

Welcome



# **Growing Community Involvement**

## **A Workshop for Women In Pouch Cove**



## Host a Learning Event



## Find Community Solutions



## Learn About Public Office

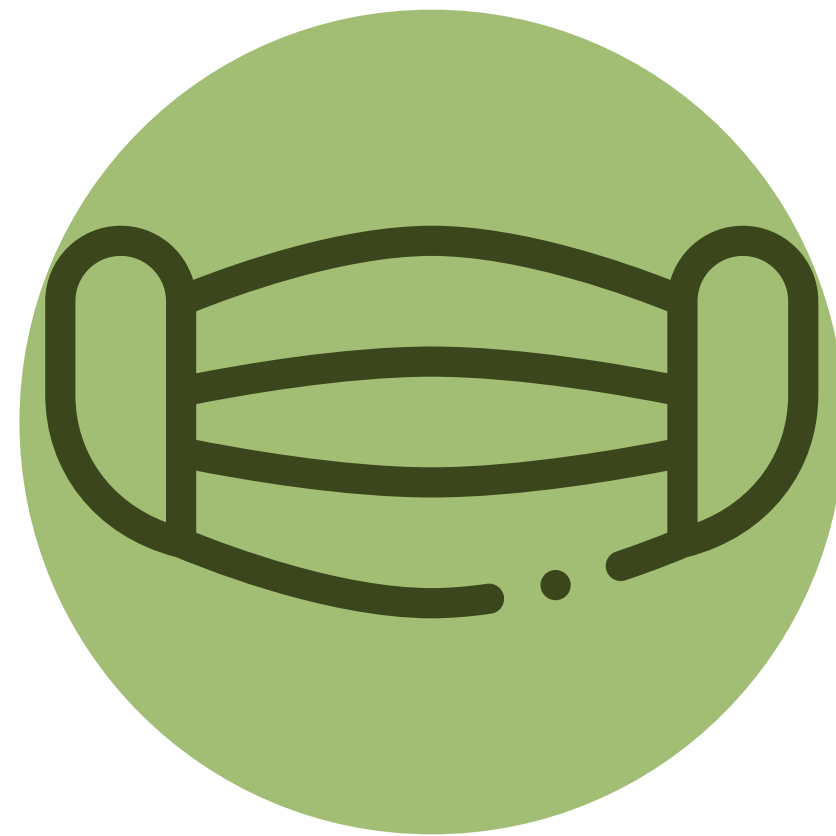
## Launch a Community Group



# COVID-19 Health Precautions



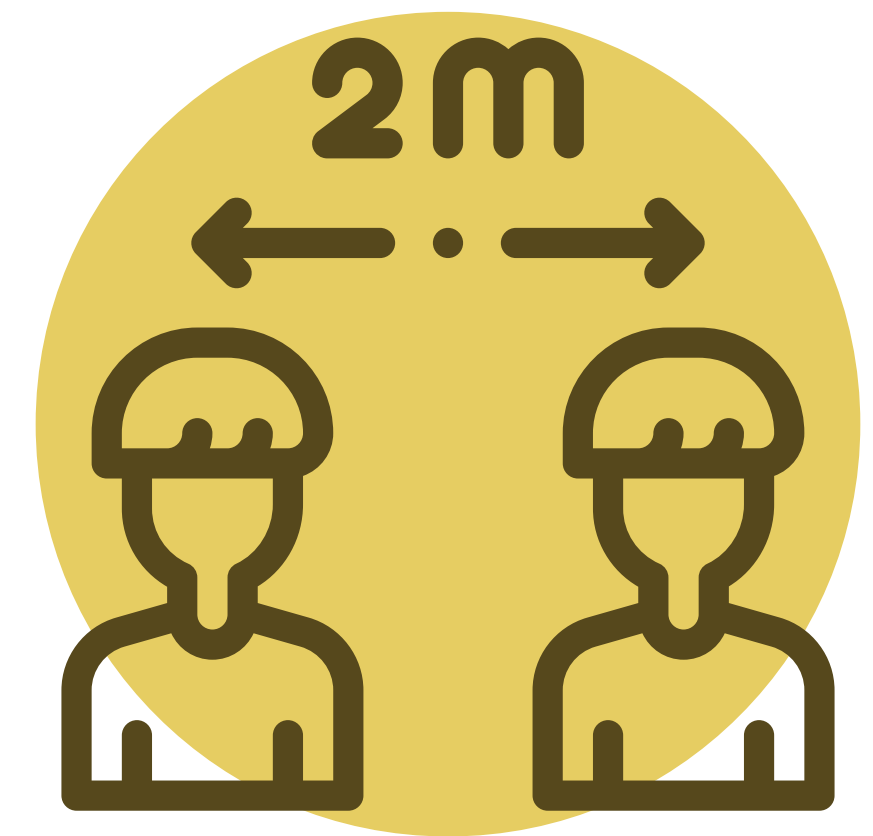
Stay Home if Feeling  
Unwell / Displaying  
Symptoms



