

WAVE Minutes

June 21, 2016, 5:30 pm to 8:00 pm
Councillor's Boardroom, 2nd Floor, City Hall

Attendees

Committee Members Meghana Valupadas (Vice Chair) Angelica Hernandez Debra Jakubec Jennifer Jennax Joyce LaBriola Dawn Newton Mia Norrie Hersharon Sandhu Elyssa Teslyk Dilara Yegani Meheret Worku Council Sponsors Councillor Bev Esslinger Regrets Sandra Woitas (Chair) Philomina Okeke-Ihejirika Cristina Stasia	Staff Kaylin Betteridge Marian Bruin Brett Esslinger Kate Gunn Dan Nielson Guests Councillor Andrew Knack Kayla Krueger from Post-Partum Progress
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1. Welcome

Marian welcomed the committee members and guests and explained that voting for Chair and Vice Chair would occur following the presentation

2. Approve Minutes and Agenda

No minutes to approve as last WAVE meeting was Strategic Planning.

Agenda Adopted

3. Presentation/ Policy Discussion

Post-partum Progress, Kayla Krueger presenting

1 in 7 moms will experience postpartum depression or anxiety.

Postpartum Progress is a 100% peer focus-non-profit organization. It works to connect women to information and treatment support. Postpartum Progress runs a free online support group and a health professional monitor the group to reach out to people who need help.

Climb out of darkness is a yearly event that they host to raise money. \$310,000.00 was raised for checklist and hug cards (cards with information on postpartum depression and anxiety and resources for help). The Warrior mom conference is a two day conference to hear about mental health issues and provide training for peer support. Postpartum Progress has 2 chapters in Alberta, one in Calgary and

one in Edmonton, with branches in 27 states and 10 provinces.

4. Action Items

4.1 Election

Sandra is declared Chair by acclamation.

Meghana Valupadas is elected and chairs today's meeting since Sandra is away.

4.2 Strategic Plan Review

- Goal 6 will be looked at by the executive committee.
- Action 2.4 and 2.5 allow for joint work with Women@theCity and community volunteers
- WAVE discussed inviting Parados to biannual updates on the online communications elements of the Women's Initiative. Kaylin will also provide regular updates at meeting on engagements and trends we're seeing online.
- WAVE members are encouraged to provide content to Parados and Kaylin to be shared on facebook and twitter.
- Networking and engagement was renamed to Engagement and Outreach.

Motion: Dawn- Move to amend strategic plan. "conduct research in annual plan" to "gather and analyze research" Adjust goal 5. Seconded by Mia and Jennifer. Unanimous vote yes.

4.3 Vacant WAVE positions

- Claudette submitted her resignation. Connected with the City Clerk's office and the position can stay vacant until the next round of recruitment in January of next year. Engagement throughout the fall will work to get the word out about our recruitment.

5. Women's Initiative Update- Councillor Esslinger

Councillor Esslinger provided an update on the Women's Initiative Work

- MGA is considering parental leave for City Councilors. Currently there is no policy in place and if a Councillor misses 8 meetings it up to their council colleagues to vote to decide if they can continue in the role.
- City has a childcare policy for all staff. Also involved in looking into early learning and care.
- W@tC met this week with Linda and Bev. Looking at strategic planning. Currently have networking and research committees and adding an awareness/communications committee. Positive move from ad hoc volunteer group to becoming part of organization and connecting it to culture work.
- Women and Money- Currently doing research and developing a communications plan with the hope for fall events to invite people to. Pecha Kucha night on women and finances. Speed dating after the PKN. Fun event and the idea is to inform people and to make connections. 12 on committee and 60+ on working groups.

7. Other Updates

- Dilara- Changing together got funding through AHRC on workplace discrimination against immigrant and refugee women. The initial research is completed. Research for employers is the

next step. There's a focus group on July 15 from 5-730 at Changing Together.

- First notice went out on Diverse Voices Conference on Family Violence- Nov 18, 19, 20. It usually sells out with around 600 delegates. Dilara will send info out.
- Annual report going to Council on July 4th- Jackie and Sandra to attend and speak to it.

8. Next Meeting

Tuesday September 20, 2016 • Councillors Board Room, 2nd floor City Hall • 5:30 to 8 pm

Meeting was adjourned at 7:55 pm.