

SATURDAY, APRIL 27, 2024



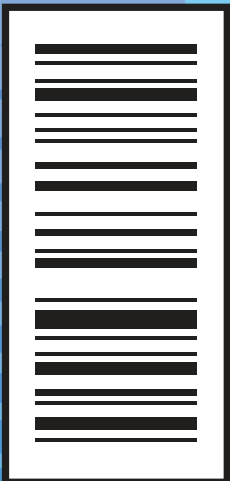
COCHF

BUILDING STRONG COMMUNITIES TOGETHER.

2024

COCHF AGM

AND SPRING EDUCATION EVENT



IN-PERSON
EVENT

SUPERHERO
THEME!!!

DETAILS INSIDE



BUILDING STRONG COMMUNITIES TOGETHER.



IN CONCERT WITH

ONTARIO
CO-OPERATIVE
HOUSING
FEDERATIONS

2024 COCHF Annual General Meeting (AGM) & Spring Education Event

April 27, 2024 | 9:30am - 6:30pm

Delta Waterloo | 110 Erb St. W, Waterloo, ON N2L 0C6



AGM will include presentations by CHF Canada, Elections, Door Prizes. All are invited to attend!

Member Cost: \$95 for the day. Additional attendees from the same organization are \$75 each.

Non-Members: \$140 for the day.

In This Package:

- Event Agenda
- Workshop Descriptions
- Speaker Profiles
- Registration Form
- Other Upcoming Education Events



Event Sponsors:



AGENDA

- 9:00am** **Registration**
Danish and coffee
Please visit our sponsors!
- 10:00am** **Morning Workshops (choose one)**
- Workshop A: A Mindfulness Practice**
 Facilitator: Wendy Blain
- Workshop B: How to Be a Good Director**
 Facilitator: Sarah Burnett Murray
- Workshop C: Working Through the Organizational By-law Changes**
 Facilitator: Peter Gesiarz
- 12:00 noon** **Lunch**
Please visit our sponsors!
- 1:00pm** **COCHF AGM**
- Draft Audited Financials 2023
 - Elections
 - COCHF Annual Report
- 2:30pm** **Afternoon Workshops (choose one)**
- Workshop D: Your Board & Human Rights**
 Facilitator: Celia Chandler
- Workshop E: Prepare to Chair**
 Facilitator: Sarah Burnett Murray
- Workshop F: The Board as Employer**
 Facilitator: Heather Kennedy
- 4:30pm** **Afternoon Social**
- 6:30pm** **Closing**



PLUS!

SUPERHERO PHOTO OP
WHAT'S YOUR CO-OP'S
SUPER POWER?

WORKSHOP & SPEAKER PROFILES

Workshop A | 10:00am A Mindfulness Practice

Throughout the workshop we will move through various practices, as well as develop a deeper understanding of what Mindfulness really is and how we can incorporate/embed it into our everyday lives. There will be time for breaks as well as movement throughout the workshop.

Facilitator Wendy Blain will bring with her a variety of books for you to peruse at your leisure and be around for individual questions should your curiosity be sparked beyond what is shared and practiced.

Wendy Blain

Wendy has had a personal mindfulness meditation practice for 30+ years. She has Advanced Certification in teaching MBSR (Mindfulness Based Stress Reduction), Certification as a Mindfulness Mentor, as well as Advanced Training in Trauma Informed Mindfulness. Wendy has been an educator her whole life. She recently retired as a Principal after leading 3 diverse secondary schools over a span of 14 years. In her tenure as a Principal, Wendy brought breathing and mindfulness practices to staff, students, and the larger community touching the lives of thousands.



Workshop B | 10:00am How to Be a Good Director

Co-operative education is the fifth co-op principle. However, training may not always be at the top of the list for busy co-op boards. Whether you are a newly elected director or a board member looking to fulfill your ongoing education responsibility, understanding what makes a good director is key to your success.

In this workshop, we will discuss principled leadership, director accountability and the role of individual directors.

Sarah Burnett Murray

Sarah holds several post-secondary diplomas and degrees, and is a published author and poet. She has been involved in Co-op housing for as long as she can remember. She firmly believes in fostering the sharing of knowledge and community support within the sector which is what inspired her to become increasingly involved in 2013.



Workshop C | 10:00am**Working Through the Organizational By-law Changes**

On October 1st, 2023, permanent changes to the Co-operative Corporations Act to allow electronic meetings and elections came into effect. Learn all about the changes to the Act and the new model by-laws.