Wear Masks When Not  
Seated Or When Distancing  
is Not Possible



Wash Hands with Soap and  
Water or Sanitize for  
At Least 20 Seconds



Maintain 2 m Distance  
Between Members  
Outside Your Bubble

# Today's Agenda



Introductions:  
Warm-Up & Meet  
Your Town Staff



Ten Questions for  
Deputy Mayor  
Marlene Carroll

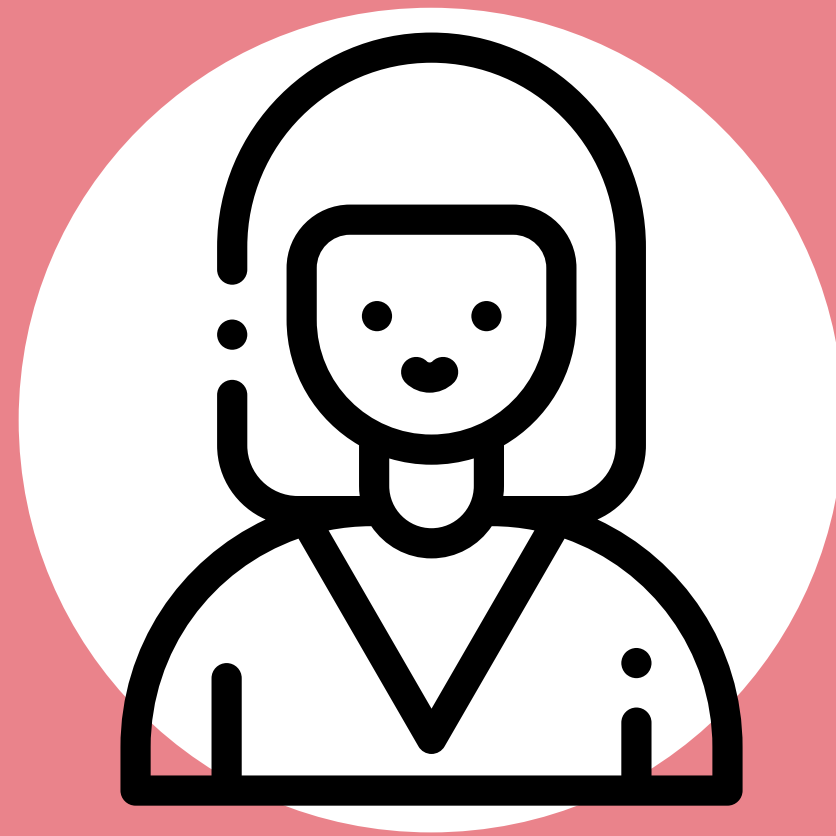


Identifying Your  
Community Project:  
Brainstorming

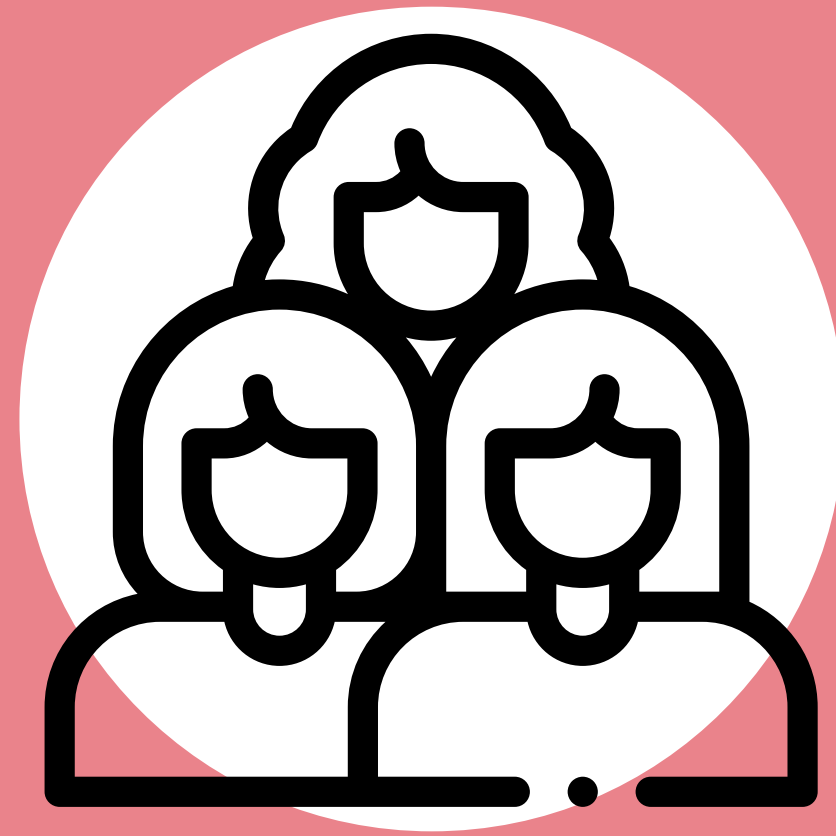


Munch and Mingle:  
Lunch with CAO  
Brian Peach

# Introductions: Warm-Up & Meet Your Town Staff



Kathy Hickman,  
Workshop Facilitator



Introduce Yourself



Pam Wall,  
Town Clerk



Josh Estrella,  
Economic Development Officer



# Ten Questions for Deputy Mayor Marlene Carroll



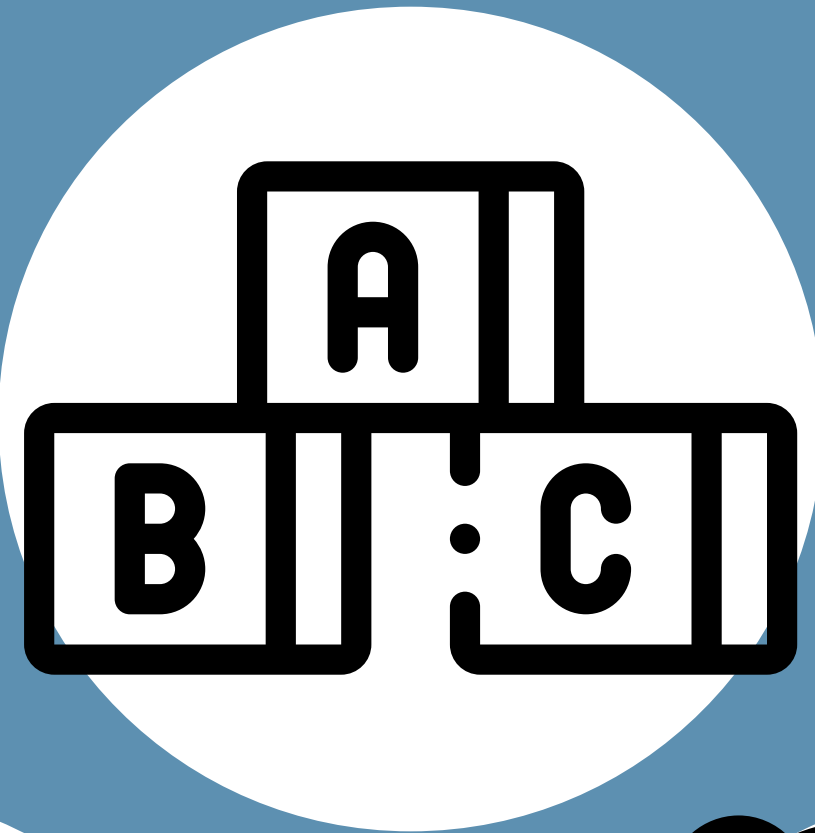
