

# SEEECCC JUNE 2020 EMAIL UPDATE

[www.earlychildhoodedm.ca/southeast](http://www.earlychildhoodedm.ca/southeast)

[www.facebook.com/SEEECCC](https://www.facebook.com/SEEECCC)



## IMPORTANT ANNOUNCEMENT!

It is with pleasure that the South East Edmonton Early Years Coalition announces that we will be combining our monthly newsletter with Family Futures Resource Network. Family Futures Resource Network is a local south side agency serving parents, children, and youth. They have been selected as the successful Hub for South East Edmonton and South West Edmonton under the provincial government's new Family Resource Network model. They deliver prevention and early intervention services and supports through a provincial network of community-based service providers.

**This will be the final newsletter produced solely by the Coalition.** Future publications will feature programs and news for the entire south side of Edmonton. If you do not wish to receive the Family Futures Resource Network newsletter simply unsubscribe from the newsletter or send an email to [se.coalition@gmail.com](mailto:se.coalition@gmail.com) and I will gladly take you off the mailing list.

It has been a pleasure serving the communities of South East Edmonton.

## **RESOURCES FOR FAMILIES**

### **FAMILY FUTURES RESOURCE NETWORK**

<https://www.familyfutures.ca/>

Family Futures Resource Network delivers prevention and early intervention services and supports through a provincial network of community-based service providers.

Supports and services will specifically focus on strengthening parenting and caregiving knowledge, social support, coping and problem-solving skills, access to other community supports and resources, improving child and youth development, building resiliency, and fostering well-being. Examples include in-home visitation, parenting support and coaching, child and youth programs, and early childhood development programs focusing on early literacy and play. As Alberta faces both a pandemic and an economic crisis, support to families is critical.

Family Futures also has new **ONLINE PROGRAMMING**- they can be accessed under the "Programs and Services" on the website and on their new **YouTube Channel**.

<https://www.youtube.com/channel/UCBb690ykQOIGweaJA9Ar05w/videos>

## **PARENT ISOLATION SURVEY: LETHBRIDGE EARLY YEARS COALITION SURVEY**

Building Brains Together along with researchers from the University of Lethbridge have created a survey to learn how isolation is impacting parents. All responses are anonymous and confidential and will be used to help professionals understand the impacts that Covid-19 and the subsequent Public Health Measures are having on parents and families. Data from this survey will be used to inform social supports and services both for the remainder of the Covid-19 pandemic and in future emergency responses. Participants are invited to send us an email at [buildingbrainsstogether@gmail.com](mailto:buildingbrainsstogether@gmail.com) once you've completed the survey and we'll enter you into our draw for a \$50 Superstore gift card.

[www.buildingbrains.ca/parent-survey](http://www.buildingbrains.ca/parent-survey)

## **RESEARCH OPPORTUNITY: PARENTING EXPERIENCE SURVEY**

Chelsea Durber is a doctoral student studying Psychology at the University of Alberta. Her supervisor, Dr. Christina Rinaldi, and Chelsea would like to invite you to participate in their Parenting Experience Survey!

- 1. What is this survey about?** *We are interested in learning more about parents' parenting experiences, beliefs, and practices.*
- 2. How long will this take?** *30 minutes to 1 hour. You are welcome to pause the survey and return to it at a later time!*
- 3. How can I participate?** *You are eligible to participate if you have a child between the ages of 7-11 years and live in Alberta. We ask that only one parent per family participate. If you would like to participate, you may complete the online survey in your web browser by clicking the following link: [Parenting Experience Survey](#). If the link above does not work, try copying the following link into your web browser: <https://redcap.link/parenting>*
- 4. What are the benefits?** *You may enter a draw to win a \$50 e-gift card to Chapters (odds of winning are 1 in 50). And, you will receive a free mini report of your unique survey results at the end!*

Please feel free to email ([durber@ualberta.ca](mailto:durber@ualberta.ca)) if you have any questions. They also invite you to share this survey invitation with other eligible parents who live in Alberta and might like to participate!

## **POLICY WISE FOR CHILDREN AND FAMILIES- ENCORE PRESENTATION CARING AT A DISTANCE ONLINE COUNSELING BEST PRACTICES**

As our community responds to COVID-19, many organizations have risen to the challenge. One key approach has been the adoption of on-line or remote service delivery. While necessity is the mother of invention, COVID-19 has also represented an opportunity for agencies to innovate; to re-examine conventional approaches and add new tools in the service of clients.

**Catholic Family Service (CFS)** is a community leader in building strong families. **CFS** has taken this opportunity to better support those in need by introducing counseling services delivered through on-line video conferencing as part of the **Rapid Access Counseling** program. Join them for this interactive workshop to learn and share with other agencies adapting their services to meet evolving demands. **CFS** has developed best practices, policies, and consents specific to this new way of working with clients. **CFS** will share their approach and journey so far in on-line counseling.

