



**When:** January 7, 2016, 1:00 pm – 3:00 pm  
**Where:** Central Gateway Room 119

**Recorder:** Annette Williams

**Chair:** Karen Steegstra

**ATTENDANCE:**

Danielle Edwards	Chilliwack Division of Family Practice	<a href="mailto:dedwards@divisionsbc.ca">dedwards@divisionsbc.ca</a>
Darby Wilkinson	Chilliwack Community Services	<a href="mailto:wilkinsond@comserv.bc.ca">wilkinsond@comserv.bc.ca</a>
Debbie Denault	Chilliwack Learning Society	<a href="mailto:debbied@chilliwacklearning.com">debbied@chilliwacklearning.com</a>
Karen Steegstra	Child and Youth Coordinator	<a href="mailto:chwkchildandyouthcoord@gmail.com">chwkchildandyouthcoord@gmail.com</a>
Karin Rempel	Sardis Doorway	<a href="mailto:sardisdoorway@shaw.ca">sardisdoorway@shaw.ca</a>
Katrina Bepple	Chilliwack Division of Family Practice	<a href="mailto:kbepple@divisions.bc.ca">kbepple@divisions.bc.ca</a>
Shannon Carmichael	Central Gateway for Families/Community School Coordinator	<a href="mailto:ccecss@gmail.com">ccecss@gmail.com</a>
Shelly Hayes	Chilliwack Community Services, Childcare Resource & Referral	<a href="mailto:hayess@comserv.bc.ca">hayess@comserv.bc.ca</a>

**REGRETS:**

Dan Bibby	MCFD	<a href="mailto:daniel.bibby@gov.bc.ca">daniel.bibby@gov.bc.ca</a>
Jenna Nickle	YMCA	<a href="mailto:jenna.nickle@gv.ymca.ca">jenna.nickle@gv.ymca.ca</a>
Kiran Sidhu	FV Child Development Centre	<a href="mailto:ksidhu@fvcdc.org">ksidhu@fvcdc.org</a>
Nicole Driscoll	Chilliwack School District	<a href="mailto:nicole_driscoll@sd33.bc.ca">nicole_driscoll@sd33.bc.ca</a>
Katherine Kessler	Meadow Rose Society	<a href="mailto:help@meadowrosesociety.com">help@meadowrosesociety.com</a>
Leanna Kemp	Restorative Justice & Youth Advocacy	<a href="mailto:kempstorejustice@gmail.com">kempstorejustice@gmail.com</a>
Pauline Pigeau	Fraser Health	<a href="mailto:Pauline.Pigeau@fraserhealth.ca">Pauline.Pigeau@fraserhealth.ca</a>
Ruby Gidda	Fraser Health	<a href="mailto:ruby.gidda@fraserhealth.ca">ruby.gidda@fraserhealth.ca</a>
Sheri Josephson	YMCA	<a href="mailto:sheri.josephson@vanymca">sheri.josephson@vanymca</a>
Stacey Barfoot	FV Child Development Centre	<a href="mailto:sbarfoot@fvcdc.org">sbarfoot@fvcdc.org</a>
Tami Quinn	Stó:lō Nation Health Services	<a href="mailto:tami.quinn@stolonation.bc.ca">tami.quinn@stolonation.bc.ca</a>
Tara McLaughlin	HeadStart Coordinator	<a href="mailto:Tara.mclaughlin@stolonation.bc.ca">Tara.mclaughlin@stolonation.bc.ca</a>
Trish Ackland	Child and Youth Mental Health	<a href="mailto:trish.ackland@gov.bc.ca">trish.ackland@gov.bc.ca</a>

**1. Welcome and Introductions**

Regrets: Kiran, Nicole, Sherry Josephson

**2. Approval of Agenda – Approved**

**3. Approval of Minutes of last meeting – Approved**



**4. Business Arising from the minutes**

**a. Topics to follow up from the November meeting ideas:**

- Workshops on parents forgiving themselves, and resiliency for families who realize they have impacted their children negatively in the past.

**IDEAS:** Framing your family's story – Debbie will look for a resource. Teaching and training with prevention built in. Perhaps Central's resource room can be used to offer classes to parents on the topic.

- Priority grant – application has been submitted. \$3000 has been requested, towards building a family resource room at Central.

**ACTION:** Karen will review 2015 minutes, compile all ideas from last year, and include at the bottom of the future agendas.

**b. Early Childhood Expo Event Review**

A recap of the completed parent surveys was distributed and reviewed. About 200-300 people attended. The Event was very interactive, and positive.

IDEA: Hold the next one at an alternate location, such as the Leisure Centre foyer, Central Elementary, Evergreen Hall, the Vineyard Church on Wellington, Wellington Street on Ministry of Social Development and Social Innovation's cheque issue date.

**c. BFI presentation at City Hall**

The December 1<sup>st</sup> presentation to council was well received. A motion was made that all city employees be trained about what it means to be baby friendly. Presenters Sidney Harper and Grace Banks met with councilors prior to the meeting to discuss their presentation topic, and let them know what they would like to see as a result of the presentation.

The Baby Friendly Initiative (BFI) is a World Health Organization initiative. Fraser Health is involved on the local level. Sidney Harper is the lead. Chilliwack is the first community with a group to see how they can promote it. There is no formal website or budget. It isn't a Division of Family Practice program.