Pam Interviews Marlene



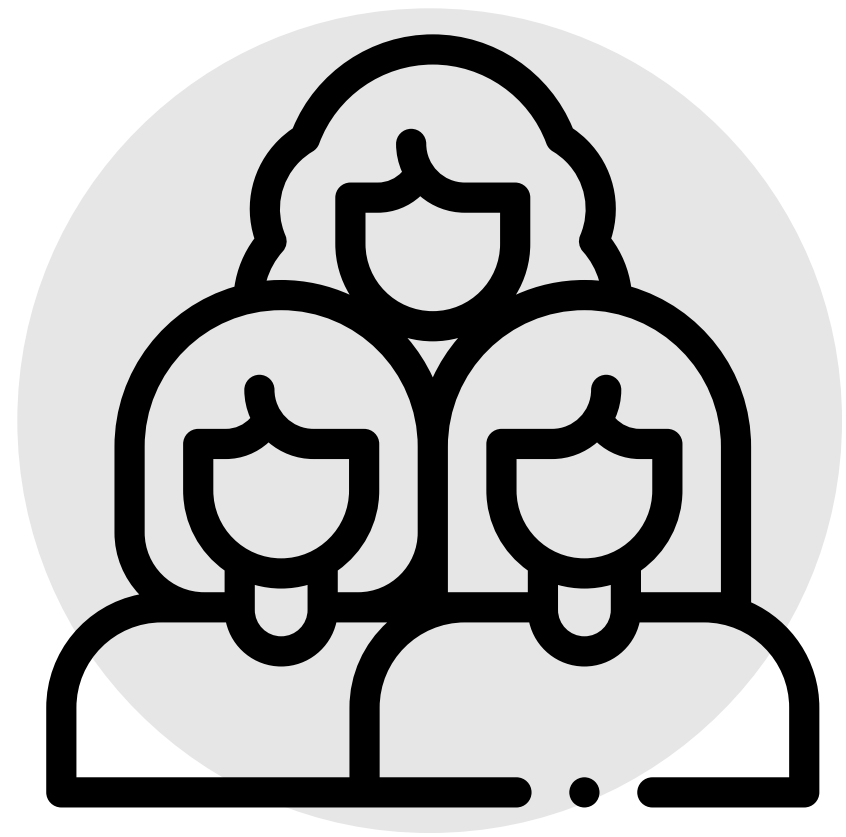
Sharing Your Questions

# Identifying Your Community

## Project: Brainstorming







# Supporting Women

- **Basic Self Defence**
- **Campaign School for Women Running for Public Office**
- **Career Exploration**
- **Craft Group**
- **Dealing with Harassment and Disrespect**
- **Domestic Law Crash Course (Cohabitation, Divorce, Wills)**
- **Equal Voice Speaker Series**
- **Financial Literacy and Success**
- **Food Bottling and Canning**
- **Hiking Club**
- **Home Maintenance Classes (Winterizing, Plastering/Painting, Basic Repairs)**
- **Identifying Women's Needs**
- **Knowledge Hub**
- **Lawnmower/Snowblower Guide**
- **Leadership Training**
- **Learning Events**
- **Meet Women Leaders in Pouch Cove**
- **Nature Club**
- **Networking Events**
- **Nutrition, Meal Prep, Affordable Eating**
- **Orienteering and Geocaching**
- **Outdoor Survival Skills Bootcamp**
- **Parenting and Raising Resilient Children**
- **Parents' Clothing Exchange**
- **Peer-to-Peer Mentoring**
- **Resource Base Creation**
- **Self-Actualization Group**
- **Shopping Runs for Women with No Car**
- **Single Parent Support**
- **Smart Home/Home Security Workshop**
- **Status of Women Council**
- **Succeeding as Women at Work**
- **Town Webpage for Women's Shelters and Violence Prevention**
- **Walking Club**
- **Women's Cycling Club**
- **Women's Health Workshops (Pregnancy, Breastfeeding, Menopause)**
- **Women's Learning Club**
- **Writer's Circle**
- **Yoga Group**



