



COCHF

BUILDING STRONG COMMUNITIES TOGETHER.

IN CONCERT WITH



ONTARIO
CO-OPERATIVE
HOUSING
FEDERATIONS

2026 Spring Education Event + COCHF AGM

April 25th, 2026

Crowne Plaza Kitchener

Welcome to...

CAMP

COMMUNITY



CAMP COMMUNITY

2026 Spring Education Event + COCHF AGM

April 25, 2026 | 8:00am - 7:00pm

Crowne Plaza Kitchener
105 King St E, Kitchener, ON N2G 2K8

Agenda to include presentations by CHF Canada, COCHF Member Assembly, door prizes, and much more! All are invited to attend.

Member Cost: \$105 for the day. Additional attendees from the same organization are \$85 each.

Non-Members: \$150 for the day.

Thank you to our event sponsors:



The 2026 Spring Education Event is presented in partnership with the Peel/Halton Co-operative Housing Federation and the Golden Horseshoe Co-operative Housing Federation.



BUILDING STRONG COMMUNITIES TOGETHER.

Agenda



- 8:00am - 8:30am** **Registration**
- 8:30am - 9:30am** **Breakfast**
Vendor exhibits open
- 9:00am - 10:00am** **Opening Statements & Plenary**
A Message From Regional Councillor Colleen James
Keynote - Introducing **WE STAND**: The National Anti-harassment Initiative
- 10:00am - 12:30pm** **Morning Workshops (choose one)**
Workshop A - HSA Co-ops: Member Intake and the Centralized Wait List
Workshop B - Staying Afloat During Staff Transitions
Workshop C - Continuing Conversations on Reconciliation
Workshop D - Cheques, Balances, and Financial Soundness
- 12:30pm - 1:15pm** **Lunch & Presentations**
Please visit our vendor exhibits!
- 1:15pm - 2:00pm** **COCHF Member Assembly/Annual General Meeting (Hybrid)**
 - Presentation of the Audited Financial Statements (Jeff Martin)
 - Conclusion of Board Elections
 - Board Report
 - ED Report
 - Announcement of the Tri-Federation Memorandum of Co-operation and Official Signing of the Document
- 2:00pm - 4:30pm** **Afternoon Workshops (choose one)**
Workshop E - Celebrating AODA's 21st anniversary!
Workshop F - Best Practices for Capital Projects: How to Survive and Thrive During Construction Upheaval
Workshop G - Compassion Fatigue: Who Cares for the Caregivers?
Workshop H - Within and Beyond Community Engagement
- 4:30pm - 5:00pm** **Closing remarks and door prizes**
- 5:00pm - 7:00pm** **Community Social**



Keynote

Introducing **WE STAND**: The National Anti-harassment Initiative

Across Canada, we are seeing an increase in conflict and aggressive behaviour, a trend that is also emerging in our housing co-ops, affecting interactions among neighbours, directors, staff, and other stakeholders. These issues have led to higher staff turnover, limited access to co-op offices and to staff, weakened governance structures, and unhealthy community relationships. This trend is not sustainable.

The **WE STAND** project is committed to ensuring that housing co-ops remain healthy, safe, and respectful environments for everyone — both in the community and in the workplace. The project offers practical tools, training, and support to help co-ops recognize, address, and prevent harassment and aggressive behaviour.

Damon Adachi, Sevenfold Marketing

As a member of the WE STAND team, Damon brings experience in strategic brand development, creating grassroots campaigns, and engaging with community. Sevenfold Marketing has been supporting regional co-op federations since 2014, working closely with sector leaders and members.

**WE
STAND**

Workshop & Speaker Profiles

Workshop A | 10:00am

HSA Co-ops: Member Intake and the Centralized Wait List

Membership intake plays an integral role in the health and stability of our co-operative communities. Whether using a centralized list or not, there are considerations and processes to follow when interviewing applicants and integrating new members.

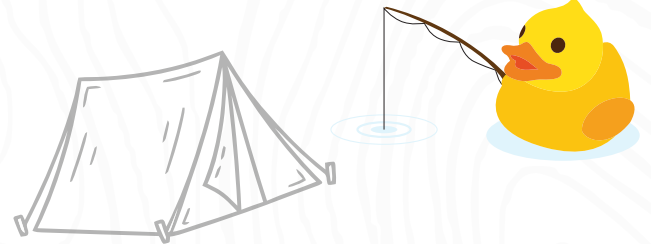
Join sector experts and the Region of Waterloo to discuss how co-op member intake works with the centralized wait lists.

