feelings through words.

6. *Video was shown to those in attendance and can be found on the PowerPoint presentation.*

This video is shown to the children when they start attending the group. It is difficult to find a video where the child is just a witness. So, the facilitators explain to the children that in the video the child is being abused also, but that the group's focus is instead on the abuse that they have witnessed at home. If a child is found out to have been abused, Brooke will speak with them and then has the duty to report to CAS. The video promotes the importance that it doesn't matter who it is and that you must tell someone.

7. *What is said to children and mothers about Children's Aid Society, since many still view the organization in a negative light?*

CAS and CCK have a great relationship, as many of their referrals come through CAS. They explain to the mothers and children that CAS is supportive and that they are not in trouble, but here to help. They try to break the stigmas and explain the ways that CAS helps families.

The members thanked Karina and Erika for presenting and Alanna presented them each with a gift.

9. Information Sharing / Community Events:

CENTRE DE SANTÉ COMMUNAUTAIRE DE L'ESTRIE

- Khomme'Unique/Men'Talk
 - With the help of facilitators, this men only group is run by you, with you and for you. You can join them at any time, in a place that is safe, where they will listen, encourage each other and offer support and guidance.
 - For more information, please contact: Ivan Labelle
 - 613-937-3132, ext. 232
 - i.labelle@cscestrie.on.ca

SEXUAL ASSAULT SUPPORT SERVICES FOR WOMEN OF SDG&A (SASS)

- White Ribbon Campaign (ongoing)
 - December 6th show your support and speak out against violence against women.
 - Take a selfie/picture of yourself sporting one of our white ribbon pins and #IPLEDGE You can post here to this page or your personal page. Together we can bring awareness and start some very important conversations.
 - Ribbons available for pick up or delivery
 - Take the PLEDGE here: <https://www.whiteribbon.ca/pledge.html>

- A Day of Holistic Healing & Wellness
 - Sunday, December 1st, 2019
 - LOVE Yoga Studio – 237 Water Street E
 - 12-5PM – Mini Trade Show
 - 5:30PM – Ode to Om yoga session and meditation
- Vigil – Ecole Polytechnique Massacre
 - Friday, December 6th @ Noon
 - City Hall Courtyard
 - Vigil to honour and remember the victims of this tragic event
- United Way Ugly Christmas Sweater Open House
 - Thursday, December 19th, 2019 from 12-2PM
 - SASS – 125 Amelia Street, Cornwall ON

MAISON BALDWIN HOUSE & SEAWAY VALLEY COMMUNITY HEALTH CENTRE

- Evening with Serendipity
 - Serendipity Boutique – 331 Second Street W, Cornwall ON
 - Tuesday, November 26, 6-8PM
 - For those who identify as trans or gender diverse, come look for great finds with the store all to yourselves.
 - For more information, please call:
 - 613-930-4892, ext. 229

NAOMI'S FAMILY RESOURCE CENTRE

- 16 Days of Activism against Gender-Based Violence (November 25-December 10)
 - The 16 Days are an opportunity to unite with partners around the world and reflect on what we can each do in our own communities and in our own lives to eliminate the disproportionate violence faced by women, girls and LGBTQ2 individuals.
 - For more information, follow Naomi's Facebook page or visit: cfc-swc.gc.ca
- Shine the Light & Wrapped in Courage Campaigns
 - Shine the Light is a campaign to raise awareness about domestic violence by turning cities, regions and countries purple for the month of November.
 - In November, wear your purple scarf and show your support for abused women and children across Ontario. Contact them at 613-774-2838 or message them on Facebook to purchase a Purple Scarf to help raise awareness.

10. Future Agenda Items:

Nothing was indicated in terms of future agenda items at this meeting.

11. 50/50 draw:

Congratulations to Stephanie Hemmerick, winner of the 50/50 draw (\$27).

12. Evaluation:

13. Adjournment & Next Meeting:

When: February 2020 (date TBD)
Time: 9:00a.m. – 11:00am
Location: OPG Visitor Centre

Adjourned 10:30 AM