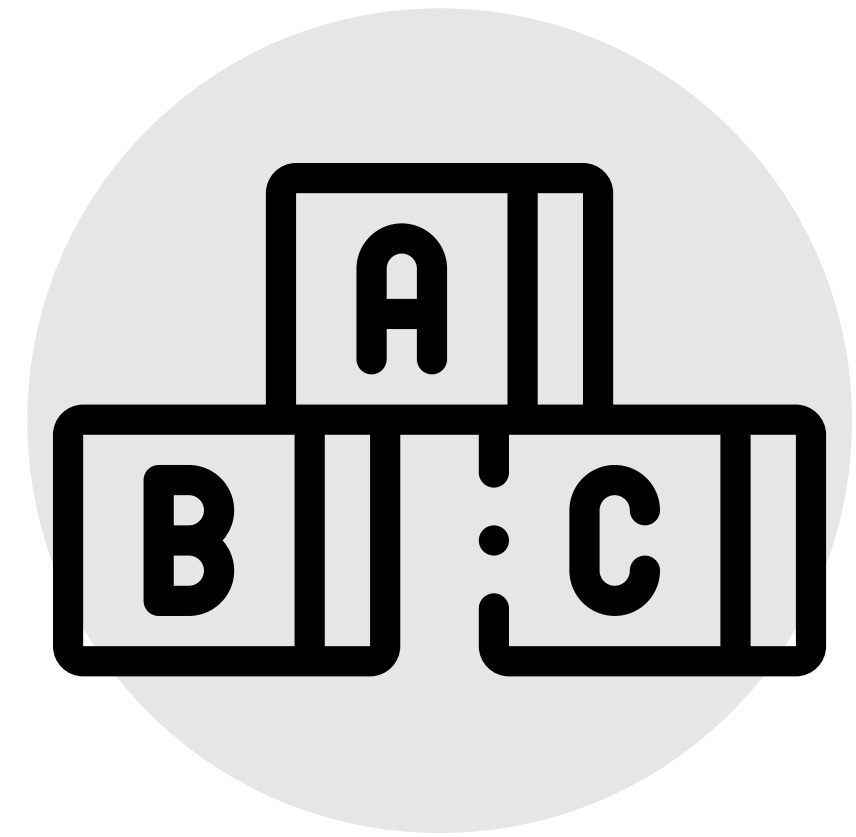




# Fostering Community Identity

- **Adopt a Road**
- **Book Donation Drive for the Library**
- **Book Readers for Those Hard of Sight**
- **Car Wash Fundraiser**
- **Card Writing to Soldiers Overseas**
- **Charitable Donations Instead of Birthday Gifts**
- **Charity Race**
- **Christmas Trees for Families in Need**
- **Clean Up Crew for Community Events**
- **Community Berry/Mushroom Picking Days**
- **Community Blood Drive**
- **Community Walks**
- **Community Wellness Workshop**
- **Create a Neighbourhood Monthly Bulletin**
- **Culture/Folklore Festival (Song, Dance, Poetry, Storytelling, Music)**
- **Disaster Clean Up**
- **Financial Literacy Workshops**
- **First Aid and CPR Training**
- **Fundraise for a New Playground**
- **Global Cultures Night**
- **Holiday Celebrations (Halloween, Christmas, Canada Day)**
- **Host Monthly Brunches**
- **Hygiene Product Drive for Women's Shelter**
- **Local Author Days**
- **Monthly Flea Market**
- **Mummers of Holiday Parade**
- **Murder Mystery Event**
- **National Volunteer Day**
- **Native Plants and Flowers Growing Lesson**
- **Neighbourhood Clean Up**
- **Neighbourhood Newcomer Welcome Group**
- **Organize a Community Garden**
- **Paint Park Benches**
- **Plan Flowers in Public Areas**
- **Regular Craft and Food Market**
- **Regular Fitness Classes**
- **Repaint Community Fences**
- **Silent/Virtual Auction Community Fundraiser**
- **Sponsor Benches & Muskoka Chairs**
- **Storytelling Event/Campfire**
- **Understanding Addiction Event**
- **Vaccination Clinic (Flu, Shingles)**

