



Sharing Matters



New to Canada

Mississauga, the third-largest city in Canada, is rich with cultural diversity. Immigrants from China, India, Pakistan, Caribbean, the Middle East and other countries are making the City of Mississauga and the Region of Peel their home.

Peel. "We couldn't do it without our partners" Barb exclaims, describing the numerous social, health and corporate partnerships that keep the programs going.

Seventy-three percent of the "Healthy Start CPNP Project in Peel" clients are immigrants, and most have been here less than 3 years. While Canada may be a beacon to immigrant families (Canada is second in the world in terms of accepting

immigrants – Australia is #1), there are huge issues for Newcomers, especially women who are pregnant. Many have no doctor or midwife. Some have no OHIP and often private insurance doesn't cover pregnancy. Some have come to Canada for an arranged marriage, and months later are pregnant, still don't know their husband well, speak little or

(Continued on page 2)

Inside this issue:

Staff Shadowing	2
Coordinating Committee Update	3
PHAC Update	4

Calendar of Events:

- Jan 30 - Feb 2
Early Years Conference 2008
Vancouver, BC
www.interprofessional.ubc.ca
- Feb 18
Family Day
- Feb 27 – 29
Best Start Resource Centre 2008 Annual Conference
Toronto, ON
www.beststart.org
- April 4, 5
Expanding Horizons for the Early Years 2008
Toronto ON
imp.mail@sickkids.ca

(Continued on Page 4)

One Year Old!

The Community Action Program for Children (CAPC) and the Canada Prenatal Nutrition Program (CPNP) are national programs. There are more than 450 CAPC projects delivering programs in more than 3,000 communities across Canada, and 330 CPNP projects in over 2,000 communities across Canada. But while services are delivered nationally, there has never been a formal mechanism for communication at a project level, across the country. Until 2007, that is.

other provinces and territories also have regional networks. The concept of connecting nationally has been talked about for years, with projects recognizing the huge benefits of sharing strategies and resources.

A year ago, on January 29th, 2007, the Chair of the Ontario Coalition and the Coalition Coordinator organized the first National Network teleconference. Nine members from across Canada participated. The group began their journey by sharing information on the structure of CAPC and CPNP in each province and/or region. There were sections of the country not represented, and the group

began a recruitment process to ensure a national voice. Currently there are over 20 members, with representatives from all but one province, and two territories.

The National Network is working on setting up a national website, looking at common issues that affect vulnerable families. On monthly calls they share information, strategies and resources. There is no funding yet to support the Network, however all members recognize after a year of calls, how valuable it is to connect across the country.

Happy birthday National Network!

PHAC Update

Good news came this Fall in the form of extensions: Community Action Program for Children (CAPC) and Canada Prenatal Nutrition Program (CPNP) projects were extended to March 31, 2009, and the Terms and Conditions for the Population Health Fund were extended to March 31, 2010.

Other news includes the release of the third edition of the "FASD Ontario News", which is enclosed with this newsletter. "FASD Ontario News" is developed by the Fetal Alcohol Spectrum Disorder (FASD)

Stakeholders for Ontario, a provincial group working together to address the recognized need for coordination and collaboration across Ontario regarding FASD. Members of this group include parents, caregivers and service providers who are concerned about FASD. The purpose of the newsletter is to keep people working in Ontario to address FASD informed and better able to work collaboratively to address issues relating to FASD. The newsletter includes information about related activities, training events,

new resources, support groups, etc. Also working to promote a coordinated and collaborative approach to FASD is a network known as the FASD Intergovernmental Action Network of Ontario (FIANO). FIANO is made up of Ontario representatives from different governmental Departments and Ministries who are working together to develop an inter-governmental approach to address FASD.

Marilyn Tate,
Acting Section Manager,
Healthy Child Development

Check out these websites:

- www.parentsmatter.ca
- www.child-encyclopedia.com

Calendar of Events continued:

(Continued from Page 1)

- June 1 - 4
Public Health in Canada: Reducing Health Inequities Through Evidence and Action
Halifax, NS
conference@cpha.ca
- June 2 – 4
Shoulder to Shoulder: Strengthening Partnerships for Positive Outcomes
Toronto, ON
www.oaas.org/conference

Contact the Ontario Coalition of CAPC & CPNP Projects at www.realhelp.ca

Your Social Marketing and Communications Committee:

Gerri Catherwood, Chair
Alison Barclay, PHAC
Gladys Berringer
Beth Bonvie, Consultant
Lynda Brunet
Louise Guay, PHAC
Jim Howes

Joanne King (ex officio)
Judy Kloosterman
Elaine Pellerin
Gena Robertson (ex officio)
Tammy Ross
Barb Wallace

French Translation By
VOX International

Funding provided by
Public Health Agency
of Canada

Newsletter Team

Gena Robertson Editor and interviews
Maureen Brewer Production & Layout

SIRCH Community Services & Consulting 1-888-405-5555 or info@sirch.on.ca

For information on recycling glossy paper, contact RCO (416) 960-1025

New to Canada

(Continued from page 1)

no English, and are living in an apartment where they are socially and culturally isolated. Some are refugees who literally arrive with the clothes on their backs.

