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Network News Issue #15 - February 2023



Women & Children's Health Network

CENTRAL REGION NORTH

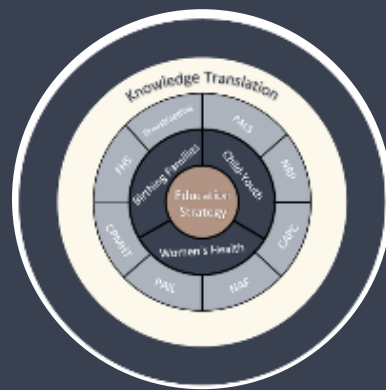


Network Feedback Survey

As we start a new year, we are evaluating our work plan efforts in 2022/23

Please take a few minutes to complete this feedback survey. Information gathered will be used by the Network Committees, Working Groups, and Task Forces to build a solid plan for the year to come. Your feedback matters! Please share it today. There are as few as 4-6 questions to complete (Disclaimer: more if you are on multiple committees).

Access Feedback Survey [HERE](#)



Canadian Perinatal Mental Health Trainings (CPMHT) - FREE education opportunity

Over the last year, a professional development workshop series (6 modules) was offered to health care providers across the region to increase knowledge and support for individuals with perinatal mental health concerns and to build a community with like-minded providers.

227 people registered for at least one of the webinars offered

Some Education Series Feedback:

- "I don't have any perinatal designations as of yet, but it is something I have been interested in since entering the field a few years ago...Your insight and education has been so helpful and I really appreciate how clear you make things for those of us who don't have the same background."
- "Both presenters are obviously intimately acquainted with many great resources and a wealth of experience to share with the attendees. I'm thankful for such well organized, well researched, and well lived presentations."

All videos were recorded in English and French and video playbacks and resources will be available on the online learning platform [Teachable](#).

- Simply email info@canadianperinatalmentalhealthtrainings.com to complete your registration
- A certificate of completion will be provided and can be used towards continuing education credits

Check out the workshops offered and available for your and your team to access:

1. Burnout, Compassion Fatigue and Vicarious Trauma in Perinatal Health Professionals
2. Perinatal Mental Health Psychoeducation
3. Understanding Medication, and Medication Relevance in Perinatal Care
4. Deepening a Trauma Aware Model of Care
5. Deepening Anti-Opressive Clinical Practices
6. Trauma-Aware Care for CAS Involved Patients



Leadership Opportunity

The Network is seeking a new Child-Youth Working Group Chair

Are you looking for a professional growth and regional leadership opportunity in 2023? This role may be for you.

This role involves:

- Collaborating with working group members to accomplish the activities of the yearly work plan
- Planning for future directions
- Chairing bi-monthly meetings
- Innovation, Advocacy, Curiosity

If you are interested or would like to nominate a colleague, please reach out to Marnie Lightfoot, Regional Director: malightfoot@osmh.on.ca or 705-345-3003.

A special thank you is extended to Rhea Taplin who has chaired this working group since its inception. Congratulations to Rhea as she transitions to a new leadership opportunity at RVH as Operations Director.



Navig-Action

From the desk of the French Language System Navigator

This month's top 3 local French resources:

French Early ON Centre

The French organization La Clé offers multiple services to Francophones in Simcoe County including a French Early ON Centre in Barrie 5 days a week and in Angus 2 days a week. The Centre also has activities based out of Penetanguishene and future plans in Tiny. This centre welcomes French speaking and French learning families with children 0 to 6 years of age. Through songs and play, books and socializing, their programming promotes overall child development and is facilitated entirely in French. To learn more about their programs and outings check out their website: <https://lacle.ca/enfance-famille/onyva/services-offerts/>

French Day Camp – Camp Bivouac

La Clé also hosts a summer camp called Camp Bivouac in Barrie, Borden, Penetanguishene and Collingwood. This day camp with a focus on French language and culture in a fun and safe environment, offers many activities 8 weeks during the summer with visual arts, sports, outings, and special activities and guests. Registration starts soon, visit their website for more information: <https://lacle.ca/enfance-famille/camps/comment-sinscrire/>

French Language System Navigator

Chigamik Community Health Centre's French Language System Navigator can help you find services and supports in French, whether you are new to the area or a long-time resident. Whatever system you are navigating, there's support for you on your journey to access services and programs to support your health and well-being.

For more information, you can follow Chigamik on social media @Chigamik and sign up to the newsletter at <https://www.chigamik.ca/welcome/>.

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Additional Resources:

This Navig-Action attachment is a great document that you can share with French-speaking families.

[Navig-Action Information \(in French and English\)](#)



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