Peter Gesiarz

As CHF Canada's Ontario Regional Manager, Peter has a long history of working with co-ops, including years as a development consultant and as a co-op manager. Peter worked at the Agency for Co-operative Housing before joining CHF Canada in 2015 as a Co-op and Planning Services Program Manager for Ontario.

**Workshop D | 2:30pm****Your Board & Human Rights**

One of Celia Chandler's happiest places is with housing co-op members and staff discussing how to use sector tools to help co-ops function more smoothly. In this workshop, she will celebrate the 10th anniversary of the Human Rights By-law by taking participants through a close examination of its parts and then applying the by-law to some case studies.

Celia Chandler

Celia Chandler began her career at the City of Toronto and then in an environmental organization, but has worked for two decades now in the affordable housing sector, first as a lawyer in a small Toronto law firm and now as the Deputy Executive Director of the Co-operative Housing Federation of Toronto. When she's not doing her part for the housing crisis, she's sitting in her Toronto laneway suite blogging and working on a book.



Workshop E | 2:30pm Prepare to Chair

PREPARE TO CHAIR will provide skills and tools necessary to improve your co-op's board and members meetings!

Sarah Burnett Murray

Sarah holds several post-secondary diplomas and degrees, and is a published author and poet. She has been involved in Co-op housing for as long as she can remember. She firmly believes in fostering the sharing of knowledge and community support within the sector which is what inspired her to become increasingly involved in 2013.



Workshop F | 2:30pm The Board as Employer

This workshop will teach you the board's responsibilities in supervising, evaluating, and directing your management staff.

Heather Kennedy

Since 2017, Heather has been supporting co-ops as a Relationship Manager at the Agency For Co-operative Housing. She is also a seasoned veteran of workshop delivery for the Golden Horseshoe Co-operative Housing Federation, addressing such topics as Board governance, finance and maintenance.





BUILDING STRONG COMMUNITIES TOGETHER.

2024 COCHF AGM & Spring Education Event

REGISTRATION FORM

Co-op Details

Name of co-op: _____ Co-op office contact: _____

Co-op office email: _____ Co-op office phone: _____

Attendee Registration

Please register each attendee from your co-op. If you are registering more than 4 participants, print multiple copies of this page and include the co-op details on both.

Attendee name: _____ Attendee phone: _____

Attendee email: _____ Attending afternoon social? Yes No

Morning workshop selection (choose one): Workshop A Workshop B Workshop C

Afternoon workshop selection (choose one): Workshop D Workshop E Workshop F

Special requirements (food allergies, accessibility needs, etc.): _____

Attendee name: _____ Attendee phone: _____

Attendee email: _____ Attending afternoon social? Yes No

Morning workshop selection (choose one): Workshop A Workshop B Workshop C

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REGISTRATION FEE TABLE

CATEGORY	COCHF MEMBER	NON-MEMBER
First Registration	\$95.00	\$140.00
Additional Registrations	\$75.00	\$140.00

PAYMENT FORM

ENTER REGISTRANT NAMES	COST
1st:	\$
2nd:	\$
3rd:	\$
4th:	\$
5th:	\$
6th:	\$
TOTAL REGISTRATION FEE:	\$

OTHER UPCOMING WORKSHOPS

April 9 - 7:00pm

Online Workshop: Upgrading Spaces - Interior Renovations

Facilitated by Emily Rule

Presented in partnership with CHF Canada

April 18 - 7:00pm

Online and In-person Workshop: Programs and Funding to Help Reduce Operational and Capital Costs

Facilitated by Ophelia Guanlao and Irfaan Hasham

Presented in partnership with GHCHF, CHASEO, PHCHF, and CHF Canada

April 25 - 7:00pm

Online Workshop: Identity Theft and Fraud Prevention

Facilitated by DJ Miller, Quincy Gidden

Presented in partnership with YNCU

REGISTRATION DEADLINE:

April 14, 2024

Please make cheques payable to COCHF.

Mail to:

COCHF
625 King St. East, Unit L3
Kitchener, ON N2G 4V4

Email to:

info@cochf.coop

Fax to:

519-579-2195

Cancellation Policy:

COCHF encourages all sector members and supporters to attend education events but recognizes the costs associated with providing quality learning opportunities and good food. To maintain our standard, attendees who cancel after April 14, 2024 will be charged/not receive a refund, as the Federation still has to pay for the space and the food.

LEARN MORE AT

COCHF.COOP

