

**Calendar of Events**

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- Feb 4-6, 2010  
**The Early Years Conference 2010 - The Rights of the Child**  
Victoria BC  
[www.interprofessional.ubc.ca](http://www.interprofessional.ubc.ca)
- March 6-10, 2010  
**Moving Ahead Together: Celebrating the Legacy, Shaping the Future of Maternal and Child Health**  
National Harbour, MD  
(202) 775-0436

Funding provided by  
Public Health Agency  
of Canada

**PHAC Update**

The Public Health Agency of Canada (PHAC) continues to implement the Canadian Pandemic Influenza Plan, and has published information at [www.publichealth.gc.ca](http://www.publichealth.gc.ca) to help pregnant women make decisions that will help protect the health of both mother and child. Additional information is available at [www.fightflu.ca](http://www.fightflu.ca).

In April 2009, Minister Leona Aglukkaq made her first visit to a CPNP project site, Healthy Beginnings, in Owen Sound. After meeting with the local MP and

the project's program manager, Minister Aglukkaq visited with program participants and their children. She spoke about the importance of giving children the best start possible and of fathers being involved in their children's lives.

The 10<sup>th</sup> Annual Fetal Alcohol Canadian Expertise (FACE) Research Round-table was held on September 9, 2009 in Toronto.

After 35 years with the federal government, Fernand Lozier is retiring

(September 2009). Fernand's hard work and dedication to the Father Involvement Initiative will certainly be missed. Marilyn Tate, Manager of the Healthy Child Development section, has returned from four months of French training. Thanks to Donna DeFilippis for acting as manager in Marilyn's absence. Alison Barclay is currently on a six month assignment as a Project Officer with the "kids' team."

*Suzanne McDonald,  
Team Leader, Healthy Child  
Development, PHAC*

**Coalition Update**

The Coordinating Committee is pleased that a new series of Information Sheets (Impact Statements) has been created and will be distributed to all projects in the weeks ahead. These sheets have factual data and examples of how programs meet the objectives of CAPC & CPNP to help raise the profile of the importance of Ontario programs.

We were very happy that the NPF and Diabetes Training Symposium in March was well attended and that participants had such a rich learning experience in terms of enhancing NPF resource training and implementation as well as enriching efforts in terms of the Canadian Diabetes Strategy. New program materials will be sent out to all projects in the near future.

We are looking forward to another excellent Fall Conference and thank the Conference Committee and our Coordinator Beth Bonvie for all the hard work and enthusiasm.

*Joanne King, Coalition Chair*

Contact the Ontario Coalition at [www.realhelp.ca](http://www.realhelp.ca)

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**Sharing Matters**

**NPF and Diabetes Training Symposium  
An Overwhelming Success!**

In March, Toronto was host to a 3-day "Spotlight on Family Health" Symposium. Over 300 non-Aboriginal and Aboriginal CAPC/CPNP delegates attended from across Ontario. The Symposium provided in-depth information on 8 National Projects Fund (NPF) resources, as well as information on diabetes and other related topics. Representatives from the National Network were also invited, and came from as far away as Nunavut.

The keynote address "Ultimate Food for Ultimate Health," by Liz Pearson, RD, focused on foods linked to obesity and type II diabetes, as well as foods linked to a lower risk of disease. Liz shared sensible, practical eating tips to help people choose food wisely, yet did it in a fun, high-energy style that was much appreciated by the audience. A delegate commented "...Liz was likely the best and most motivating speaker I've heard in the 12 years I've worked for CPNP/CAPC."

Dynamic and motivational speaker, Marion Balla from the Adlerian Centre in Ottawa provided the endnote "Celebrating Ourselves as Caregivers." This session shared strategies to increase caregivers' sense of balance, humour, and sensitivity to their own needs and health.

