



When: February 5, 2015, 1:00 – 3:00 pm  
 Where: Central Elementary, Room 119

Recorder: Annette Williams

Chair: Karen Steegstra

**ATTENDANCE:**

Danielle Edwards	Chilliwack Division of Family Practice	<a href="mailto:danielle@scopebc.ca">danielle@scopebc.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:k.bepple@divisions.bc.ca">k.bepple@divisions.bc.ca</a>
Pauline Pigeau	Fraser Health	<a href="mailto:Pauline.Pigeau@fraserhealth.ca">Pauline.Pigeau@fraserhealth.ca</a>
Sheri Josephson	YMCA	<a href="mailto:sheri.josephson@vanymca">sheri.josephson@vanymca</a>

**REGRETS:**

Amber Baldwin	Montessori Child Growth Society	<a href="mailto:amber@mcgsociety.com">amber@mcgsociety.com</a>
Angela Joiner	Montessori Child Growth Society	<a href="mailto:angela@mcgsociety.com">angela@mcgsociety.com</a>
Dan Bibby	MCFD	<a href="mailto:daniel.bibby@gov.bc.ca">daniel.bibby@gov.bc.ca</a>
Darby Wilkinson	Chilliwack Community Services	<a href="mailto:wilkinsond@comserv.bc.ca">wilkinsond@comserv.bc.ca</a>
Kathereen Kessler	Meadow Rose Society	<a href="mailto:help@meadowrosesociety.com">help@meadowrosesociety.com</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>
Shannon Carmichael	Central Gateway for Families/ Community School Coordinator	<a href="mailto:ccecss@gmail.com">ccecss@gmail.com</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**

**2. Approval of Agenda – Approved**

**3. Approval of Minutes from last meeting – Approved, with following change**  
 In section 9, Sheri Josephson will take action on the decision, not Karen.

**4. Business Arising from the minutes**

**a. Success By 6 Funds**

**ACTION:** Use the \$3,451 to create an iPad Jeopardy game and a template for the Parent Resource Guide.

The game will highlight one or more of the EDI domains. Funds to be used for an iPad, projector, portable screen, game development and launch.



The Parent Resource Guide Word-based template will cost approximately \$300.

**DISCUSSION:** Nicole might be able to contribute to the Jeopardy project.

Katrina has a questionnaire that is used for the Child Development Guide, which she can share with Karen, so that it can be emailed to those who would like content listed in the Parent Resource Guide. A descriptor of the intended programs/service target would be helpful. The 211 website also contains helpful questions and ideas which guide organizations when they are filling out their information.

**b. Strategic Plan review**

**Priority 1:**

Spending of Success By 6 dollars falls under Priority 1.

10 joint sessions: training that is shared with other agencies where other agencies are welcome. These sessions are recorded in the agency update section of the Early Years committee minutes.

There is no collaborative practice committee. A collaborative handbook was started this summer, but work hasn't progressed. It is more of a CYC committee responsibility to have a collaborative practice committee, not a responsibility of the Early Years committee.

**Priority 2:**

There is no formal schedule of scheduled parenting classes in the community. A working group, headed by Trish Ackland, previously assembled a list of parenting programs. Karen Steegstra emails out information regarding upcoming events, and posts them on the CYC website. Please continue sending her the information. The number of parenting classes offered year over year can be counted via the CYC website's calendar. Also, Karen Steegstra could email organizations, asking if they had events which weren't included on the CYC website.

**ACTION:** The topic of parenting classes offered should be standing agenda item.

There is a lack of post-partum support and support groups for young teen parents.

**DISCUSSION:** The YMCA has had a lot of success at Nanook house in downtown Vancouver. They host dinners at which there are Mental Health support workers and a literacy organization, amongst other supporters. Registration is not required, as that sometimes can be a barrier. Look at different ways to deliver the support.

**IDEA:** Chilliwack could perhaps hold a baby and parent event a few times a year, where experts would be present and in conversation would be able to pick up on clues. Also of some help in this area might be Parent to Parent Mentoring relationships, once the program is running.

Community Education Working Group – there is none.

Parent awareness of the CYC website occurs at community events, for example the Childhood Expo.

There was discussion and thought around bringing someone from Revelstoke's Early Years committee to present about their successes.

