



# Therapeutic Touch Networks of Canada

## Réseaux Toucher Thérapeutique du Canada

www.ttnc.ca

### MINUTES FOR THE TTNC CROSS COUNTRY CHECK IN MEETING ON

Tuesday, June 11, 2024 at 5 pm MDT

TOPIC: COMMUNITY OUTREACH: what is working in your Network and what are the outcomes in terms of more interest in TT and folks taking courses?

In attendance: Betty Whitney, PTTN; Marion Cameron, PTTN; Johanne Roy, BCTTNS; Judy Donovan Whitty, ATTN.

Meeting was recorded.

Meeting began at 5:10 pm MDT, with Betty Whitney reading the Indigenous Acknowledgement and the TTNC Core Values Statement.

Minute taker: Marion Cameron

Meditation by Marion: YOU ARE WORTHY - author unknown

Only 3 Networks were represented at this meeting, so information was limited to the representatives at the meeting.

BCTTNS: as a Network initiative, members participate in Health/Wellness Fairs. Members participate as TT practitioners at the Indigenous Elders Gathering in Vancouver every year (August).

TT sessions are offered to members of the Indigenous Community as well as the homeless twice a month in Ladysmith, B.C.

TT sessions are offered in hospice settings; TT courses are taught to volunteers in hospice.

PTTN: Linda Terra in Calgary, is teaching Self Care courses using the principles of Therapeutic Touch to the seniors at the Kirby Centre 2 x a week over 3 weeks with 15 participants in each group; also to enthusiastic members at her church. These are in person.

Sherry Crann-Adair and Chery Hoffmeyer did an online presentation on Self-care to the Alberta Caregivers' Group.

PTTN Face book group that invites friends to the page to read postings about TT and TT events.

Guests are invited to the TT practice groups on occasional basis.

ATTN: TT sessions are offered at a Holistic Fair in Port Hawksbury. In Dartmouth, N.S., David Maginley offers the Foundations course 2 x a year. TT information also offered to participants at a group called 'Self Help Connection' which is online and in person.

#### SYNOPSIS:

Groups in the community that are being offered TT sessions and/or offered information about TT are Seniors, and those in the hospice community either as a patient or volunteer; also Care Giver groups to help with Self Care and Indigenous groups.

Presentations are done by individual members rather than as a Network initiative.

What is the goal in Community Outreach? To increase the membership of our Networks? To spread the word about TT principles through teaching Self Care? What segment of the community do we focus on?

Meeting adjourned at 6:08 pm MDT.

Minutes will be shared with the TTNC Board members for feedback.

Respectfully submitted by  
Marion Cameron, minute taker

More detailed notes from Judy re activities in ATTN:

TTNC Cross Country Check-In - on line - June 11, 2024 5-6 pm AST  
Report: Judy Donovan Whitty, ATTN Coordinator/Sec./ and Rep to TTNC BOD

#### **TOPIC: Community Outreach**

**ATTN** - there is a PG open to the public held x 2 a month in Port Hawkesbury CB, NS in addition to Stefanie hosting on line x 2 a month; the general public are welcome to attend to receive. They recently had an ATTN “table” area at a Health Fair similar to last year in person also in Port Hawkesbury and was well attended with many sessions provided to the public. The cost to rent a space at the Health Fair is \$50. and the ATTN covers that fee.

David Maginley offers a TT Community Course of TT and Self Care six hours (two days x 6) for attendees and that is hosted several times a year in person by a Community not for profit group Self Help Connection in Dartmouth, Nova Scotia. The SHC entity is 30+ years old and applies for grant money to the NS Provincial Government; the grant covers the cost of offering the two day workshop and is held numerous times during the year.

Two people who participated in David’s course last year then chose to attend a Foundation level with the ATTN Team teachers on line. Although encouraged to attend, they did not attend any PG’s nor renew membership in ATTN (the first year post Foundation course membership is free).

Three PG’s in ATTN are on line with one in-person in CB - all are open to the general public to “receive”. There is an in person PG in Hfx. NS which is not open to the public due to the venue being held in a private home. That PG used to have space in the VG Hospital, Hfx. NS in a board room; during/since Covid, that room and the Sunshine Room are no longer open to the public.

Community Outreach remains a goal in whatever capacity our wonderful volunteers are able to provide.

**Further updates for Outreach Activities from Judith Schweers (BCTTNS) at the Ladysmith Resources Centre ( on Vancouver Island)**

“There are two activities we have done at the Ladysmith Resources Centre.

1) Every other Thursday we offer complimentary TT sessions from 9:30- 12:30. We schedule them at 9:30, 10:30, and 11:30. We get referrals to us from the local hospice, the counseling unit at the centre, and mainly word of mouth. Many folks like to bring relatives when they find out how much the sessions improve their wellbeing.

At one time we had 2 homeless addicted folks but they no longer attend. They simply failed to return after a few visits. Most of our clients are over 50 and many are grieving. 10% or so are men.

The space we have only allows 6 practitioners and we are all volunteers. So at most we can offer 18 sessions per day. We have the next session fully booked before the day is out, and now half of the next as well. It is very popular. Very few can believe we do it without charge.

Yes, any member of the community can sign up, but they may have to wait a while to get in.

We currently have no First Nations attending.

We have staff who come in quite often and we welcome them with open arms as the work they do for the community on a regular basis can be very stressful.

2) we also have had one community outreach course. The fee was \$10. We had 11 for the initial course and 7 for the follow up course 2 weeks later. It was very well received and we gained lots of wisdom on ways to fill the needs of the community. Many wanted to learn for their kids and relatives. “  
From Judith.