

The WE LIP Winter Council Meeting was held on December 11, 2018 at the University of Windsor Centre for Executive & Professional Education. Agenda items included information sharing from WE LIP members, AIDS Committee of Windsor and Canadian Mental Health Association Windsor-Essex County.

The meeting brought together the recently elected WE LIP Executive Committee. On November 7, 2018, council members selected Sarah May Garcia, Didier Marotte and Nick Beluli as Executive Committee members. WE LIP would like to thank outgoing executive members, Debra DiDomenico and Frédéric Boulanger for their years of dedication and leadership.

The WE LIP Executive is represented by:

**Chair:** Hugo Vega, YMCA of Southwestern Ontario

**Vice-chair:** Sarah May Garcia, Erie St. Clair Local Health Integration Network

**Member-at-large:** Nick Beluli, Multicultural Council of Windsor & Essex County

**Member-at-large:** Charlotte LeFrank, Windsor-Essex Children's Aid Society

**Member-at-large:** Didier Marotte, Centre Communautaire Francophone Windsor Essex Kent Inc.



*Back Row: Mary Ellen Bernard, Charlotte LeFrank, Hugo Vega, Michelle Suchiu  
Front Row: Marina George, Nick Beluli, Sarah May Garcia, Didier Marotte*

## WOMEN & HIV/AIDS INITIATIVE – AIDS COMMITTEE OF WINDSOR



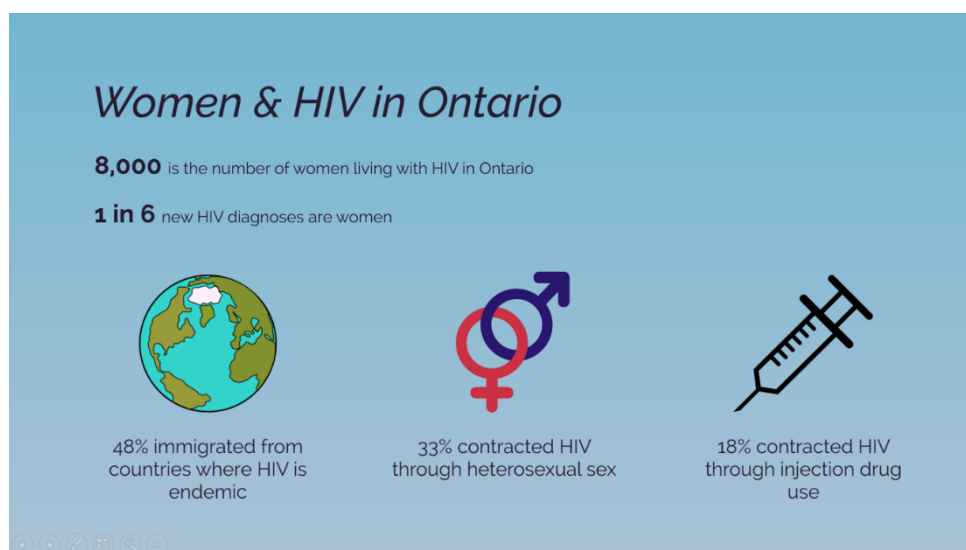
[The Women & HIV Program at the AIDS Committee of Windsor](#) is part of the [Ontario Women & HIV/AIDS Initiative \(WHAI\)](#). WHAI is an answer to the community need for a flexible response to HIV/AIDS among women in Ontario that takes into account the structural and societal factors that make women vulnerable to HIV.

### Goals

- Reduce HIV transmission among women (including trans and cis women)
- Enhance local community capacity to address HIV/AIDS
- Build safe environments to support women and their HIV/AIDS-related needs

### Objectives

- Raise awareness and inform local community organizations and groups that serve women about HIV/AIDS and the need for women's HIV-related services
- Work with local community organizations and groups to promote the integration of HIV/AIDS into their current programs, services, and policies/procedures
- Work with staff at community organizations to build their knowledge and capacity to respond to women's HIV-related needs



## **BOUNCEBACK PROGRAM – CMHA WINDSOR-ESSEX**



Through [BounceBack](#), adults and youth 15+ learn skills to help manage worry and anxiety, combat unhelpful thinking, and become more active and assertive.

BounceBack offers two forms of help:

### **1. Telephone coaching and workshops**

- An educational and motivational guided self-help program using telephone coaching and workbooks.
- A referral is required in order to participate.
- Once a referral has been submitted, you will be contacted by a BounceBack coach within five business days to schedule a telephone assessment:
  - The program involves three to six telephone coaching sessions, which you can do from the comfort of your home.
  - Your coach is there to help you develop new skills, keep you motivated, and monitor how you're doing.
  - You and your coach will select from among 20 workbook topics that are best suited to your current needs. Some popular workbooks are: Being assertive; Changing extreme and unhelpful thinking; Overcoming sleep problems.
  - Telephone coaching and workbooks are available in multiple languages.

### **2. BounceBack Today online videos:**

- Watch the BounceBack Today online videos and learn practical tips on managing mood, sleeping better, building confidence, increasing activity, problem solving, and healthy living.
- You can watch the videos at any time at [www.bouncebackvideo.ca](http://www.bouncebackvideo.ca) by entering your email address and access code: bbtodayon.
- The videos are available in English, French, Mandarin, Cantonese, Punjabi, Arabic, and Farsi.