This session is designed to be a forum for program managers and staff striving to meet community needs in the context of COVID-19. Participants will be asked to contribute to the conversation by sharing struggles and successes with the group. **JUNE 11, 2020 FROM 2-4PM**

**Spaces are Limited:**

<https://www.eventbrite.ca/e/caring-at-a-distance-online-counselling-best-practices-june-2020-registration-106596184056>

## **EMERGENCY COMMUNITY SUPPORT FUND FROM EMPLOYMENT AND SOCIAL DEVELOPMENT CANADA**

As of May 19, 2020 community-based organizations from across the country will be able to [apply](#) for funding to support a variety of activities that address a pressing social inclusion or well-being need caused by COVID-19, such as:

- increasing volunteer-based home deliveries of groceries and medications
- scaling up help lines that provide information and support
- helping vulnerable Canadians access government benefits
- providing training, supplies, and other required supports to volunteers so they can continue to make their invaluable contributions to the COVID-19 response
- replacing in-person, one-on-one contact, and social gatherings with virtual contact through phone calls, texts, teleconferences, or the Internet
- Applications for financial support will open May 19, 2020 for qualified applicants (including charities) and non-profits serving vulnerable Canadians amidst the COVID-19 pandemic.

## **HEALTH RESEARCH IS ALL AROUND YOU!**

[ECHO Research](#) and [ARCHE](#) have developed a new video as part of a campaign to increase public awareness and understanding about health research. This is the first of a 5-part video series called "Understanding Health Research."

The video, titled "Health Research is All Around You" features a conversation between Dr. Timothy Caulfield and Dr. Sarah Forgie about how health research has shaped many of our everyday activities, like handwashing. Visit [bit.ly/ResearchAroundYou](https://bit.ly/ResearchAroundYou) to watch the video.

## **HOW TO BUILD BUFFERS AGAINST ACE'S AND THEIR CONSEQUENCES**

### **[How to Build Buffers Against ACEs and Their Consequences](#)**

Children's earliest experiences directly affect the architecture of their developing brains, which then provides either a sturdy or a fragile foundation for all the development and behavior that follows.

Because of this, adverse experiences during childhood can negatively impact developing brain architecture and have lifelong impacts. In fact, according to a recent [federal report](#), at least five of the top 10 leading causes of death are associated with adverse childhood experiences (ACEs).

## CITIZEN SERVICES- COMMUNITY DEVELOPMENT

### Community Social Workers

The City of Edmonton Community Social Workers are working hard to ensure Edmontonians are connected: to one another; their communities; and local resources. To that end, we have compiled some information to share with you. Contact information for members of our team follows. If you know who your local Community Social Worker is, please contact them directly. If you are not sure, please contact 311.

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The Community Social Workers would like to hear from you. Please let them know about community experiences people are expressing. They want to know if there are gaps and difficulties for people that could be addressed at a community level. Please contact the Community Social Worker you normally connect with.

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### **CENTER ON THE DEVELOPING CHILD- HARVARD UNIVERSITY**

#### BRAIN ARCHITECTS PODCASTS

[https://developingchild.harvard.edu/collective-change/communicating-the-science/the-brain-architects-podcast/?utm\\_source=announcement&utm\\_medium=email&utm\\_campaign=covid\\_podcast\\_4](https://developingchild.harvard.edu/collective-change/communicating-the-science/the-brain-architects-podcast/?utm_source=announcement&utm_medium=email&utm_campaign=covid_podcast_4)

Bringing together experts and practitioners from pediatrics, social services, and education, among other disciplines, the podcast gathers many different voices that are not always speaking directly to each other. And, by answering questions such as, "What does toxic stress actually look like in the day-to-day?" and "How can I make sure I'm building my child's brain?", The Brain Architects can help all of us can use the science of child development to improve the lives of the children we interact with every day.

## **DOMESTIC VIOLENCE AND SHELTER-IN-PLACE**

<https://harvard.us4.listmanage.com/track/click?u=641f78fe500d565329121ffc9&id=79328febc3&e=fe9d4399d7>

Shelter-in-place orders are meant to help prevent further spread of the coronavirus, but what does this mean for the people whose home is not a safe place? For those who are experiencing domestic violence, or believe they know someone who is, what options are available to stay both physically healthy and safe from violence?

## **"MENTAL HEALTH IN A LOCKED-DOWN WORLD"**

<https://harvard.us4.list-manage.com/track/click?u=641f78fe500d565329121ffc9&id=e5a47cd22c&e=fe9d4399d7>

We hear a lot about the impacts COVID-19 can have on our physical health, but what about our mental health? While we practice social distancing to protect our physical health, how can we support our own mental health and the mental health of our family and others in our community?

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## **CENTER FOR FAMILY LITERACY- ONLINE FAMILY LITERACY PROGRAMMING**

The [Centre for Family Literacy](#) is excited to announce their next sessions of Online Family Literacy Programs! Each of our programs will be offered **once a week for 30 minutes for 5 weeks** starting May 25 and running till June 26. Click on the link to see the programs and to register:

<https://mailchi.mp/050708fe54b3/familyprogramregistration>