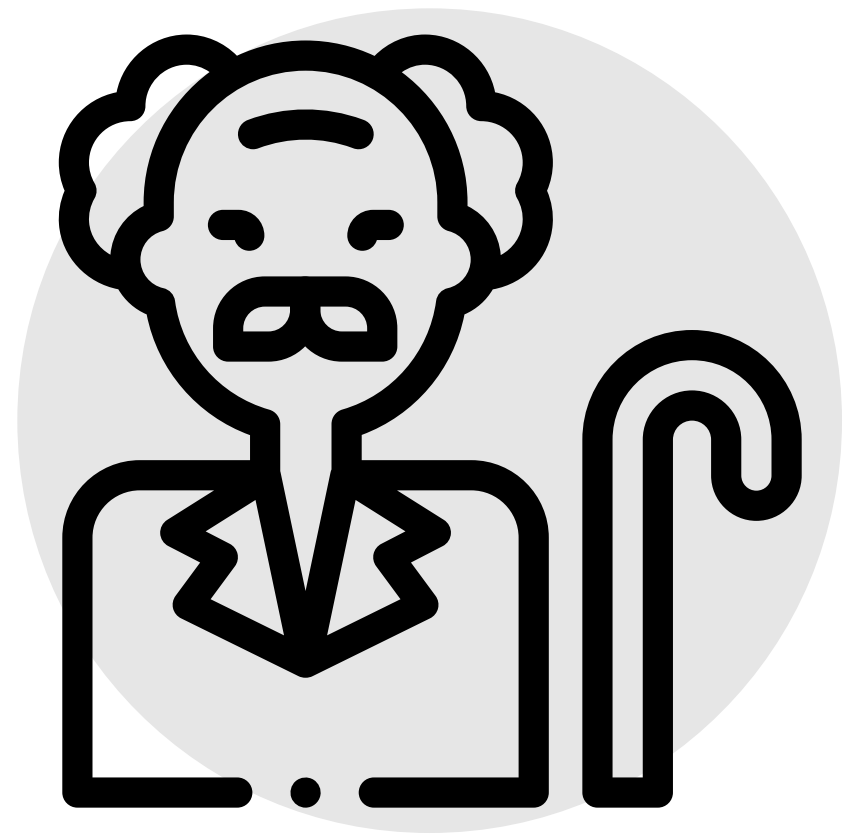




# Children & Education

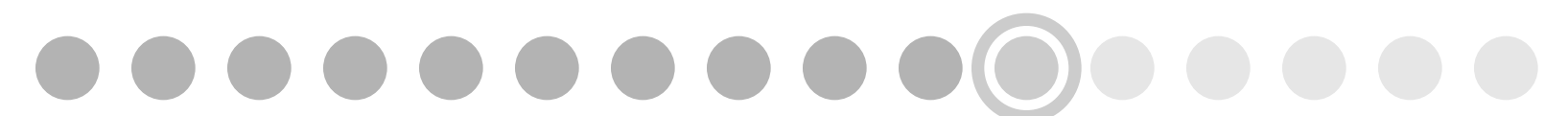
- **Afterschool Homework Haven**
- **At School Tutoring (After and During)**
- **Babysit Children During A Parent Teacher Meetings**
- **Coach A Youth Sports Team**
- **Collect Baby Clothes and Supplies for New Parents**
- **Collect Used Sports Equipment to Donate to Families and After-School Programs**
- **Create A New Game for Children to Play**
- **Create A Special Olympics Fundraiser or Event for Children and Teenagers**
- **Difficult Conversations Parenting Workshop (talking to children about sex, drugs, porn, etc)**
- **Donate Toys to Children in Hospital**
- **Give Free Music Lessons to School Children**
- **Host A Monthly Used Children's Book Exchange – Bring A Book – Take A Book**
- **Knit or Crochet Baby Blankets to Donate to Hospitals or Shelters**
- **Organize A Community Scavenger Hunt**
- **Organize A Haunted House or Haunted Walk (Not Necessarily Halloween)**
- **Organize A Regular Reading Hour for Children at School or Library**
- **Organize A Summer Reading Program**
- **Organize Activities for Children Visiting Hospitalized Relatives**
- **Organize an Easter Egg Hunt For Neighborhood Children**
- **Organize Events to Help New Students Make Friends**
- **Organize/Volunteer at A Summer Camp for Children Who Have Lost A Parent**
- **Provide Refreshments at The Parent Teacher Meetings**
- **Sponsor A Bike-A-Thon and Give Away Bike Safety Gear, Like Helmets And Knee Pads, As Prizes**
- **Sponsor A Child Living in A Foreign Country**
- **Teaching Online and Internet Safety**
- **Volunteer Group for School Breakfast or Lunch**
- **Volunteer Supervision for School Lunch**





