



AGENDA

MEETING DETAILS

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| Committee/Work Group | Wellness & Resilience Work Group |
| Chair(s) | Geraldine Slark & Jessica Parkinson |
| Date | February 28, 2024 |
| Time | 2:30 – 3:30 |
| Location | Zoom |
| Invitees | Genevieve Fincher; Geraldine Slark; Jessica Parkinson; Melissa Leveck; Gwendy Lapp |

AGENDA ITEMS

| Time | Item | Owner |
|------|--|-----------|
| | Welcome & Introductions | Geraldine |
| | <p>Lunch & Learns – For Discussion</p> <p>At our January meeting, based on the survey results we agreed to offer 2 Lunch & Learns over the spring of 2024: Mental Health & Well-being (to include work life balance & coping) in April by Jessica & Gwendy and Advocacy & Social Change in June by Geraldine. That has since changed with Geraldine planning to present the 1st Lunch and Learn Wednesday, April 17th from the Library using the Library Zoom account on the topic of AI and wellness. We are still nailing down the rest of the schedules/topics.</p> | Geraldine |
| | <p>Work Plan – For Discussion</p> <p>Does this need to be updated given the foregoing? Who can present to Lead Table March 6?</p> <p>https://everykid.on.ca/wp-content/uploads/2023/10/WELLNESS-WORK-PLAN-2023-24-1.pdf</p> | Geraldine |
| | Next Meeting: March 27 2:30 – 3:30 By Zoom | |