The Baby Friendly Lounge is available to businesses for events; Karen will be the contact person. The lounge won't be staffed by a BFI representative.

**ACTION:** Annette will add the BFI to the CYC website listing of programs and services.

**5. New Business/other Business**

**a. Early Years Co-chair**

Trish Ackland is no longer able to attend the meetings. The expectation of a co-chair is to meet once a month to create the agenda and priorities, and co-facilitate the Early Years committee meeting.

**ACTION:** Shelly Hayes has agreed to be the co-chair until June 2017.

**b. May 5 Parent Night – Mike McKay**

The focus of the May 6<sup>th</sup> Conversation on Chilliwack's Children is Social and Emotional Wellbeing in children and youth of various ages. It will be held in the Grand Hall of the Neighbourhood Learning Centre (NLC). Chilliwack Secondary School's Human Service Career Program will be participating. Mike McKay is the speaker for both May 5<sup>th</sup> and 6<sup>th</sup>,



and will offer a workshop. There will be seven other workshops, offered by various presenters. The CYC would like help promoting and hosting the Parents night. The Early Years committee will contribute \$1,500 towards Mike's fee. Preschool teachers and daycare providers will be invited.

May 6<sup>th</sup> is a Chilliwack School District Pro-D day, and Socio-Emotional is a key learning area within the District.

Many activities will occur in the community that week, as its Mental Health Awareness week. There will be a play called Beneath the Surface, which is about youth suicide, with one showing for youth only and another showing for the community. The Chilliwack Hospital and Health Care Foundation would like to distribute a Mental Health activity itinerary for the community to access.

**c. May 6, Conversation Update**

As in 5.a.

**6. Task Group Updates**

- Social marketing – Early Years bags have been made. Samples were at today's Early Years meeting.
- Childcare Task Group – not covered
- Baby Friendly Initiative – as in 4.b.
- Visioning Committee – not covered
- Parenting Classes – not covered

**7. Agency Updates**

**Chilliwack Community Services**

One of the Early Years goals in their 2014-2017 strategic plan is to research and identify middle years programs and services in Chilliwack. Applicable ages are 6-9 and 10-12. They will be working with community partners to see where there are gaps to be addressed. Chilliwack Community Services is not looking to be the lead in dealing with any issues that are identified. They have found so far that there are not usually many free programs, which has been identified as a high need. They are also trying to ascertain what the kids are interested in. They have surveyed youth in local grade 6 classrooms. The next step is talking with parent/caregiver groups.

At this Early Years meeting, Darby handed out promotional material for two parent groups. One will be at the Sardis library on January 20<sup>th</sup>, the other at the Chilliwack library on January 27<sup>th</sup>. Childcare might be available.

In February there will be a session at the Neighbourhood Learning Centre (NLC) for service providers and professionals.

**ACTION:** Darby will email Karen the poster for distribution, plus the organizations will post and distribute paper copies. There is a SurveyMonkey for parents and caregivers, if they're not able to attend the February session.

**Chilliwack School District**

The Early Development Instrument (EDI) will be occurring in February. Karen and Nicole will meet with Kindergarten teachers to prepare them for writing it.



**Chilliwack Hospital & Health Care Foundation (CHHCF)**

On February 2<sup>nd</sup> there will be training for service providers on the Ulysses Agreement, hosted by the Local Action Team, which is part of the Child and Youth Mental Health Provincial Initiative sponsored by the Division of Family Practice. Location is the NLC. It is a free event, at which dinner is provided. The target is people who are working with 12-26 year olds, but they don't turn a youth away if they're under 12. Katrina will send more information via email.

The Chilliwack Youth Health Centre model is doing very well. It is open Tuesday afternoons at two sites (NLC and Sto:lo Health). A Pediatrician and MCFD counselors are on site, and as of February a Child Psychiatrist will be there twice a month. The site(s) is supervised by MCFD or PCRS. Some of the services require referrals, but since there is a family physician the referral process isn't onerous. The program is not at capacity, so all agencies are encouraged to promote it. Parents are welcome to attend with their child. Sto:lo is equipped to handle someone under 12, since they have a physician and pediatrician.

The Chilliwack Chiefs are donating their February 21st game proceeds to the Fraser Valley Health Care Foundation. CHHCF is hoping that they will be able to be donated to Mental Health services in Chilliwack. The game is a good opportunity to promote local services and raise awareness of mental health. Organizations are welcome to set up booths.

**Central Elementary Community School Society**

Grandparents Raising Grandchildren group is starting, Friday mornings, beginning in 2 weeks. The registration process is 1-800 #, through the BC government. Families might need to be assisted through the registration process.

**Chilliwack Learning Community Society (CLS)**

First Books have once again been received through the Rotary. Among other places, they have been distributed to the hockey rink where they are in a hockey net. 1,000-2,000 books have gone to the arena for this season. There is a new label that will go on the books from Rotary that are handed out to the community, to acknowledge that partnership. CLS also receives books through United Way.

**8. Next Meeting:** February 4, Central Gateway for Families, 1pm – 3pm

**9. Adjournment:** 2:45 pm

MAKE  
Children  
First