Sherry White, ROW

Description pending.

Carine Nind, COCHF

Carine has been an outspoken advocate for co-op housing and initiatives to reduce experiences of homelessness. She is a consultant, facilitator and educator in the sector.



Workshop B | 10:00am**Staying Afloat During Staff Transitions**

Housing co-ops rely on management for the day-to-day functioning of their co-op. Staff managers hold knowledge of key information and processes that keep the co-op running smoothly.

So, what do co-ops do when staff are sick, move on to a new job, or retire? How can co-ops plan to ensure that transitions between staff are seamless, information isn't lost, and work isn't duplicated?

In this interactive workshop, participants will be introduced to takeaway tools to support effective communication and smoother operations. You will be able to put these tools into place immediately to ensure you have the information required to keep your co-op operating through a staff transition:

- Gain a better understanding of why things change
- Get introduced to the 3 C's of moving through transitions
- Explore ways to navigate the unexpected with the 4 P's
- Learn how to utilize the business continuity toolkit to ensure smoother sailing

Sonia Byrne

Sonia has been leading board retreats, strategic planning and succession planning projects in the Co-op Housing Sector since 2009. Learn more about Sonia at www.soniabyrne.com.

Sophie Taylor, PHCHF

Sophie is the Executive Director of Peel/Halton Co-operative Housing Federation (PHCHF). She is a dynamic facilitator and sector advocate with a strong background in community development, stakeholder relations, property management, and marketing.

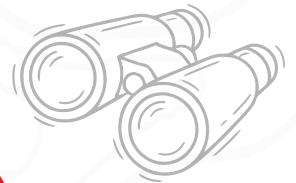
Workshop C | 10:00am**Continuing Conversations on Reconciliation**

Reconciliation is an ongoing process for us all.

What role do Co-ops have? How do we have these conversations at the Co-op board table? What can we do as members, boards, and the housing sector to build community? In Continuing Conversations, we will discuss Truth and Reconciliation and how we move forward, together.

April Ager-White, CHF Board Member

April Ager-White is a family-centered Indigenous entrepreneur and housing advocate, advancing community-led, culturally rooted solutions.



Workshop D | 10:00am**Cheques, Balances, and Financial Soundness**

Join Josie Parisi for an in-depth look at four critical segments of your organization's financial stability: Budgeting variance analysis, procurement, and understanding financial statements.

Josie Parisi, BDO

Josie is a Partner with BDO and specializes in corporate restructuring and insolvency. She has over 25 years of experience providing restructuring, due diligence, divestiture and consulting services to middle to large market companies across a variety of industries. Josie is a and Licensed Insolvency Trustee, Chartered Professional Accountant, Chartered Business Valuator, Chartered Insolvency and Restructuring Professional and obtained her Honors Bachelor Business Administration from the University of Windsor.

**Workshop E | 2:00pm****Celebrating AODA's 21st anniversary!**

The Accessibility for Ontarians with Disabilities Act has been an important part of the co-op legal landscape since 2005. Ontario organizations like co-ops are required to follow the Integrated Accessibility Standards Regulation that set standards related to customer service, information and communications, employment, transportation, and design of public spaces. This affects how co-ops interact with the public, their members, and their staff. Join former sector lawyer, Celia Chandler, as she explains a co-op's responsibilities under AODA, and provides the training directors of co-ops will need to comply with the legislation. She will issue completion certificates for all those who attend the full session.

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 F | 2:00pm****Best Practices for Capital Projects: How to Survive and Thrive During Construction Upheaval**

Come explore best practices and lessons learned from consultants and community leaders as they discuss how to approach large capital project and how to best support community impact. This session will be moderated and facilitated by GHCHF, PHCHF, and COCHF new educators.

Panelists

Twilla Maybury holds a Bachelor of Applied Science and has lived at Beaver Creek Housing Co-op for over fourteen years. During her time there, she has been involved in various committees and has served on the Board of Directors for ten years, currently holding the position of President.

