

A tool for boards of directors

FEBRUARY 17, 2021:
AUTONOMOUS COMMUNITY ACTION IS TAKING A BREAK,
WE'RE RECHARGING!

WHAT IS THE COMMIT TO THE COMMUNITY SECTOR CAMPAIGN?

Commit to the community sector is a major mobilization campaign that unites 4000 ACA groups from Quebec's 17 administrative regions.

Therefore, this is OUR CAMPAIGN! A united and intersectoral campaign that brings together diverse autonomous community action sectors from across Quebec, and this, since 2016.

This campaign has significantly contributed to obtaining funding for the organizations' missions—a total of \$190.7 million since 2016.

These funds were acquired thanks to our collective mobilisation, representation, visibility and popular education work. These efforts corroborate the autonomous community action movement's vitality and position as a driver of social change.



ENGAGEZ-VOUS
pour le **COMMUNAUTAIRE**

WHAT DO WE WANT?

The Commit to the community sector campaign aims for a fair society where human rights are fully respected. We are 4000+ autonomous community action organizations in Quebec, each faced with substantial underfunding and threats to our autonomy that compromise our mission for social transformation.

We are often the first to face the consequences of austerity policies and cuts to public services and social programs. An indispensable part of the social safety net and community democracy, it is community groups—working with diminished resources—that must support and come to the aid of people whose living conditions have deteriorated.

This is why our demands are universal and aligned with our collective values, among the groups and the population, which characterize the autonomous community action movement.

3 DEMANDS :

1. Increase mission funding to an appropriate level and annually index grants in relation to increased operating costs.
2. Recognize organizational autonomy.
3. Achieve social justice and respect for rights.

CALL TO ACTION FOR A UNITED MOBILIZATION DAY ON FEBRUARY 17, 2021



In the context of the World Day of Social Justice (February 20), a day of regional and local actions is planned on February 17, 2021 across all regions. The Commit to the community sector regional mobilization committees are busy planning!

PROPOSAL FOR AN EASTERN TOWNSHIPS HEALTH AND WELLNESS DAY

In this very peculiar COVID-19 pandemic year, the Commit to the community sector campaign's comité régional estrien* suggests offering a health and wellness day—February 17, 2021—to all community workers.

Community service workers are exhausted—we need to take care of them if we want them to continue taking care of us.

Goals for this day:

- Take time to rest & relax
- Mutually support each other
- Spoil ourselves
- Unwind
- Take a break
- Recharge
- Etc.

This day is meant to be both fun and beneficial. We take care of ourselves while sending a message to the government: autonomous community action is taking a break—today, we are recharging!

*The comité régional estrien encompasses the following groups:

- Concertation Femmes Estrie
- CDC Brome-Missisquoi
- CDC Coaticook
- CDC Haute-Yamaska
- CDC Memphrémagog
- ROC Estrie
- Solidarité populaire Estrie
- TROVEP Estrie



WHY A HEALTH AND WELLNESS DAY?

The pandemic has spared no one and, like many others, from the get-go, the autonomous community action (ACA) sector has been on the frontlines supporting the social safety net.

After months of resiliency and hard work, the workforce is exhausted and many people are suffering psychologically. A survey conducted in early October revealed that 76% of ROC Estrie* staff are facing exhaustion within their teams—this number is staggering and very troublesome!

How can we offer suitable support when our own teams are teetering on the edge?

ACA groups provide essential work accompanying vulnerable people. Often, they are the last defense against isolation, hunger and despair. We think it is high time that we offer our teams the opportunity to take care of themselves so that they can continue to care for others.

This is why we are asking you to offer all your autonomous community action workers a health and wellness day on February 17, 2021.



*Participation rate n=109 (76% of members)

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Our teams are exhausted, the social safety net is riddled with holes as a result of many years of austerity; organizations' autonomy is threatened. Organizations are not supposed to compensate for the province's disengagement, nor act as low-cost subcontractors. Steady funding is necessary to enable organizations to maintain favourable working condition—benefitting team stability and making it easier to face the unexpected, such as a pandemic.

WHAT CAN YOU DO DURING THIS DAY?

Since the goal is to take care of ourselves and recharge, we have not overbooked the day hence leaving you enough free time to do as you please.

A MASSIVE collective, interregional pyjama zoom meeting is planned! Several regions across Quebec think it's a great idea and they are onboard. This will be the perfect opportunity to chat and discuss a variety of topics in small groups, all this in an amusing and casual setting.

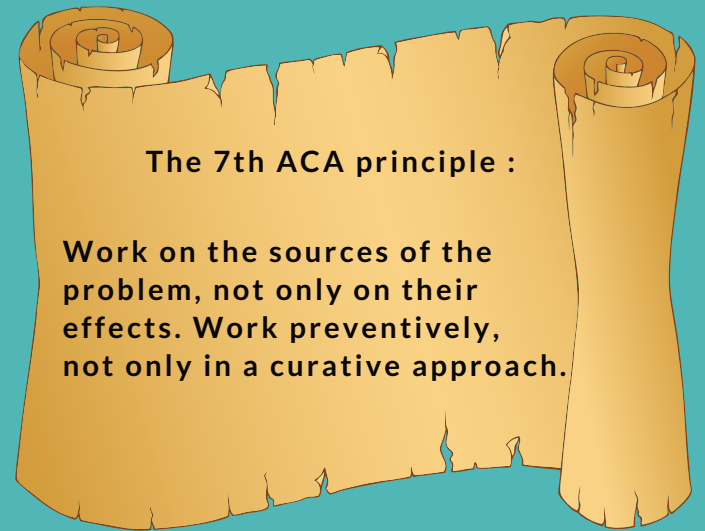
Your organization offers 24/7 housing and shelter services? You offer food assistance and it's impossible for you to participate in this day? You can take part in other ways.

- Show your support via social media by adding the proposed frame to your profile.
- Circulate the press release in your networks.
- Go to work in your pyjamas!
- Suspend your services for a few hours to allow your workers to attend the MASSIVE pyjama zoom meeting.

Be creative!



Because taking care of our teams' mental health means keeping with our values and other ACA principles.



HOW TO PARTICIPATE IN THE MOVEMENT

As an ACA organization that appreciates and respects democratic practices, it is up to you to decide whether or not you want to participate in this wellness day!

To do so, according to your organizational culture and internal regulations, consult your members or your board of directors.

On the next page you'll find an amusing "prescription" model to confer with your members and take part in this day!

Let's be numerous to take a break, recharge—and get off to a better start!

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**GET ASKING!
HERE'S A FUN TOOL TO HELP YOU
APPROACH YOUR BOARD OF DIRECTORS!**



*Because taking
care of our
teams'
mental health is
vital!*



Organization name
Address
Telephone

Nom : _____ Date _____



*Prescription for a day of health and
wellness on February 17, 2021 to
protect mental health during the
pandemic.*

Signature _____

Board representative