



Canadian Mental  
Health Association  
York and South Simcoe  
*Mental health for all*

## Community Connections Member's Meeting Minutes

Date June 29, 2020

Minute Taker: Sharlene

1	<b>Check-in</b> One word to describe this past weekend
2	<b>Review/ Follow-up Items</b>
3	<b>Program Updates</b> <ul style="list-style-type: none"><li>- <b>Virtual Camping – Sign-up ends on July 8<sup>th</sup>!</b> ...Answered some questions related to camping including planned activities: Arts &amp; crafts, speakers, cooking programs, photography workshop, virtual campfires – including music/storytelling/special treats</li></ul>
4	<b>Feedback</b> <ul style="list-style-type: none"><li>• <b>Cognitoform ANONYMOUS Feedback link will be shared:</b> <a href="https://www.cognitoforms.com/CanadianMentalHealthAssociationYorkRegion/communityconnectionsfeedback">https://www.cognitoforms.com/CanadianMentalHealthAssociationYorkRegion/communityconnectionsfeedback</a></li><li>• <b>1 Treasure you want to keep, 1 Magic Wand wish – Favorite groups? Things you want to see?</b> ...Feedback on registration process including not receiving confirmation emails or Zoom links ...Asked for slides to be sent after groups ...Request for Zumba/Yoga classes ...Request for exercise groups, playing games, relaxation and mindfulness groups ...Favourite groups include art, Mystery People</li></ul>
5	<b>Success Nominations</b> <ul style="list-style-type: none"><li>- <b>Identify one of your own successes this past month</b></li></ul>
7	<b>Check-out</b>

	Everyone invited to participate in Intro to Recovery College session afterwards. More opportunities to participate in developing Recovery College to follow.
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**In The Works:**

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