


Attendees: Jessica Hanson, Kim Hesketh, Stefanie Cuda, Lexi Tokhi, Amina Aumeer, Karen Dillon, Melina Cucci, Stefanie Cuda, Kajsa Klassen, Christine Ko, Sarah Mackenzie

Guests: CTN Families

Item	Lead	Outcome	Action
Welcome	Karen	<ul style="list-style-type: none"> Karen welcomed the group, outlined the agenda, and conducted introductions. 	
Land Acknowledgement	Karen	<ul style="list-style-type: none"> Karen shared the CTN land acknowledgement with the group. 	
Meeting Conduct	Karen	<ul style="list-style-type: none"> Karen shared house keeping rules. 	
Overview and introduction of the Family Engagement Forum	Lexi	<ul style="list-style-type: none"> Lexi discussed the purpose of FEF as an inclusive partnership involving youth and families. The focus is on fostering collaboration through diverse experiences to shape initiatives and services. Lexi provided the dates for the upcoming General Forum meetings for Winter and Spring. She also outlined the structure of the meetings. 	
Introduction to CTN's Child and Family Wellness Program	Sarah/ Kajsa	<ul style="list-style-type: none"> Sarah and Kajsa gave an overview /introduction of CTN's Child and Wellness Program. They discussed key questions when developing the program regarding wellness solutions, emphasizing the importance of family perspectives, the needs and motivations of children and families, and the barriers to achieving overall wellness. They highlighted the use - of centred design when planning the program, emphasizing its role in problem solving and fostering innovative solutions. The Child Family and Wellness Program aims to promote wellness among children and youth and reinforce wellness by, focusing on individual families strengths, reducing systemic stressors, and implementing healthy strategies. The Child Family Wellness Program can provide upstream support to help eliminate barriers by offering services that do not require a diagnosis and by incorporating cultural supports. The Child Family and Wellness team started to form a youth group called "Better Together" as an opportunity for youth to socialize and make connections. 	

		<ul style="list-style-type: none"> • Upcoming offerings include webinars for families with a new diagnosis, specifically, Cerebral Palsy, an online parenting course, (to be offered in the fall) and will be collaborating with partners at Your Support Services Network (YSSN) to present wellness topics in a webinar format. • The Envisage program will be offered for parents new to childhood disability. The goal of the program is to offer parents ways of understanding strength-based ideas about health and development, strengthening communication with service providers, and connecting parents with others in similar situations. <p>CFW PowerPoint presentation included below:</p> <p> CFW Presentation to FEF.pptx</p>	
<p>CTN's Community and Family Participation Program and events</p>	<p>Stefanie / Christine</p>	<ul style="list-style-type: none"> • Stefanie and Christine gave an overview of the Community and Family Participation Program. • The community and Family Participation Program (CFPP) provides valuable support and services to families, communities, and network partners through work of the community and family coordinators. • A significant part of CFPP involves planning, coordinating and implementing inclusive events and recreational opportunities. • These events aim to promote participation, inclusion, skill-building, and social engagement while also supporting therapy goals in a relaxed environment. The focus is on creating meaningful connections among youth, families, and the broader community. • CFC's supports children and youth with disabilities and developmental needs, along with there families, to engage with their network community. • Events and resources provided by CFPP are guided by CTN's four pillars of service delivery with a focus on CAN child for F- words for child development. • Eligibility: A diagnosis is not required for children and youth to participate in CFPP events. They must be waiting for services or already receiving them through CTN. 	

- CFPP offers various activities, including trips to Blue Mountain, art activities, family trips to Reptilia, and days at the Spa. Events are available both virtually and in-person.

CTN's service model is based on the four pillars:

- **Family Centred Service-** events and activities align with the interests of families and children.
- **Solution Focus Coaching-** aims to provide enjoyable events that allow children and youth to develop new skills in supportive/ friendly environment.
- **Integrated Care-** by working together with service providers at events, this ensures effective provision of care service enhancing the support system for children, youth, and families.
- **Gave overview of F- Words-** CTN programs focus on 5 key aspects Family, Function, Friends, Fitness, Fun, and Future. These guide their approach to fostering health and development.
- The F- Words framework helps create environments that promote engagement, growth, and connection.
- CFPP program offerings are divided into three categories which include inclusive recreation, social emotional development, and family support. They collaborate with organizations to help them learn how to adapt and support families effectively.

CFPP PowerPoint presentation included below:

 [Updated CFPP PowerPoint Presentation- September 2024.pptx](#)

Next Meeting: February 25th 6:30pm – 8:30pm