

Ontario Association of Young Parent Agencies

serving infants, children and young parents - together

September Newsletter



AT A GLANCE

- October Annual Member Meeting
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Welcome to OAYPA's September Newsletter!

September is a month of reflection, learning, and action. As we begin a new season, OAYPA is proud to stand alongside our member agencies in supporting young parents and their children through advocacy, collaboration, and shared resources.

This month also offers meaningful opportunities to come together around important dates:

- **September 6 – Read a Book Day** and **September 8 – International Literacy Day** remind us of the power of reading and literacy in shaping brighter futures for young parents and their children.
- **September 23–27 – Gender Equality Week** calls us to reaffirm our commitment to equity and to building communities where young parents of all genders can thrive.



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- **September 30 – National Day for Truth and Reconciliation** is a time to honour the survivors of residential schools, their families, and communities, and to remember the children who never returned home. At OAYPA, we recognize that reconciliation is not a single day but an ongoing responsibility. We are committed to deepening our equity work by listening, learning, and taking action to address systemic inequities that continue to impact Indigenous young parents and families. Together with our members, we strive to build services and communities that uphold truth, justice, and healing.

In this issue, you'll find updates, opportunities for connection, and resources to support your work. Thank you for being part of OAYPA's shared vision for a more equitable and supportive Ontario for young families.

Significant Dates

Sept 6 - [Read a Book Day](#)

Sept 8 – [International Literacy Day](#)

Sept 23-27 - [Gender Equality Week](#)

September 30- [National Day for Truth and Reconciliation](#)

Resources to Support Reflection and Action

- [Truth and Reconciliation Commission Calls to Action](#)
- [National Centre for Truth and Reconciliation](#)
- [Orange Shirt Day](#) – Learn about the movement and its history
- [Legacy of Hope Foundation](#) – Educational resources and ways to support reconciliation
- [Native Women's Association of Canada](#) – Advocacy and resources supporting Indigenous women and families

October Annual Member Meeting

We are looking forward to seeing everyone (in-person or virtually) at our October 3rd **Annual Member Meeting in Toronto at the Waterfront Neighbourhood Centre**. **If you haven't already confirmed your participation, please do so [here](#).** Questions? Contact Tamar or Bev.

SickKids Bimonthly Consultation Sessions

SickKids Telemental Health Consultation Sessions, facilitated by Gillian Thompson and Dr. Sadler, will be available to all OAYPA agency staff for 2025-2026. These **OAYPA-specific consultations** are a valuable opportunity to connect with OAYPA agency staff, fostering a community of practice and offering essential guidance for our daily work. Through dynamic discussions with SickKids experts, and case study



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presentations by agency staff, we will collectively learn and grow from one another's experiences. Refer to the meeting details below. Please let Bev know if you would like to be included on the meeting holds.

- Frequency: Monthly 2nd Wednesday (1:00 - 2:30PM) This [link](#) will allow you to access each session.
- **Dates:** 10-Sep-25, 8-Oct-25, 12-Nov-25, 10-Dec-25, 14-Jan-26, 11-Feb-26, 11-Mar-26, 8-Apr-26, 13-May-26, 10-Jun-26
- Frequency: Monthly 4th Wednesday (9:00 – 10:30 AM) This [link](#) will allow you to access each session.
- **Dates:** 24-Sep-25, 22-Oct-25, 26-Nov-25, 28-Jan-26, 25-Feb-26, 25-Mar-26, 22-Apr-26 , 27-May-26, 24-Jun-26

OAYPA Leadership Training

OAYPA is offering a [Leadership Training](#) with David Hartley through OAYPA membership fees. Our commitment to developing the skills of our members is reflected in our Strategic Plan. This training is designed to equip OAYPA EDs or their designated leaders with essential leadership skills, empowering them to excel within the organization and beyond.

David Hartley is a dedicated professional with extensive experience in the nonprofit sector, serving as founder of NonprofitHelp.ca. With a strong focus on helping organizations enhance their operational efficiency, David provides insightful guidance on nonprofit management, governance, leadership, and strategic growth. His expertise spans a wide range of areas including fundraising, volunteer coordination, and organizational development, making him a valuable resource for nonprofits looking to maximize their impact and sustainability.

- **Date:** Nov 2025 (Date to be confirmed)
- **Location:** Waterfront Neighbourhood Centre (627 Queens Quay W, Toronto, ON)
- **Time:** 9:00 AM – 4:00 PM
- **Please confirm your availability to attend by completing this [form](#).**

Member Updates

Canada Disability Benefit Update

People with disabilities across Canada can now apply for a new federal income supplement: the Canada Disability Benefit (CDB). The CDB provides up to \$200 a month to eligible working-aged Canadians with disabilities. This includes people with mental health and/or substance use health-related impairments who meet the eligibility criteria for the benefit. Canadian Mental Health Association (CMHA) prepared a factsheet to assist people who want to apply for the CDB. This was updated in July 2025.



