



CCSN Insider

ADVANCING COMMUNITY SUPPORT SERVICES ACROSS OUR REGION

As October's Community Support Service month winds down, we are taking a moment to celebrate and reflect on the impact that the hard work and dedication of Community Support Service frontline staff, volunteers, and agencies, has had in our communities - both in and out of pandemic. We would like to say thank-you.

Community Support Service agencies have been dauntless in their response during the last 6 months - responding to the immediate needs in community, filling gaps in service, and working cohesively to ensure clients and caregivers at home, are not alone.

Thank you

The pandemic has placed a spotlight on many of the longstanding, systemic issues faced by clients and caregivers. While our work is not complete, we did want to take this opportunity to acknowledge your collective impact. On behalf of the CCSN team, thank-you for your unwavering efforts, strength, and for working together to ensure that clients and caregivers are able to remain safe at home.

Eastern Ontario Caregiver Strategy - Update

Much has changed since the origin [release of the regional Caregiver Strategy](#) in early 2020. While we weren't able to gather with our partners Champlain Dementia Network and United Way East Ontario this Spring to celebrate the launch of this collaborative work, the strategy itself, has been in the forefront in supporting informed decision-making in the response to caregiver needs during COVID-19.

engage quickly with your agency.



Has your agency updated or initiated a caregiver program in response to COVID? [Let us know](#) so we can ensure it is captured in the online referral site.



Integration – the Trapeze moment is now! Are you ready?

Presented by the Barnes Management Group

Co-hosted by **Ottawa Community Foundation** and **Champlain Community Support Network**.

Thursday, November 5, 2020

9:30 - 11:30 am

Leaders in community based not-for-profit agencies have never been challenged like they have in the past seven months. COVID has meant that service models had to shift quickly and several times, as we learned more about the disease, its impacts and how it is transmitted. With the second wave in progress, this pace and its challenges will continue for some time.

Prior to COVID, the provincial government was beginning to look at options to create efficiencies in the current Transfer Payment Model as a means of controlling costs and providing better services. COVID has meant that all

governments have needed to provide significant funding to respond to the challenges we have faced – creating significant deficits that will need to be addressed.

Consultants David Barnes, Madeleine Anderson, Mike Coxon, and Cathy Jordan, have come together to discuss the challenges of community based not-for-profit agencies and what the world might look like post COVID.

We need to challenge our past tendencies to swing the trapeze forward and then at the last minute, continue to hold on – going back to where we started. You are invited to grasp the trapeze moment and join us in this conversation.

Register: Integration - the trapeze moment

Leadership Workshop: Increasing Resiliency in the Workplace through Mindful Self Care Practice

Friday, November 6, 2020

10:00 - 11:00 am

This leadership workshop is designed to bring together Community Support leaders and managers to understand and recognize the impact of compassion fatigue and burnout in their staff, and review how to support mindfulness and self care in the workplace.

Participants will come away with resources and tools to build a resilience and wellness action plan for their teams and gain greater understanding in:

- Understanding and recognizing the warning signs of compassion fatigue and burnout
- Supporting the psychological wellness of employees
- Benefits of mindful self-care practice
- How to incorporate mindfulness into the workplace

Presented by:

Jessica Lemieux is a therapist and trauma-sensitive meditation teacher operating her private practice out of Ottawa. Jessica has 15 years of diverse experience and specializes in supporting individuals navigate stress through therapeutic mindfulness meditation. Jessica is currently offering workplace mindfulness workshops, group and 1-1 meditation sessions.

Amanda Rocheleau is a Compassion Fatigue Specialist with over 15 years of experience. Her private practice is based out of Ottawa, where she offers psychotherapy and consulting services while specializing in supporting helping professionals prevent, and recover from stress related issues as a result of their caregiving roles.

[Register here](#)



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