Tim Welch, Tim Welch Consulting

Michael Norris, Manager, Co-operative Housing Development, CHF Canada

PLUS: Representatives from COCHF's financial partners.



Workshop G | 2:00pm**Compassion Fatigue: Who Cares for the Caregivers?**

One of the core concepts of living in housing co-ops is that we create community - and community takes care of one another. However, sometimes that level of care for others becomes challenging and intense over prolonged periods of time.

We face risk of elevated levels of stress, burnout, and compassion fatigue, where it becomes difficult to be helpful and compassionate. This experience can result in personal strain that can show up as physical, mental, or emotional stress.

Join this informative and interactive session to further explore:

- The source and signs of compassion fatigue
- The difference between burnout and compassion fatigue
- The ways we can help ourselves
- The ways to help others

Sonia Byrne

Sonia has been leading board retreats, strategic planning and succession planning projects in the Co-op Housing Sector since 2009. Learn more about Sonia at www.soniabyrne.com.

Workshop H | 2:00pm**Within and Beyond Community Engagement**

Is your co-op struggling with member engagement? Are you looking for a way to increase your understanding of your community and your place within it? Join us as we delve within and beyond community engagement! We will use an interactive, hands-on activity that embodies the co-op principles and reflects the connection between individuals, their experiences, and their community. We will then explore the various approaches and tools needed for the important work of member engagement to occur and flourish.

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.

Carine Nind, COCHF

Carine has been the general manager at Willowside Housing Co-operative for 20 years, and has been an outspoken advocate for co-op housing and initiatives to reduce experiences of homelessness.



2026 Spring Education Event

REGISTRATION FEE TABLE

CATEGORY	COCHF MEMBER	NON-MEMBER
First Registration	\$105.00	\$150.00
Additional Registrations	\$85.00	\$150.00

PAYMENT FORM

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

HOW TO REGISTER

To register for the COCHF 2026 Spring Education Event:

Simply click/scan the code on the right to be taken directly to the online registration form.

Your co-op administrator can register your co-op and add attendees to your list. There are options shown for which sessions each participant would like to attend in the morning and afternoon, as well as one to indicate their participation in the community social (included in the full-day cost).

All billing and payment will be handled after the event.

REGISTRATION DEADLINE:

April 12, 2026

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

Cancelation 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 13, 2026 will be charged/not receive a refund, as the Federation still has to pay for the space and the food.

REGISTER NOW!





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2026 COCHF 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 community social? Yes No

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

Afternoon workshop (choose one): Workshop E Workshop F Workshop G Workshop H

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

Attendee name: _____ Attendee phone: _____

Attendee email: _____ Attending community social? Yes No

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

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Afternoon workshop (choose one): Workshop E Workshop F Workshop G Workshop H

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

COCHF Online Spring 2026 Workshops



All Day Chairing Training - (In-person & Online)

10:00am - 4:00pm

\$195 members/\$240 non-members

Facilitated by Sarah Burnett Murray,
Alex Bailey, Olivia Amoateng

Description

Topics covered in this full-day training session will include practical applications, skill building, meeting process, engaging attendees, and handling difficult people.

Limited space is available for our in-person session. Lunch and coffee breaks will be provided.

REGISTER!



Being a Good Boss - Legally Speaking (In-person & Online)

7:00pm - 9:00pm

FREE

Facilitated by Safia Lakhani and
Michael Hackl (Iler Campbell)

Description

As Directors, you are charged with hiring, evaluating, instructing, and supervising the management who work for your co-op. There is a dizzying array of legal guidelines and requirements with which you must comply to be effective and stay out of trouble.

Lawyers from Iler Campbell will be on hand to explain the full list of legal responsibilities that Boards must meet and the consequences of not being in compliance.

REGISTER!



Programs and Funding to Help Reduce Operational and Capital Costs (Online)

7:00pm - 9:00pm

FREE

Facilitated by Ofelia Guanlao and
Irfaan Hasham (CHF Canada)

Description

This FREE session aims to equip each participating co-op with the necessary tools and information to get started with their capital repairs and improve their bottom line.

Take advantage of this incredible opportunity to learn how to impact the environment while saving money.

REGISTER!



The 2026 Spring Online Workshops are presented in partnership with the **Golden Horseshoe Co-operative Housing Federation** and the **Peel/Halton Co-operative Housing Federation**.



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