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**Calendar of Events:**

- Oct 5 – 7, 2009  
Unlocking the Potential...  
One Family at a Time  
**CAPC/CPNP Conference**  
Minett ON  
[on\\_coalition@rogers.com](mailto:on_coalition@rogers.com)
- Oct 25 – 28, 2009  
**Health Equity: Our Global Responsibility**  
(16th Annual Canadian Conference on International Health)  
Ottawa ON  
[www.csih.org](http://www.csih.org)
- Nov 1-4, 2009  
**OPHA 2009 Annual Conference**  
Toronto ON  
[www.OPHAconference.ca](http://www.OPHAconference.ca)

**CAPC/CPNP National Network**

A CAPC and CPNP National Network was launched on January 29, 2007 starting with nine members from across Canada. The Network presently has 20 CAPC and CPNP representatives from 11 provinces and territories. Teleconference calls are held monthly to share information related to CAPC and CPNP, looking into opportunities for collaboration and partnering on a national level and to raise awareness of emerging issues or areas of common concern as they pertain to vulnerable children and families.



The National Network was afforded an opportunity to meet face-to-face for the first time at the Ontario CAPC/CPNP NPF Training Symposium in Toronto, held on March 12th. Representatives from 11 provinces and territories shared information and explored NPF best practices and innovative ideas on a regional and local level regarding resources, programs, and services. It was interesting to hear the various partnerships which had developed as a result of the NPF resources. In the "Kids Action Program" located in Kentville, NS, the "Thought About Food?" Food Security resource was used as a springboard to develop community garden projects to help expand the number of families who are able to garden to supply their own food. The North Okanagan CAPC project in Lumby, BC was able to

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## NPF Training Symposium...

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Comments from Symposium delegates were largely positive and appreciative:

*"Overall, the organization of the event, the smooth coordination of the seminars and the keynote speakers provided me with a fantastic experience that I continue to carry with me and incorporate into our Healthy Children Program activities."*  
CAPC/CPNP Delegate

*"I have worked in a shelter for over 10 years - today I learned how to talk and address violence in our CPNP Group."*  
CPNP Delegate

*"Excellent workshop, I am walking away with valuable information and am eager to take it home and start using ideas! NYA WEH (thank you)."*  
Aboriginal CAPC/CPNP delegate

The Symposium training included the following NPF resources:

- "Thought About Food" A Workbook on Food Security & Influencing Policy and the DVD "Food Security - It's Everyone's Business"
- My Daddy Matters Because...
- Connections for Life: Attachment Resource Kit
- Addressing Family Violence "Peace Begins at Home"
- Family Front and Centre: A Support Resource Promoting Healthy Child Development
- Breastfeeding Resource Catalogue for CAPC/CPNP
- "Making Choices" Parenting Program Inventory
- On the Move: Mobilizing Community and Engaging Youth to Reduce Rates of Teen Pregnancy

These resources have been distributed to the projects and are available at the following links:

[http://www.phac-aspc.gc.ca/dca-dea/programs-mes/npf\\_projects-eng.php](http://www.phac-aspc.gc.ca/dca-dea/programs-mes/npf_projects-eng.php)  
[http://www.phac-aspc.gc.ca/dca-dea/programs-mes/fpn\\_projects-fra.php](http://www.phac-aspc.gc.ca/dca-dea/programs-mes/fpn_projects-fra.php)

We would like to express our appreciation to the Public Health Agency of Canada – National Project Funds, and the Canadian Diabetes Strategy, who provided funding; NPF Symposium Working Group, and Catholic Family Counselling Centre who organized the Symposium. Great job!

## CAPC/CPNP National Network

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leverage additional funding through the "My Daddy Matters Because..." resource. Programs working with refugee and new immigrant families in BC have adopted the model used in the toolkit to run successful fathering programs. This discussion evolved into further sharing of ideas for collaboration and partnering.

Debra Reimer, a Nova Scotia rep, shared a National Film Board of Canada DVD called "Four Feet Up", which will be released in November, 2009. It follows the lives of a determined Nova Scotian family that tries to overcome a lifetime of stereotypes, abuse and dysfunction. The parents hope that their four children will have access to opportunities they never had. The film shows the support and guidance provided by the local CAPC/CPNP project, where the family gained much needed and appreciated support and guidance.

The National Network group wrapped up the day discussing emerging trends and key issues which have evolved and need to be addressed. The top five common issues from across the country included:

1. Child poverty / Housing / Homelessness
2. Mental health / Parent and child
3. Fetal Alcohol Spectrum Disorder (with focus on the FASD parent)
4. Immigration
5. Foster care and child welfare.

