



**General Meeting Wednesday, December 11, 2019 from 7:00pm  
 Carlington Community Health Centre, 900 Merivale Road  
 Draft Agenda**

1. Call to order; welcome to participants - Sheila Perry, President	5
2. Approval of agenda	2
3. Introduction to Carlington – Carlington Community Association Greetings from Councillor- Riley Brockington (ward 16 - River)	8
4. <b>Community Health Centres – role and relationships</b> Cameron MacLeod, Executive Director, Carlington Community Health Centre	30
5. Networking Break	15
6. Local Community Issues / Open Mic	15
7. Business meeting a) President's update b) Approval of minutes of November 20 meeting c) Treasurer's report d) Committee reports	30
8. New Business	15
9. Adjournment.	

Upcoming Dates:

Wednesday, December 11 - City Council

Next General Meeting: Wednesday, January 22

### **1. Agenda item 3 Carlington Community**

The Carlington Community Association maintains an active website at <https://www.carlingtoncommunity.org/>  
The neighbourhood is located in River ward (ward 16).

### **2. Agenda item 4 Community Health Centres**

Information on the Carlington Community Health Centre is found at <https://www.carlington.ochc.org/>

**Carlington Community Health Centre** helps individuals take control of their personal health and works to improve the health and wellbeing of our community as a whole. The Centre provides a wide range of health, mental health and addictions services to parents and children, youth and teens, and seniors. We deliver these services through workshops, drops-ins, support groups, community meetings, training, outreach, counselling, and education programs.

The Centre also helps Carlington residents resolve problems and advance concerns in the community by providing organizational support and advocacy assistance to local groups and associations.

In addition to our main office, we provide services at outreach locations including: Bellevue, Carleton Heights, and Scott Hill/Van Lang.

### **Community Health Centres**

Ontario's Community Health Centres have been around for over forty years. But they've always been a bit ahead of their time.

They were inspired by the ideas of Tommy Douglas' original vision for Medicare. Douglas hoped that as it evolved our health system would focus more on keeping people well – not just treating them when they get sick.

To do this, CHCs deliver primary care services in combination with health promotion and illness prevention services. And what makes CHCs stand out is a strong community development focus. So in addition to promoting the health of individuals and families, CHCs mount initiatives that address social, economic and environmental problems negatively impacting people's health.

Governed by community members, and working hand in hand with those they serve, CHCs also prioritize improving the health and wellbeing of populations who've traditionally faced barriers accessing health services.

Ontario Community Health Centres: Every One Matters

<http://www.coalitionottawa.ca/en/find-your-chrc.aspx>