



TNLIP Health & Wellbeing Work Group Meeting
Tuesday, September 12, 2023, 10:00 – 11:30 AM

Meeting Minutes

Attendees: Amina Sultani (Afghan Women's Organization), Azreen Sikder (TEQLIP), Catherine Chan (Wellness Counseling Consultation), Blaine Felix (City of Toronto), Elaine Berry (TPL), Hafiz Khan (TNO), Irina Umnova (TNLIP Volunteer), Kyla Behar (North York Health Partners), Leticia Esquivel (Mennonite Center of Toronto), Nkeiruka Osagie (AIDS Committee of Toronto), Nudrut Mir (Placement Student, University of Toronto), Mireille Cheung (FHC), Mussarat Ejaz (FHC), Shahrzad Hazrati (Better Life Counseling Center), Sheeba Colvine (New Circles), Dr. Shiv Sivapalan (SAAAC Autism Centre), Stephen Kamlasaran (Placement Student, Seneca College), Dr. Yasir Khan, Zarine Dordi (Working Women's Community Centre)

TNLIP: Misha Hossain (TNLIP/TNO), Srna Stambuk (TNLIP/JVS), Rachelle Molto (TNLIP/JVS)

| Agenda Item | Presented by | Discussion |
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| Land Acknowledgement & Welcome | Misha Hossain (Health and Wellbeing Coordinator) Stephen Kamlasaran (Placement Student) | The Land Acknowledgement was read and members were introduced in the chat. |
| Introductions and Member Updates | Everyone | <p>Attendees shared updates from their agency or program.</p> <p>Misha Hossain (TNLIP/TNO) provided an agency update on the launch of TNO's Youth Wellness Hub. This is a partnership with the East Toronto Health partners and the Ontario health team serving the east. This launched in Thorncliffe park at 45 Overly Blvd. This hub is a welcoming space that will provide accessible walk-in services for youth and young adults aged twelve to twenty five living in Thorncliffe and Flemington. These are low barrier and offer clear service pathways to mental health, substance use, primary care, employment, housing, and other support services, as well as recreational activities.</p> <p>SAAAC Autism Centre offered 2 webinars over the summer on cultural competence working with families of children with autism. The webinars can be found here:</p> <ul style="list-style-type: none">•Part 1: https://www.youtube.com/watch?v=iR4P95kwCS8•Part 2: https://www.youtube.com/watch?v=60S3gHJMero |

Srna Stambuk introduced herself as the new manager of TNLIP and shared updates on the recruitment of a new Employment Labor Market Coordinator and the launch of the NewTO app. The NewTO app brings newcomer related resources directly to newcomer's phones and will be launched soon.

Rachelle Molto shared updates on the TNLIP's partnership with the Community Data Portal. She is able to access data sets from sources like Statistics Canada and the 2021 Census from the CDP and can access CDP tools to organize, analyze, and visualize data relevant to the TNLIP and member needs. She can access North York specific data and is able to bring relevant data based on what members may need. Data is available based on demographics, health, income, and employment factors and can be analyzed across those different factors according to geography.

Mussarat Ejaz, Manager of Population Health and Wellness at Flemingdon Health Centre, shared updates on the high priorities community fund, onboarded 16 Community Health Ambassadors who have been vital in vaccine engagement as well as health care needs within the communities, and funding for colorectal cancer screening as screenings decreased during the pandemic. They work closely with TNO and the Youth Hub work to support youth related to trauma situations.

Leticia Esquivel (Mennonite Center of Toronto) announces the launch of a stress-focused app and a nursing clinic in partnership with Humber College located at Finch location. The Community of Care Mobile Application can be found here: <https://mnlct.org/community-of-care-app/>

Zarine Dordi, the Community Development Coordinator at Working Women Community Center, provided updates. WWCC is back to LINC classes, settlement services, and providing community development programs like conversation classes, health and fitness classes, citizenship language based classes. These are available to anyone in the community without proof of status.

Shahrzad Hazrati, the clinical director of Better Life Counseling Center, explained the bridging program and partnership with bridging programs to support mental health professionals in Canada. She shared the history of Better Life and her personal journey as a newcomer to Canada. It is important to provide mental health support to newcomers and refugees, and this organization focuses on multiculturalism and language accessibility. Better Life offers a range of services, including individual and group therapy, partnerships with other organizations, and an empowerment curriculum for clients. Better Life Counseling Center serves 21 different languages and has 35 counselors.