## Staff Shadowing and Discovery Program

The following are excerpts from reports sent in by staff who took advantage of the Staff Shadowing and Discovery Program:

*We found the staff at June Callwood Center to be very welcoming, knowledgeable and open to our visit. The experience was incredibly useful and we would be willing to offer this opportunity to anyone from other agencies in Ontario who would like to visit our programs. We came away from the experience with a renewed motivation and several new ideas for our physical space and programming*

*June Callwood said, "Fit your dream to what should exist, and should be possible." Visiting her wonderful centre in Toronto made me realize dreams can come true. The courageous women I met at June Callwood Centre were dedicated, hopeful and inspiring....both staff and participants.*

Lianne Nicoll & Barbara Lowe, Brighter Futures for Young/Single Parents, Ottawa

*What stood out for us after visiting the Brantford [CPNP Teen] Program was:*

- the role of the Registered Dietitian as the coordinator
- a strong emphasis on a hot meal offered to the clients during the program
- the involvement of the Early Years Consultant at the Ontario Early Years Centre during the post program
- the involvement of a Family Home Visitor from the Healthy Babies Healthy Children Program for meal preparation and mentoring the volunteers who are graduates of the program
- the one day planning that takes place once a year to confirm a 12 month schedule for the program outlining the various topics and guest speakers with specific dates and times. The experience was well worth our time and effort due to a well prepared agenda organized by both the visiting and the host program participant.

Jo-Anne Campling, Public Health Nurse, Middlesex-London Health Unit, London

*The [Building Healthy Babies in Chatham-Kent] programs were supported by various disciplines such as literacy experts, speech pathologists, dieticians, Public health nurses along with CPNP/CAPC workers. They partnered very effectively and provided well rounded, interesting and well attended programs. I particularly liked a literacy/children's kitchen which was very informative and truly engaged the families. They had very clever approaches in presenting the intended information. For example, reading a book about everyone helping out in the kitchen and at one point the aroma mentioned in the book coincided with the aroma from the pizzas cooking in the program's oven. In the pregnant young moms program, a game guessing the fat content of various fast food items was a lot of fun and really held their interest. Adding the visual effect of a bag of lard showing the grams of fat in a hamburger sure got the point across. The use of true and false questionnaires made the learning process much more effective.*

*Although there were some similarities like the provision of food vouchers, I learned ways to make the incentives more fun...*

Terri Weber, Our Kids Count, Thunder Bay

*I recently had the pleasure of visiting the Stop Community Centre in the west end of Toronto as part of the Staff Shadowing and Discovery Program. I applied to the program specifically to visit Stop because the issue of food security is becoming more critical everyday in our program. As a rural program we see how factors such as poverty and lack of transportation and education impact on the ability of our participants to access safe, affordable and nutritious food. As a project, we want to increase the ability of our participants to be more food secure. At the Stop the focus is food. Food is seen not only as something to fill an empty belly but as a tool that can empower parents and communities and change our world. This is powerful stuff.*

Aisha Toor, Home Visiting Co-Coordinator, Connections, Carleton Place

*Along with my colleague, Stephanie, I visited the Peterborough Family Resource Centre (PFRC), which offers both CAPC and CPNP programming. I had the opportunity to learn about community partnerships, management structure, and evaluation practices - specifically how the PFRC has integrated an electronic database that provides excellent reporting capacity and easy-to-retrieve information.*

*We were both very impressed with the very successful partnerships the PFRC has been able to create and maintain over the years, particularly their "School for Young Moms" that gives young mothers the opportunity to earn high school credits while still caring for their babies.*

Lisa Bergeron, Program Research & Evaluation Coordinator,  
Our Children, Our Future / Nos enfants, notre avenir, Sudbury

**The after-tax poverty rate in Ontario is projected to grow to 13.6% in 2010**

**An additional 474,368 Ontarians will be driven into poverty in the next two years**

*(taken from Fighting Poverty The Best Way to Beat the Recession, Ontario Association of Food Banks, 2009)*