# Seniors & the Elderly

- **Arrange Delivery of Hampers, Groceries, Meals to Seniors in Need Who Have No Transportation**
- **Arrange the Mowing of Seniors (In Need) Lawn Mowing or Snow Removal**
- **Ask Residents of a Retirement Home to Tell You About Their Lives**
- **Be Available to Assist Seniors with Major Appliance and Household Purchases**
- **Create A Group That Helps Seniors Decorate Their Homes for Christmas**
- **Deliver Cookies to A Homebound Senior Citizen**
- **Donate and Decorate a Christmas Tree to A Needy Senior**
- **Drive Seniors (In Need) To Doctor Appointments and To Pick Up Drugstore Items**
- **Educate Seniors About Home Security**
- **Help Elderly Neighbors Clean Their Homes and Organize Their Belongings**
- **Host A Bingo Night For Seniors**
- **Host A Holiday Meal for Seniors**
- **Make Birthday Cards For Shut In Seniors**
- **Organize A Family and Seniors Afternoon Get Together**
- **Organize A Pneumonia Shot Clinic in Pouch Cove**
- **Organize Medicine Pick Ups for Seniors**
- **Perform A Concert or Play at A Senior Center**
- **Rake Leaves, Shovel Snow, Or Wash Windows for A Senior Citizen**
- **Read to Residents at A Nursing Home**
- **Teach Basic Email and Computer Skills in Pairs or Individually in Their Homes on Their Computers**





# The Environment & Animals

- **Adopt an Acre of Highway to Clean Up**
- **Build and Set Up A Bird House**
- **Care for A Neighbor's Pet While They Are Away**
- **Foster Animals That Shelters Don't Have Space For**
- **Grow Flowers in Your Backyard Then Give Bouquets to People Who Are Housebound**
- **Help Create A New Walking Trail at A Nature Center or Park**
- **Help Train Service Dogs**
- **Host A Dog/Cat Food Drive Drop Off and Deliver to Animal Shelter, E.G. SPCA, Beagle Paws**
- **Host A Learning Event Given by A Vet on A Particular Topic**
- **Host an Annual Spring and Fall Local Park/Walk Clean Up**
- **Organize A Crew with Teens to Regularly Volunteer at A Nearby Animal Shelter**
- **Organize A Fundraiser to Spay and Neuter Pets – Give Fund to Beagle Paws**
- **Organize A Weekly Dog Walk**
- **Organize Community Carpools to Reduce Car Emissions**
- **Organize Tree Planting for Green Day**
- **Participate in The Cleanup of a Local River, Pond, Or Lake**
- **Place A Bird Feeder And Bird Fountain In Your Backyard**
- **Plant Native Flowers or Plants Along Highways**
- **Put Off Dog Training Sessions Given by A Dog Trainer**
- **Raise Money to Provide A Bulletproof Vest for A Police Dog**
- **Sponsor A Recycling Contest**
- **Start A Butterfly Garden in Your Community**
- **Train Your Pet to Be A Therapy Animal and Bring It to Hospitals or Nursing Homes**
- **Update the Signs Along A Nature Trail**