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From Rubber to Roots: Donors Unite to Build a Nature Playground for Families in Transition

Congratulations to **Good Shepherd's Regina's Place** and the **championship of Jennifer Jewer** on their community-funded natural playground which offers young parents and their babies a foundation for growth, connection, and development.



Thanks to the swift generosity of local donors and the championship of Regina's Place Program Manager, Jennifer Jewer, the new natural play space—designed and built by Bienenstock Natural Playgrounds—was fully funded in just one day. Now complete with grassy hills, log benches, and shaded nooks that encourage imagination, connection, and healthy development, the area is ideal for the region's largest community-based provider of health and human services in the Greater Hamilton area and their commitment to restoring hope and dignity to society's most vulnerable members.

“Our previous yard didn't reflect the needs of our families,” says Jewer. “Now we have access to a beautiful, calming environment that supports emotional, physical, and mental well-being. We're so grateful to the community for making this possible.”

Learn more about the transformation [here](#).

Reminder: Member Training Opportunity FREE ASQ/DSP Training

A reminder to all OAYPA member agencies: **all staff are eligible to take part in FREE ASQ/DSP training.** The next cohort is starting **Oct 7th**.

This is a great opportunity to build skills and confidence in supporting young parents and their children through developmental screening and responsive practice.

Click here to [register](#) or contact **Bev** or **Tamar** for more info.



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Share Your Voice: Calling for Abstracts

Harmony in Diversity: Nurturing the Youngest Minds Around the World
October 2 - 6, 2026

SUBMIT TODAY!

World Association for Infant Mental Health World Congress

We're excited to share that the 19th World Association for Infant Mental Health World Congress will be held in Toronto, October 2-6, 2026. With the theme "Harmony in Diversity: Nurturing the Youngest Minds Around the World," the Congress brings together leaders, practitioners, and advocates in infant and early mental health to explore how we can promote equity, connection, and well-being for babies and families worldwide. Please consider submitting an abstract!

For more information, visit [here](#).

Resources

Sandy Rees - Get Fully Funded

If you want to raise more money this year-end, the time to get ready is now. Because the truth is, what you do now determines how much money you'll raise then. In [this 6-minute read](#), 8 simple strategies will be outlined that'll help you stay ahead of the game and set the stage for your best year-end ever. Keeping donors feeling connected to your work through fundraising communications is critical to fundraising success. Fundraising communications should build trust and confidence for your donors. It should help them feel sure that giving to your nonprofit is a smart move. These 7 tips from Get Fully Funded will help you authentically engage with your donors in your fundraising communications.



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Charity Village

Charity Village's [Grant Seeking eLearning course](#) helps nonprofit professionals approach grants with strategy and confidence. You'll learn to navigate the grant seeking process, understand funders' motivations, and apply effective research and stewardship practices, leaving you equipped with tools and resources to strengthen your funding pipeline and maximize impact. Cost: \$99/Length: 1.5 hrs

Executive Director performance management is one of the most important responsibilities a nonprofit board holds. Check out this [article](#) by Nic Gagliardi, Nonprofit Governance Consultant, for eight prompts to kick-start an important conversation about your board's approach to executive performance management.

Charity Village's [Mental Health Guide](#) is a resource to help you identify the most valuable ways you can make an impact in your organization, even without a budget. You'll find wisdom collected from work with leaders and organizations across Canada, including best practices and on-the-ground learning. When it comes to mental health in the workplace, employers need to focus on both providing the right types of individual protection for employees and finding ways to make sure work isn't harming their mental health.

- Clear, accessible policies and procedures help nonprofit organizations run smoothly and stay aligned with their mission. This [Writing Effective Policies & Procedures](#) course introduces the key differences between policies and procedures and explores when each is appropriate. Participants will learn how to distinguish between board policies and management policies, and how these tools support accountability and clarity across their organizations.
- Designed for nonprofit and mission-driven teams, this [Strategic Planning](#) course walks you through the essential stages of strategic planning so your organization can make informed decisions and stay focused on its purpose. You will learn to distinguish between strategic and operational plans, identify the key steps and core elements of an effective strategy, and leave equipped with the tools and confidence to guide a planning process that drives lasting impact.
- Whether you're a board member, ED, or governance advisor, [From Confusion to Clarity: Strengthening Financial Oversight in Nonprofits](#) will help you move from financial fog to strong, accountable, and aligned decision-making. In this free webinar at 1:00 pm on September 25, you'll hear from seasoned advisors to Nonprofit boards on how to build stronger financial leadership, clear responsibilities, and effective oversight at the board level so you can confidently scale your mission. This webinar will be recorded – if you cannot make the live session, complete the registration form and a recording will be emailed to you the day after the live session.
- [Mental Health Master Certificate Program](#) is a 10-part Master Certificate Program developed by leading psychologists and mental health professionals. The interactive modules explain the many aspects related to workplace mental health and clinicians provide clear guidance on how to optimally address these delicate and complex issues within a work setting.