Many of the women in the program came from a position of privilege in their homeland. Often a woman's husband, can't find a job and ends up doing menial labour. The emotional impact can be huge, resulting in depression and low self-esteem. Mary Varcoe, a Public Health Nurse with the Region of Peel, delivers CPNP programs in two of the Healthy Start sites. "Pretty

much their dreams have been shattered." Mary explains. "Most are well-educated, but they can't get jobs in the professions they were educated for."

Healthy Start must consider these needs and issues in program delivery. Often they are the women's first connection with Canadian services, so connecting them with other supports is key – settlement services, Healthy Babies Healthy Children, physicians and medical services. (They connect those who have no OHIP to regions with a Community

Health Centre or a walk-in clinic so they pay a reduced rate.) The programs help women familiarize themselves with English terms they'll need to know when they go into hospital, and to breastfeeding clinics when they have their babies.

Most importantly, the groups provide peer support where they get to be with other women who speak their language. "This is a place to feel safe and supported," Barb smiles, "a place they fit in."

Approximately ¼ of the child population in Canada is foreign born (over 2 million children under 19)

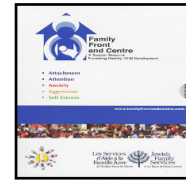
NPF Training in Ontario

The National Projects Fund (NPF) provides strategic funding to projects across Canada to develop specific (often issue-based) resources that will support and strengthen CAPC/CPNP projects. 70 projects have been funded since March 1998. Every few years workshops and training sessions are provided to give project managers and staff information on the newly developed resources.

The Ontario Coalition, in collaboration with Ka:nen is coordinating NPF funding to train both Aboriginal and non-Aboriginal CAPC and CPNP projects across the province. Projects requested training on four of the resources:

Connections for Life: Attachment Resource Kit, a toolkit which includes a DVD, a guide, a Best Evidence Report, and Attachment Activities designed to be used with parent groups to encourage behaviours that promote attachment.

Family Front and Centre - A Support Resource Promoting Healthy Child Development,



a tool kit that provides relevant theoretical and practical information on children's mental health. The kit includes five books in French and English.

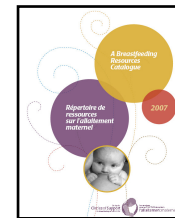
Building Capacity for Food Security through Policy Change,



includes a workbook and a DVD that provide CAPC and

CPNP staff and volunteers with resources/tools to help people become more aware of food security issues and how to move forward on them.

A Breastfeeding Resource Catalogue,



lists breastfeeding resources, assessment tools for evaluating breastfeeding; and three newsletters containing information, tips and resources on breastfeeding.

Training will be held in London, Toronto, Haliburton, Sudbury and Thunder Bay before the end of March.

Coordinating Committee Update

Once again we had an excellent annual conference, held at Cleveland's House in Muskoka. It was specifically for front line staff in 2007, and in 2008 will be for managers, sponsors, and coordinators. Our thanks to the Conference Committee and, Beth Bonvie, Coalition Coordinator for their hard work and attention to detail. The Coalition also applied for and received funding from PHAC to train CAPC/CPNP staff on National Projects (see article in this edition). We are very pleased to be working with our Aboriginal CAPC/CPNP counterparts on this project, and hope to collaborate on other initiatives in the future.

The Coordinating Committee had a number of things on the go over the past 6 months: giving input to a Joint Benefits Report commissioned by PHAC; hosting representatives who are setting up a provincial coalition in Alberta; communicating or linking with FRP Canada; the new Family Support Institute, Ministry of Community and Social Services, Aboriginal Management Committee, Ka:nen, and others.

The Ontario Coalition is proud to be one of the 9 founding members, and the founding chair, of the National Network. We are committed to ensuring the

National Network thrives so we can share our strategies, promising practices, successes, challenges and resources nationally.

In November, Gena Robertson stepped down as Co-Chair of the Coordinating Committee. We appreciate her years of work on behalf of the Coalition. Gena will continue to serve for one more year as Past Chair. And a huge thank you to the coordinators of projects who take time from their busy jobs to sit on the Coordinating Committee. We do make a difference!

Joanne King, Chair

Over 30% of immigrant families in Canada are classified as poor

Staff Shadowing

A Visit to All Babies Count (ABC), York Region

In early September, I participated in the Staff Shadowing and Discovery Program. In this program I attended the All Babies Count (ABC) project in York Region. Specifically, I attended their Newmarket location that targets young moms. As I am coming from a project that has a focus on young moms (Food '4' Thought) I felt that was important. It was my goal to learn about their policy and procedures and the different roles the facilitators take on. These goals were successfully achieved. In addition, I was able to view the ownership that their participants take in terms of the operation of the site (e.g. they have a task list that participants sign off on) and also new ways to introduce nutrition into the program. I appreciated the time I was able to spend with the Coordinator and the site staff at this project as they have been a wonderful source of information and exchange.

Clearly, the obvious similarity between our project and the project visited is the target population; additionally we share similar geographical locations (i.e. we have both rural and urban sites). A key difference between the two projects was the positions of the facilitators and the community partnerships involved. I am hopeful that both projects benefited from this "shadow" and that we are able to take our lessons learned and run with them!!

I would encourage everyone to experience an "exchange"! Thank you to the staff shadowing committee for funding this visit!

Andrea Endicott, Project Coordinator, Food '4' Thought CPNP, Toronto

Seven CAPC and CPNP staff took advantage of the Staff Shadowing and Discover Program in 2007