# Helping the Less Fortunate

- **Babysit Children While Their Parents Look for Jobs**
- **Bake A Batch of Cookies or Loaf of Bread and Deliver It to A Soup Kitchen**
- **Become A Big Buddy for Children at A Shelter**
- **Build A House with Habitat for Humanity**
- **Build Flower Boxes for Habitat for Humanity Houses**
- **Collect and Donate Old Eyeglasses to An Organization That Distributes Them to The Needy**
- **Collect Grocery Coupons to Give to A Local Food Bank**
- **Donate Art Supplies to Kids in A Shelter or Ronald McDonald House**
- **Donate Non-Perishable Food to A Food Bank**
- **Help Organize and Sort Donations at A Shelter**
- **Help Repair or Paint A Local Homeless Shelter**
- **Host A Blanket Drive and Deliver to A Homeless Shelter**
- **Host A Clothes Drive for Those in Need**
- **Host A Men's and Woman's Sock and Scarf Drive and Donate to Shelters**
- **Host A Thanksgiving Dinner for People Who May Not Be Able to Afford Their Own**
- **Make "Care Kits" With Shampoo, Toothbrushes, Combs, Etc. To Donate to Homeless Shelters**
- **Make First Aid Kits for Homeless Shelters**
- **Offer to Babysit or Nanny for A Family in Need**
- **Organize A Winter Coat Drive to Donate**
- **Prepare A Home-Cooked Meal for The Residents of a Nearby Homeless Shelter**
- **Take Homeless Children on Outings**
- **Volunteer/Create A Soup Kitchen**







# Promoting Public Safety

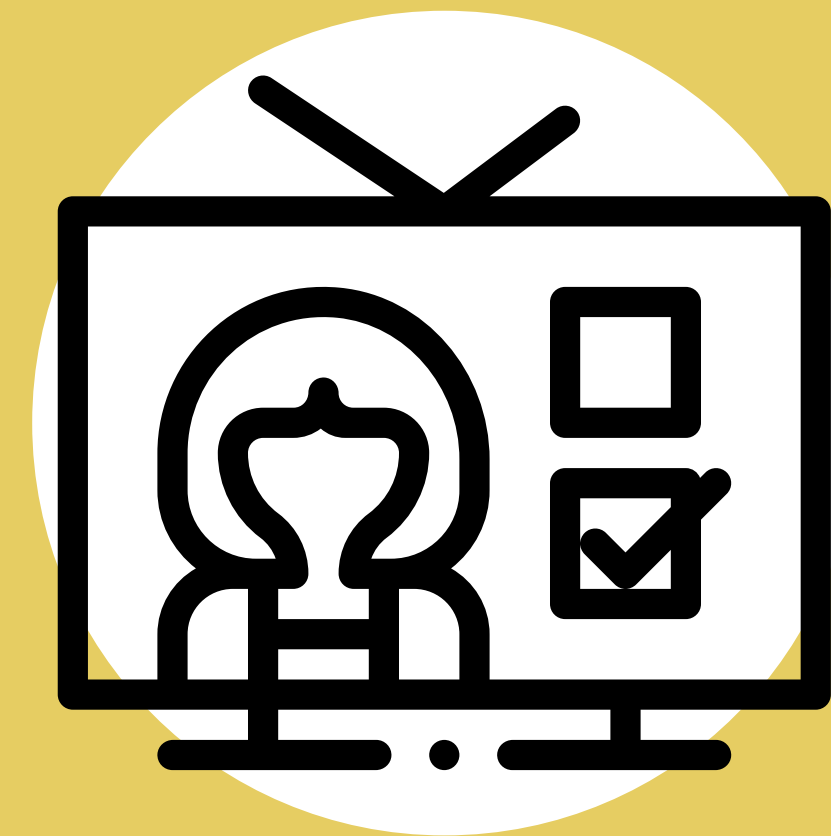
- **Become A Certified Lifeguard and Volunteer at A Beach**
- **Become A Volunteer Firefighter**
- **Become First Aid and CPR Certified**
- **Create A TV Or Radio Public Service Announcement Against Drug and Alcohol Use**
- **Host A Home Security Learning Event or On-Line Security Course**
- **Offer Babysitting Courses**
- **Organize A Drug-Information Program**
- **Organize A Self-Defense Workshop**
- **Paint Over Nasty Graffiti in Your Neighborhood**
- **Post on The Town Website A List of Resources for People Who Might Need Help**
- **Start or Join A Neighborhood Watch Program**
- **Teach A Home-Along Safety Class for Children**
- **Volunteer as A Crossing Guard for Your Elementary School**



# Munch and Mingle: Lunch with CAO Brian Peach



Boxed Lunch is Served



Online Feedback Survey



# Thanks for coming!

Don't forget to fill out the survey before you go.

