

## Message from the President: Accomplishments 2021

CYCWAM held its Annual General Meeting on March 17, 2022, and it was an opportunity to reflect on the past year and our accomplishments despite the challenges faced by all during this unique time.

Our amazing CYCWAM team is filled with energy and determination to accomplish the goals of the association. I would like to thank all board members and volunteers for their commitment to attending meetings amid their busy schedules. This group of dedicated volunteers is not only committed to meetings and tasks, but in addition committed and supportive to each other in times of need. At times board members were overwhelmed with the added pressures of work and personal items, yet we all stepped up to ensure that deadlines were met, and tasks completed. I would like to personally thank Chelsea Champagne for stepping into a leadership role as Vice-president when I temporarily took a backseat in the fall of 2021 to become the CEO of a new addition to our family, who is now 8 months old.

The group efforts of the board allowed us to carry out many tasks and achieve several of our 2021 goals:

- Launched a new user-friendly website which is easier to navigate and find information.
- Instagram @cycwam was created, implemented, and has received positive feedback on posts. Relevant information related to trainings/opportunities, resources, and information from other organizations is routinely posted
- We appreciate the ongoing work of Carol Watson who does a wonderful job of maintaining the CYCWAM Facebook page.
- This past February we sponsored 10 individual/corporate members to attend Frank Delano's training
- We are grateful for the stories people share in our CYCWAM quarterly newsletters it is a great way to share the wonderful work of CYCPs in the community.
- CYCWAM provided scholarships to: CYC Diploma Program, RRCP and to VOICES
- We sent a letter to Premier Stefanson advocating for better wages and quality training for CYC professionals



I am happy to share the CYC Diploma program at Red River College Polytech is now offering course-based registration. I believe this important, and significant, as the last time CYCWAM met with the Minister of Families we advocated for higher standards of care. We shared with the minister the need for CYCPs heavily outweighs the number of educated and qualified CYCPs available. With course-based registration CYCWAM hopes that more CYCPs in the field will have easier access to post-secondary education.

In addition to CYCWAM achievements, I would like to recognize the individual accomplishments of Board members: Victoria - Graduated CYC Diploma 2021, Leslie – appointed program manager at Jessie Home, Chelsea – Elder bestowed the honour of Drum Carrier, Tanisha (retired board member) was accepted into Psych Nursing.

I would like to end with a big THANK YOU to all members and corporate members for their continued support of CYCWAM. Without your membership, we would not be able to operate and achieve the goals we have set which is to continue to promote education and quality training among CYC professionals.

Sincerely Kristyna Fagerstrom Castro

To become a member visit: [www.cycwam.org](http://www.cycwam.org) ~ Pay for your membership via e-transfer to [treasurer@cycwam.ca](mailto:treasurer@cycwam.ca)

Be sure to include your completed CYCWAM Membership Form

CYCWAM mailing address: PO Box 33002, Polo Park PO, Winnipeg, Manitoba R3G 3N4 E-mail: [info@cycwam.ca](mailto:info@cycwam.ca)

Follow us on: Instagram @CYCWAM and Facebook: <https://www.facebook.com/search/top?q=cycwam>

## Finding Your Professional Groove: Time Management Skills

As expected, Frank Delano's workshop did not disappoint. CYCWAM members who attended the time management training shared that they enjoyed networking and meeting people from other parts of the continent. Frank has extensive knowledge and passion about what he does which made the workshop engaging and fun.

The facilitator had participants share their own tiny management tips and tricks which resonated with many. Heaven commented: "Frank was able to teach the participants and myself about very powerful time management skills including the 5 P's: Proper Preparation Prevents Poor Performance. and Frank encouraged participants to share their personal time management skills which allowed for us to relate to one another and offer feedback and suggestions. The workshop was very well run, and I learned so many skills and new knowledge which will benefit my work and career."

Being honest with yourself is the first step to making a time management plan. The workshop explored different ways we waste time and examined what about these things was worth wasting time such as building rapport or venting to a coworker. Setting boundaries, communicating time sensitive situations effectively and how to say 'no' when you are managing a full plate was also discussed. Leslie shared: "Attending the Time Management workshop has helped me become more organized and efficient within the home, it has also served as a reminder that everyone at times struggles with managing time. Everyone can work on time management through organization and other tips and tricks given by Frank and workshop participants from various avenues in the field of youth care".



Jenna succinctly summed up the benefits of the workshop: 'the experience was a good refresher and no matter what profession we may be in, time management is not only important for ourselves but with everyone that we work with, as managing time not only impact me as an individual and but those around us as well. I was surprised to learn that professionals who in high level positions within their agency *still* need help with time management. It reminded me that at the end of the day, we are all human with our strengths and weakness and can continue to fine tune our time management skills.'

CYCWAM looks forward to offering more workshops in the future.

### MAY 2<sup>ND</sup> TO 8<sup>TH</sup>, 2022 IS MENTAL HEALTH WEEK

Ezra Bayda (Zen Heart) explains the various ways we *numb out* to deal with stress and as health care professionals we understand the negative outcomes of avoiding feelings. It can be challenging to get ourselves away from whatever we are binge-watching on our current favorite streaming options, especially when the recent weather has been extremely uncooperative. However, it is true that walks outside in nature are helpful. Turning off the TV and other electronic devices and gazing outside the window...or if the weather is bringing us down – gazing on pleasant indoor scenes – favorite photos, indoor plants, artwork can boost our spirit. One way, CYCWAM hopes to boost your spirit is the opportunity to win a self-care package by participating in our social media – follow us on Instagram and Facebook to get a chance to participate. And yes, not everyone will take home the prize – but it is fun just playing the game!

*Many agencies in Winnipeg and Manitoba have demonstrated their commitment to the professional development of their staff by sending CYCPs, Program managers, Family Support Workers, Therapists, and other members of their team, to our provincial conferences. We look forward to your participation at our conferences and workshops in the future.*

We respectfully recognize that the places we work are located on original lands of Anishinaabe, Cree, Oji-Cree, Dakota, and Dene peoples, and on the homeland of the Métis Nation.



Jessie Home



Neecheewam

