

ACYC Meeting Minutes

Caring for Ourselves

February 25, 2021 at 1pm-3pm via Microsoft Teams

Attendance: Candice M, Cheryl H, Cheryl U, Corinna L, Cynthia O, Paul E, Jessica N*, Kelly G, Kim P, Kim R, Lauren P, Leanne D*, Paula M*, Penny T, Rosemary S*, Shairose J, Shannon D, Sharon C, Simone M, Simran G, Susan F, Eric V
*Student of CALL (Counselling Advocacy Leading and Learning) program at UFV

Welcome	Sue F.	
Acknowledgement of unceded territory	Sue F.	Acknowledgement of unceded territory (turn mics off for speaker)
Introductions and Updates	Sue F.	<p>Contact Updates</p> <ul style="list-style-type: none"> • Kelly Guiaya is the new Co-Chair of the Chilliwack CYC • Children and Youth with Special Needs has been changed to Children and Youth with Support Needs • New to the CYC: Lauren Pegg is the Department Manager for the Speech and Language Program and Assessment Clinic and is involved in the Fee for Service area. She has been at the centre for over 24 years. • Janine Rizzo is now the Director of Operations for the Mission office and will be moving there; Eric will be filling the vacancy of team leader for Guardianship Team <p>Program/Organization Updates</p> <ul style="list-style-type: none"> • Foundry (update from Simone M on behalf of Sharon): Upcoming groups and activities are posted on Foundry Abbotsford Facebook and Instagram. In the planning stages for a tax clinic for youth and the trauma informed yoga group called mindful movement is going very well. • FamilySmart (update from Corinna L): In the Know (March) is going to be on March 8 at 6:30 online and the topic will be substance use. • Hand in Hand Childcare Society (update from Cheryl H and Shannon D): currently running before and afterschool programs and spring break pro-D days/programs happening mid-March. • Xyolhemeylh (update from Penny T): leased space in downtown Chilliwack above the Service Canada building which will be a youth hub; will have an elder on sight with lots of cultural programming available; renovations are underway and planning to move-in in April. Youth elder pilot project happening, starting with 12 youth who are having significant challenges and connecting them with an elder; all done virtually (beading classes, FaceTiming); great results so far. Creating a cultural competency training program at the agency for all of the staff; a number of videos will be shared and the focus will

		<p>mainly be on Metis. Working with Dr. Sarah Morales from UVic and law students to create a court model in order to move away from the courthouse as much as possible and to integrate culture and elders into the process. Urban Indigenous Centre (not a friendship centre) is going through the Dan Milo Society and will be opening soon; agency will be contributing programming through there; a schedule, location and more info will be sent out once everything is running</p> <ul style="list-style-type: none"> • Literacy Matters Abbotsford (<i>update from Sharon C</i>): working with Sue, school district and community schools for a Storybook Walk Project to explore literacy while moving around in the community (sites at Mill Lake Park and Fish Trap Park); will also be providing a parenting session to give mental health tips for working with school-age children (via Zoom, send an email to Sharon asking to join). • Youth Resource Centre, Archway (<i>update from Simone M</i>): Sexual Exploitation Awareness week is coming up (second week of March); a poster and sticker campaign will be happening in the middle and high schools. SEY awareness classes are open to register. Stepping Stones program (see attached document) will be done virtually; it's a life skills program and youth are able to qualify for an AYA while taking this program (12 hours/week); currently accepting referrals and 12 spots available; no start date yet (will depend on the process involved and how soon youth can get on the AYA). • MCFD (<i>update from Eric V</i>): Stepping Stones fits into provincial initiative which supports youth who are aging out of care (high level of focus on this cohort of youth); introduced an AYA worker agreement with young adults and because of this East Fraser now has its own designated worker. The ministry has just announced an extension of support for kids who reach the age of 19 that they're still able to give them support (different from AYA program); they're no longer bound to discharge kids from care when they reach the age of 19. • City of Abbotsford (<i>update from Sue F</i>): Initiative last year ran in 14 different parks that provided recreation opportunities with Covid-safe activities that maintained social distancing but still have interactions with families; going to continue that initiative again this year and looking for partner organizations to provide resources in certain neighbourhoods through summer programs (1400 residents served last year). Currently going through a change in allocation policy; looked at how space is allocated in rec centres and parks and created a model that will hopefully benefit the community as a whole and how to uphold the greater good for the use of these spaces. • Family Education and Family Connection, Archway (<i>update from Kim P</i>): Running an in-person mental wellness class and one Indigenous practice class.
<p>Round Table Updates</p>	<p>All</p>	<p>Early Years (<i>update from Paul E</i>)</p> <ul style="list-style-type: none"> • Will send notes from most recent early years table for CYC to review; open invitation to attend on the first Thursday of November, February and May. • Last meeting had updates from Janet Doyle and Laura Wilson from MCFD re. early years for our whole region and referenced the development of the mother earth resource bags; Tanya Rempel from Archway gave an update about Family Centre and drop-in programs, Best for Babies, and team changes for Abby dads; Corinna Landsberger gave Family Smart updates; Sharon gave an update about Literacy Matters; Reg Unrau gave

		<p>updates about Dad Chat, anger awareness and relationships online; Cheryl talked about Hand in Hand; Stacey spoke for the CDC and referenced the Com Connection Program; Sarah Breck gave an update about early childhood mental health programming.</p> <ul style="list-style-type: none"> • MCFD and CYMH have two clinicians who sit at the Fraser Valley Child Development Centre which lead to CYMH Abbotsford having the highest number of childhood referrals in BC. • CYMH workshops are continuing virtually and one is still being done in person: anxiety workshop for children and parents in partnership with the school district. • Doing lots of outreach and connecting with clients who are experiencing Zoom fatigue. <p>Middle Years <i>(update from Kim P)</i></p> <ul style="list-style-type: none"> • The MDI was done throughout Abbotsford last year for grades 4 and 7. Middle years wanted to use that information to gain momentum to move into a focus that can be pushed to the community. After some conversation, decided that they will be focusing on the importance of sleep. <ul style="list-style-type: none"> ○ 61% of children in grade 4 go to bed after 9pm; 9% go to bed after 12am ○ Hard to incorporate healthy nutrition and emotions when children are so sleep-deprived • Will use this information for momentum in conversations for the need to sleep and brain development, sleep and self-regulation and how to have better relationships with peers and adults. Will focus also on how to share this information with parents. • Hoping to further develop a parenting class for parents of kids ages 8-11. <p>Youth Networkers No update given.</p> <p>Special Needs Advisory No update given.</p> <p>Community of Practice No update given.</p>
Speaker: Brenda Adams	Introduced by Sue F.	Self Care in the Time of a Global Pandemic Learning about and exploring the bucket analogy of sand, gravel and rocks.
Additional Discussion Items....	All	
Closing		Next Meeting: April 29, 2021

*Calendar invites are emailed; if you did not receive them please contact cyc@archway.ca. Minutes will be approved and posted within a week after the meeting

Website: www.abbotsfordchildandyouth.ca | Facebook: [Abbotsford Child and Youth Committee](https://www.facebook.com/AbbotsfordChildandYouthCommittee)