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Professional Development

SickKids Telemental Health Provincial Education Webinars (TMHS) – NEW Sign Up

If you are interested in staying up to date on all the free education sessions offered by SickKids, please subscribe to the [TMHS Education Distribution list](#). Additionally, to enhance their presentations, they are looking for feedback about learning needs for specific topics. Please take a few minutes to complete this survey which will help them adjust their presentations to meet the needs of their audience.

Please find the TMHS Education Session Schedule from September to December 2025 below. Once you are added to the distribution list, you will receive a registration link for these sessions.

- Everything You Need to Know About Tele-Mental Health Service (Sept 16, 2025, 1:00–2:00 pm)
- Orange Shirt Day (September 30, 2025, 1:00 – 2:00 pm)
- Life Promotion (October 14, 2025, 1:00 – 2:00 pm)
- Typical/Nontypical Childhood Development (October 28, 2025, 1:00 – 2:00 pm)
- Understanding Concerning Sexual Behaviors in Children Under 12: Promoting Healthy Development and Ensuring Safety (November 11, 2025, 1:00 – 2:00 pm)
- Depression (November 18, 2025, 1:00 – 2:00 pm)
- ADHD (December 9, 2025, 1:00 – 2:00 pm)

Infant and Early Mental Health Promotion has launched their [2025-26 Training brochure](#), highlighting upcoming workshops and sessions to bring research-informed, practice-focused learning to support your teams.

Fostering African, Caribbean, and Black Women’s Mental Health Wellness

Women’s Health in Women’s Hands Community Health Centre (WHIWH) has developed a free [e-Learning course](#) that provides the tools on how to lead peer-based mental health workshops designed for African, Caribbean, and Black (ACB) women and women-identifying individuals.

SafeGuards is a partnership of provincial associations dedicated to providing culturally informed training on trauma informed practice, trauma assessment and treatment and related effects of trauma. OAYPA is an Association Member of SafeGuards. OAYPA agencies receive a member’s rate which is 12-23% off on SafeGuards training fees. Save an additional 20% off with group registration of 4 or more participants. Download the group registration form [here](#). For more information and to browse their list of courses, see below/click [here](#).



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- [Introduction to Motivational Interviewing](#) September 24, 25, & October 1, 2, 12:30 – 3:00 pm
- [Sexualized Behaviour in Children: When Clinical Intervention is Necessary](#) September 22, 23, & October 1, 2, 1:00 – 4:00 pm ET
- [Navigating the N-Word and Racial Slurs](#) September 24 & 25, Oct 1 & 2, 12:30 – 4:00 pm ET
- [Advanced Interventions to Support Individuals with FASD](#) September 25 & 26, 1:00– 4:00 pm E
- [Incorporating Truth and Reconciliation in Our Role as Health and Mental Health Practitioners](#) October 6, 12:30 – 4:00 pm ET
- [Embrace Trauma-Informed Care with Children and Youth](#) October 7 & 8, 1:00 – 4:00 pm ET
- [Centering Equity in Trauma Treatment: Culturally Responsive Assessment and Intervention Strategies](#) October 16 & 17, 1:00 – 4:00 pm ET
- [Trauma-Informed Supervision](#) October 20 & 21, 1:00 – 4:00 pm ET
- [Trauma Informed Care: Supporting Individuals with Developmental Disabilities](#) Oct. 21, 9:30 am – 12:30 pm and Oct. 22, 9:30 am – 3:30 pm
- [Self-Compassion in the Workplace: Caring for Ourselves while Caring for Others](#) October 23, 1:00 – 4:00 p.m. ET
- [Therapeutic Crisis Intervention \(TCI\); Trainer Certificate](#) October 27 – 31, 8:45am – 5:00 pm
- [Compassionate Leadership: Fostering Self-Care and Well-Being in Staff Teams and Organizations](#) October 30, 1:00 – 4:00 pm ET
- [Therapeutic Journaling: An Evidence-Based Intervention](#) November 3, 12:30 – 4:00 pm ET
- [Trauma Informed Practice](#) Nov 13 & 14, 1:00 – 4:00 pm ET
- [Using the STAIR Model and Critical Race Theory when Working with Black Youth and Families](#) Nov 17 & 18, 1:00 – 4:00 pm ET
- [Confronting Suicidal Ideation and High- Risk Behaviour](#) November 20 & 21, 1:00 - 3:00 pm
- [In Between the Missing and Murdered: The Need for Indigenous Led Responses to Human Trafficking](#) November 25 & 26, 1:00 – 4:00 pm
- [Serving the Mental Health Needs of Persons with a Developmental Disability](#) November 27 & 28, 9:30 am – 3:30 pm ET

Follow us on social media!

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