

Community  
Development  
Framework



Cadre de  
Développement  
Communautaire

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## *CDF Learning Forum 2019*

The event celebrated the great work and partnerships in neighbourhoods and provided an opportunity for people to share ideas and learn from each other.

The event started off with the Key note speaker –Verna McGregor, Algonquin Anishnabekwe Elder from the community of Kitigan Zibi who welcomed us onto the unceded Algonquin land. Verna shared some history of the Algonquin people of this land and teachings about reconciliation. ReconciliACTION is needed to build positive relationships with indigenous people and create healthy communities for our shared future.

Participants learned from each other in conversation circles about ways to promote community well-being. Topics included Indigenous Allyship, Ashgrove Advocacy for community space, Bank St. Initiative—businesses and organizations build community together and Lowertown Residents Safe Growth Safety Initiative.

To check out what people had to say about our event, take a look at our [Evaluation Summary \(2019\)](#)



## *Creating the Change We Want (CCWW)*

Check out the CCWW video which demonstrates the passion, energy and effort of residents who get together in their neighbourhoods to bring about positive change and actively participate in decision-making that affects their lives.

To learn more follow this [link](#).



The Creating the Change We Want (CCWW) guide (*see below for links for electronic and downloadable copies*) helps neighbourhood residents build skills and confidence to work on making positive changes together.

The guide contains workshops and exercises that get neighbours talking and working together on issues where they live. The kinds of skills that the guide can help develop

include engaging other residents, building positive relationships among neighbours, running effective meetings, learning about advocacy and more.

*Printed copies of this guide are available upon request.*

[Electronic copy](#)

[Printable copy](#)

## *2019 Highlights*

### *Safe People Creating Change Graduates 2018-19*



Congratulations to our Fall-Winter Safe People Creating Change hosted by the Community Development Framework and Coalition of Community Houses.

Participants graduated in November 2018 with a well-rounded understanding of how to reach out to and engage their neighbors by creating safe spaces through regular forums that foster a sense of community belonging.

## *Mental Health First Aid Training Graduates*

The CDF hosted Mental Health First Aid training January 14 & 15 2019 with funding support from the Ottawa Community Foundation and Social Planning Council. The two-day certified training was attended by 15 Creating the Change We Want resident graduates from across the City.



## *Website Resources*

A rich collection of information to support community development action in local neighbourhoods is available on the [CDF website](#) and is updated regularly. Click on the links below for some recent additions:

Other resources you will find on the Resource page of the [CDF website](#):

- [Rural Community Transportation Guide](#)
- [Equipass](#)
- [Building Bridges on Bank](#)
- [Civic Engagement Kit](#)
- [Post-incident trauma info sheet-EN-final](#)
- [Newcomer Health Centre](#)
- [Ottawa Insights](#)
- [Facilitation for Healthy Communities Toolkit](#)
- [CPO –Cootie Catcher Parent Tips](#)
- [Mental Health Resources](#)

Any useful resources to share?

Please contact: Tammy Corner: 613-762-4702

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# What's happening in your community?

## CALDWELL

### Outdoor Movie

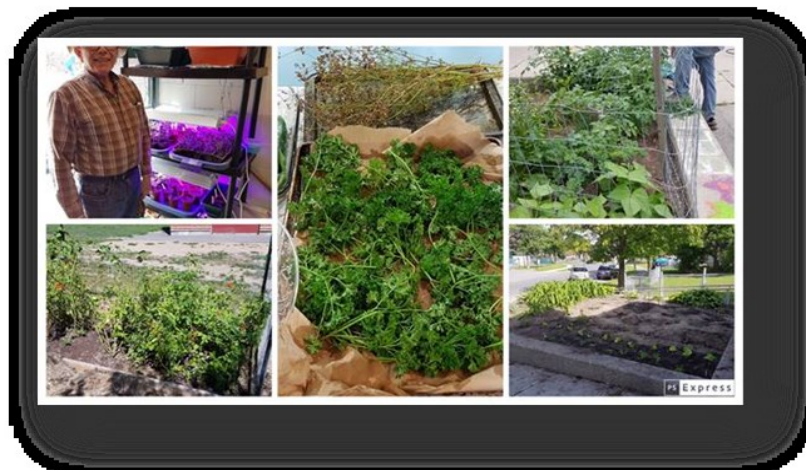
This summer the Caldwell community hosted their third annual outdoor movie. It was a tremendous success with 190 people!

Partners included: Carlington Community Health Centre, Christie Lake Kids, Caldwell Family Centre, Councillor Brockington's Office, Ottawa Community Housing and the City of Ottawa. People in the neighbourhood helped prepare and distribute food and popcorn .



### Garden Work

This summer, one of our community volunteers, Nelson, dedicated dozens of hours to gardening in the Caldwell community! He worked closely with City of Ottawa and Carlington Community Health Centre staff to teach children attending the Bellevue Summer Camp how to plant tomatoes. We are grateful to Nelson for his hard work and patience and we are proud of the Community Achievement Award he was honored to receive at the Carlington AGM in June



## PARKWOOD HILLS AND OVERBROOK



Parkwood Hills Resident award September 2019

The Parkwood Hills Residents group was recognized at Pinecrest-Queensway Community Health Centre's AGM for working to create a healthier community and helping to shape culturally diverse community programming in the Parkwood Hills area over the years.

The group of motivated women have a strong sense for capacity-building which has greatly helped the community as a whole and opened opportunities for positive involvement of youth in the community. With support from local partners, this group plans and runs family events throughout the year, applying for grants to make these possible.



Overbrook Volunteer Sharing Forum, June 14, 2019

Residents from the Overbrook neighbourhood involved with CDF work were interested to start a volunteer peer network. The Volunteer Sharing Forum came about as a joint venture with resident volunteers, staff from the CDF, Rideau-Rockcliffe Community Resource Centre, Ottawa Community Housing and Options Bytown. Resident volunteers wanted to share what is working in their communities and consider how they want to strengthen their roles and connections.

The assets identified within the community were, being inclusive, strong commitment to community, responsiveness, feeling a sense of belonging and diverse skill sets in the community.

The issues identified included wanting training to better address conflict, learn about effective collaboration and how to work together across differences. Mentorship and peer support programs, particularly focused on mental health, was also identified in the forum.

The next steps include more informal gatherings to further this work. The volunteers also hope involve more people in volunteering and increase access to resources.

## Community Acting Together



### Community Acting Together

*Learn how to positively, and safely, address  
Community low-level violence through theatre*

(i.e. constant street harassment, intimidation, retribution, common assaults, incidents linked to the drug trade)

### Join us for a performance!

- Friday, November 22nd 1:00-3:00pm  
Overbrook Community Centre 33 Quill Street
- Saturday, November 23, 2019, 1:00-3:00 and 4:00-6:00pm  
South East Ottawa Community Health Centre 1355 Bank Street, 7<sup>th</sup> floor

Contact CDF Facilitator Tammy Corner for more details [t.corner@pqchc.com](mailto:t.corner@pqchc.com)

Registration through Eventbrite : <https://urlzs.com/2M9UJ>

Well folks,  
That is all for now – we  
look forward to continuing to  
build strong communities  
together again in **2020!**  
We take this opportunity to  
thank all the friends and  
supporters of the Community!  
Community Development

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