



AGENDA

MEETING DETAILS

Committee/Work Group	Wellness & Resilience Work Group
Chair(s)	Geraldine Slark & Jessica Parkinson
Date	November 22, 2023
Time	4:00 – 5:00
Location	Zoom
Invitees	Genevieve Fincher; Geraldine Slark; Jessica Parkinson; Melissa Leveck; Tamara Baldwin

AGENDA ITEMS

Time	Item	Owner
4:00 – 4:05	<p>1. Welcome & Introductions</p> <p>Welcome to Gwendy Lapp from the Health Unit. Gwendy is a Health Promoter in Mental Health who is joining our work group.</p>	Jessica
4:05 – 4:20	<p>2. Work Plan – For Further Discussion & Finalization (to be brought to Lead Table for approval Dec. 6)</p> <p>https://everykid.on.ca/wp-content/uploads/2023/10/WELLNESS-WORK-PLAN-2023-24-1.pdf</p>	Geraldine
4:20 – 4:30	<p>3. Health Unit’s Work – For Information</p> <p>The Health Unit has been doing some work on:</p> <ol style="list-style-type: none"> Website spotlight and social media posts on wellness for service providers Create Wellness Page for our Partners to access articles, resources etc. on our website 	Gwendy
4:30 – 4:45	<p>4. Survey – For Discussion</p>	Geraldine & Jessica

	<p>To review survey results and further plan Lunch & Learns based on results. We received 15 responses out of 40. Below is the link to the summary data:</p> <p>https://www.surveymonkey.com/results/SM-h6PYP2_2FX3dn4RY86EVT6NA_3D_3D/</p>	
<p>4:45 – 5:00</p>	<p>5. Plan for Next Meeting December 27 4 - 5 by Zoom – For Discussion & Decision</p> <p>Geraldine & Jessica are available for this meeting; Karynn is not. Plans will be in progress for January lunch & learns. Should we meet, cancel or reschedule?</p>	<p>Geraldine & Jessica</p>