



Minutes

Family Council Meeting
May 11, 2020 6:00pm-7:00pm
Via conference call

Present: Cecelia Marie, Teresa, Sonya, Wanda, Angela, Kate, Linda, Jayne
Regrets: Holly, Josh, Barb
Recorder: Angela

Agenda item discussed:	Discussion
1. Welcomes and Introductions	<p>We wanted to have this meeting to touch base with Family Council Members, and to see how everyone is doing.</p> <p>We have lots of great resources available, including:</p> <ul style="list-style-type: none">• HERE 24/7 (1-844-437-3247)• Here4Help (www.here4help.ca) that has many resources categorized for youth, adults, seniors and caregivers during COVID 19.• We are also providing support to healthcare workers at Here4Healthcare (www.cmhaww.ca/here4healthcare/)• Family Education programing is now offered in webinar format. We also have general topic webinars on our website at www.cmhaww.ca under “events”. Check back as new events are being added on a regular basis. Events are also posted on social media on our Facebook page. <p>Due to physical distancing we are meeting via phone conference. In the future, and for our next meeting, we will aim for a video chat using Microsoft Teams. Due to security reasons, we cannot host meetings on Zoom or any other forum. We will work to have an admin. person set up the next meeting for video chat. A link will be sent out that you can connect to for access to the meeting. You will need a computer with speakers and a microphone (built in), or you can access</p>

	via telephone. We will have someone available during the meeting to provide tech. support.	
<p>2. What have you been doing during this time that is very helpful? (general answer not attributed to individuals).</p>	Using technology to connect	Keeping a regular schedule
	Working from home	Calling people I wouldn't normally
	Taking walks, "bush whacking"	Distanced social visits
	Sewing face masks for family/donation	Volunteer opportunities/volunteer training
	Group yoga on zoom	Learning how to use new technology
	Birthdays, Mother's Day celebrations at home	Gaming, social media and school for helps keep loved ones occupied and connected.
	Pets and pet fostering "Does anybody need a dog?"	Hobbies: drawing, art, writing, quilting, knitting, mosaic, reading, puzzles
	Faith based support, Bible study, Music, Scripture with themes of peace and hope for the future	Meditation
	Understanding when my body needs a break	Family visits
	Nature journal with plants, birds, etc.	Self Help books: "Gift of Imperfection" Brene Brown "Radial Acceptance" ? "?" Louise Hay
	Taking time to figure out ME.	Connecting with elders.
	Getting properly cleaned up everyday even though I won't see anybody. Fresh pajamas count!	Car rides with the windows down to "clean out the cobwebs"
	Family mirroring my example and leading, "why you are grateful for Mom" on Mother's Day.	CMHA resources Virtual AI Anon meetings
Husband cutting son's hair. "Nobody's touching my hair!"	Styled husband's hair with curling iron and sent out photos to kids.	

<p>3. What do we wish we had right now (info, resources, support) that would make things easier for us?</p>	<ul style="list-style-type: none"> • Help for people to learn to use the internet platforms to connect. • Feeling impatient about the next steps relating to COVID 19 and wanting to know what will happen next. • Family members struggling with activities, supports, school, etc. not being the same. • Coping with loss • Concern for family members working in high risk areas. • Not being able to access support network during COVID 19. • Our loss of freedom and wondering how different things might look in the future. • Adjusting to “the new normal”.
<p>4. Check out</p>	<ul style="list-style-type: none"> • An informal vote was taken as to whether we should continue with the meeting next month, and the consensus was, “yes”.
<p>5. Next meeting</p>	<p>Monday June 8th, 6:00 – 7:00 pm via video (link will be sent out prior to meeting)</p>