Poverty awareness – Use as a theme for National Child Day.

There was discussion about whether to add poverty as a third initiative under the Strategic Plan, but it was decided that instead it can be woven into the existing priorities.

There was discussion about the importance to increase awareness that the stress created by poverty affects the capacity to thrive, be healthy and survive. Families living in poverty have a decrease in knowledge and confidence. It can be connected to the mental health piece because of the anxiety that it often induces.

**c. Kids Have Stress Too Update**

The workshop was very good, and a fun day with a lot of learning. 13 people attended. Jackie was given a gift card from the Early Years as an honorarium.

In the upcoming Expo, Nicole and **Charlotte** will teach Kids Have Stress Too at the Emotional Development station.

The Social Marketing task group occurs with the planning and execution of the Fair.

**5. New Business/other Business**

**a. Childhood Expo**

Flyers were given out in the School District's Ready Set Learn Fair packages. The date is March 13, 2015, from 9:30am - 5:00pm at the Chilliwack Mall, in front of London Drugs. It will be more interactive this year. Participating will be:

- the Tumble Bus, outside by London Drugs,
- the Baby Friendly lounge,
- 5-2-1-0,
- a Magic and Science performer,
- John Maleska,
- Lili and Dave from FVRL.

It would be beneficial to have Dental, Vision & Hearing there (through Fraser Health if possible). London Drugs wants to partner with their pharmacy and child technology.

**ACTION:** Sheri Josephson will see if the YMCA could provide a nutritionist and a MEND practitioner.

**b. Liability Insurance**

The School District requires that if a committee meets in a school, the committee needs to have insurance. An example is for the Early Years meetings at Central Gateway.

**6. Strategic Plan – Goal Activity Updates:**

**a. Website**

A new Chilliwack company, One Yellow Tree, is now handling any website updates we request. The previous company, Empyrion Technologies, now does tech work exclusively. Karen S and Annette met with One Yellow Tree, to discuss the CYC site being used more as an Events listing site for agencies. This makes sense from the point of view of promoting parent awareness of resources. Another topic discussed was adding maps or directions to listed programs. These items will be brought to the steering committee in late February.

Karen's email address has recently been changed, to provide consistency with the website address and further drive traffic.



**7. Task Group Updates**

- a. **Social Marketing** – didn't meet
- b. **Child Care Task Group** – Sheri will follow up with the Vancouver YMCA as per point 9 decision in January's meeting minutes.
- c. **Parent to Parent Mentoring** – covered previously in the meeting.  
**ASIDE NOTE:** Right From the Start begins April 16<sup>th</sup> (Sardis Doorway) and offered at Central, childcare and food included.
- d. **Baby Friendly Initiative** – continuing to work on the community plan. If you have any community events they would live to bring the Baby Friendly lounge, so contact them.
- e. **Childhood Expo** – covered above

**8. Coordinators Report**

Karen is chairing the Middle Years committee, trying to get it off the ground. They are working on a collaboration strategy, due to the lack of funding.

The annual Sexual Exploitation Awareness Chilliwack conference will be in April. They would like it to be a community event, utilizing one of the theatres at Cottonwood 4 Cinemas. A documentary will be shown followed by a panel.

Also involved with the preparation and planning for this year's Conversation on Chilliwack's Children.

The coordinator's report will be available on the CYC website.

**9. Agency Updates  
Fraser Health**

They are trying to catch up vaccinations for 2 year olds.

More volunteers are needed to help with their clinics; please contact Pauline or someone else at Fraser Health to volunteer.

Harm reduction kits (for example, smoking cessation) are available to the public.

On a personal note, Pauline has personally completed a course in [Trauma and Tension Reduction Exercises](#) (TRE), created by Dr. David Berceli. She is working towards teaching groups for which she needs more people. If you're interested, please contact her.

**Chilliwack Learning Society**

The City-Wide Literacy Challenge is in process, ending February 21<sup>st</sup>. This year's focus is financial literacy. Ballots have been distributed in the community.

Details were circulated about an information sharing workshop for vulnerable expecting moms.

**10. Next Meeting:** March 5 , Central Gateway, Room 119, 1:00pm – 3:00pm

**11. Adjournment:** 3:10 pm

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