The bridging program Shahrzad referred to can be found here:

<https://mnlct.org/brem/>

Information about BetterLife can be found here: <https://blcc.ca/abouts/our-program/>

If you would like to connect with Sharhzad, please email: shazrati@blcc.ca

Catherine Chan (MSW, RSW, Wellness Counseling Consultation) shared details about her upcoming free anti-racism webinar. Breaking Barriers: Micro-Interventions to End Anti-Asian Racism Among Children and Youth

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| | | <p>September 20, 2023 @ 12:00 PM to 1:00 PM https://oasw.zoom.us/webinar/register/WN_D5s6ZNBmS5a3otg47vIBGg#/registration</p> <p>Elaine Berry (Toronto Public Library) shared updates on TPL’s bookmobile Big Blue, which welcomed over 4,300 customers, made 200 library cards, and 140 people participated in library programs. This was TPL’s first appearance at the CNE and was an outreach event. Customers loved the prizes that were giveaways. Children’s Summer programs at DM were very busy. 3D Printing classes were provided in August and enthusiastically attended.</p> <ul style="list-style-type: none"> • Fines Elimination survey report coming soon. • Fairview Library renovation coming soon. • Youth Hub will be expanded on the third floor. • Multiple meeting rooms will be added for group study and meetings. • Digital Innovation Hub and AV studio will be added. • Afternoon school clubs in some branches will offer snacks to program participants. <p>Don Mills programs for the fall session:</p> <ul style="list-style-type: none"> • Resumes for success – Sept. 20, 2023 • Senior licence plate renewal process – Sept. 23, 2023 • Job search strategies – Oct. 11, 2023 • How to ace your next interview – Oct. 18, 2023 • Resume makeover – Nov. 1, 2023 • Interviewing with confidence – Nov. 15, 2023 • How to build your brand on LinkedIn – Oct. 18, 2023 |
| <p>Overview of Cultural Competence Toolkits</p> | <p>Dr. Shiv Sivapalan</p> | <p>Dr. Shiv Sivapalan, Director of Early Childhood Development and Special Project at SAAAC Autism Center, discussed the cultural competence toolkits and how they help healthcare professionals navigate the barriers faced by marginalized families. He discussed the major themes and cultural norms of Tagalog, Mandarin, and Cantonese speaking families and how the toolkits provide interactive activities and suggestions to improve awareness and build trust within the community.</p> <p>You can download the toolkit here: https://saaac.org/towards-cultural-competence/</p> |
| <p>Food Security Networking Event</p> | <p>Misha Hossain, Health and Wellbeing Coordinator</p> | <p>The July 31st food security networking event was highly successful and brought together leaders from various organizations to discuss the current state of food insecurity in North York and explore strategies to combat it. This event brought together North York’s food banks, community farms, community kitchens, Meals on Wheels programs, food security programs, and others.</p> <p>The <i>Whose Hungry? 2022 Report</i> can be found here: https://www.dailybread.ca/wp-content/uploads/2023/06/DB-WhosHungryReport-2022-Digital-1.pdf</p> |
| <p>HIV/AIDS Presentation</p> | <p>Nkeiruka Osagie, Women and HIV Initiative, AIDS</p> | <p>HIV prevention methods were discussed, including the importance of proper condom use, as well as PrEP and PEP. PrEP can be accessed through family doctors or nurse practitioners and has been effective in reducing HIV transmission rates in Toronto among men who have sex with men. PrEP is covered by insurance or can be obtained for free through certain categories. A prescription is required and doctors monitor patients for side effects.</p> |

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| | Committee of Toronto | <p>HIV prevention and testing are very important, particularly for newcomers who may not understand the healthcare system in Canada. Treatment is a form of prevention and encourages people to get tested, highlighting the benefits of testing and the availability of anonymous and self-testing options. Self-testing kits are available to agencies for their clients.</p> <p>For more information, please contact Nkeiruka at nosagie@actoronto.org Misha will share the presentation from Nkeiruka with colleagues and clients.</p> |
| Upcoming Fall TNLIP Health and Well-being Activities | Misha Hossain, Health and Wellbeing Coordinator | <p>Misha provides details on upcoming fall TNLIP/TNO health and well-being activities:</p> <ul style="list-style-type: none"> • September 26th - Webinar held by the Child Welfare Immigration Center of Excellence, a provincially funded program which provides assistance and settlement support and case management directly to children who are in the child welfare system who may or may not have a guardian or a parent who is supporting them. Misha will share a calendar invite. • Oct 10th – World Homelessness Day webinar conducted by Dr Adil Shaji about the current, housing crisis as well as the state of homelessness in the newcomer community. Misha will share a flyer in the coming weeks. • Oct 17th – Mental Health and Employment Forum • Nov 14 World Diabetes Day - webinar how stress and mental health of newcomers, especially South Asian newcomer in North York. • Dec 4th – For World HIV Awareness Month, Nkeiruka will be hosting a presentation about how LIP networks and organizations can create safer space for newcomer and clients living with HIV |