



MINUTES

MEETING DETAILS

Committee/Work Group	Wellness & Resilience Work Group
Chair(s)	Geraldine Slark & Jessica Parkinson
Date	March 27, 2024
Time	3:15 – 4:15
Location	Zoom
Attendees	Geraldine Slark; Jessica Parkinson; Gwendy Lapp; Karynn von Cramon
Regrets	Melissa Leveck

AGENDA ITEMS

Item	Owner	Date
<p>Plans for Coordinator – For Information</p> <p>Karynn will be leaving her position as coordinator Mar 31/24. She will forward to Geraldine & Jessica all her Wellness Work Group folders. Almost all these materials can also be found on our website. Once a new coordinator is hired Karynn will also send the folders to them.</p> <p>Action Item(s):</p> <ol style="list-style-type: none"> As above 	Karynn	Apr 2/24
<p>Lunch & Learns – For Discussion/Planning/Next Steps</p> <p>April 17: AI and Wellness – Geraldine Slark</p> <p>June: Mental Health, Wellbeing, Work Life Balance, Coping – Jessica Parkinson & Gwendy Lapp</p> <p>Action Item(s):</p> <ol style="list-style-type: none"> Karynn to send Lead Table mailing list to Geraldine Geraldine/BPL to invite & publicize April lunch & learn Jessica & Gwendy to choose date for June lunch & learn June lunch & learn invites to be sent and advertising to occur 	Karynn Geraldine Jessica & Gwendy	Apr 2/24 Apr/24

	Jessica & Gwendy	May/24
<p>Work Plan – For Discussion</p> <p>Approved</p> <p>https://everykid.on.ca/wp-content/uploads/2024/03/WELLNESS-WORK-PLAN-2023-24-2.pdf</p> <p>Action Item(s):</p> <p>1. To be presented by Geraldine to Lead Table April 3/24.</p>	Geraldine	Apr 3/24
<p>Next Meeting: April 24 2:30 – 3:30 By Zoom (New invite to be sent by Geraldine or Jessica)</p>		