



# CCP Community Learning Network Newsletter

January 2022



Welcome to the Comprehensive Community Planning (CCP) Community Learning Network (CLN) Newsletter. This is a monthly newsletter containing information and updates on all things CCP.

**This month's themes are work planning and project management.** January is a good time to reflect on last year's work and make a plan for 2022. Starting with a plan for winter is a great option if a longer-range work plan feels overwhelming. Take it one season at a time and your CCP will take shape before you know it!

**In this month's newsletter, you'll find information on the following:**

1. Seasonal Reflections
2. CCP Workshop Update
3. CCP Community of Practice Update
4. CCP Mentorship Initiative Update
5. Links to Associated and Relevant Webinars
6. Grounding Exercise
7. Contact information

**Read on for more information.**

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## **1. Seasonal Reflections**



Winter is often a time of rest, quiet reflection, storytelling, and filling the long, cold, dark hours with preparations for the warmer seasons - weaving baskets and clothing, repairing nets and other tools, and making sure there is enough food to go around until spring. **Reflect on your winter traditions and teachings. What connections can you make to your CCP work?**

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## **2. CCP Workshop Update**

The CCP Workshop team has been busy captioning and uploading the videos for the 2021 BC CCP Workshop sessions. Note that captions are available for all session videos except the Planning Support

Organization sessions (for these, enable YouTube's auto captions, which may not be completely accurate). Head over to the [CCP YouTube channel](#), subscribe, and enjoy the recordings of the breakout sessions that catch your attention.

If you're looking for inspiration as you settle into some January work planning, check out the recordings on work planning and project management from both the [2020](#) and [2021 CCP Workshops!](#)

You'll also find slides, session notes, and transcripts for the [2021 breakout sessions here.](#)

[2021 CCP Workshop Website](#)

### 3. CCP Community of Practice



The BC CCP Community of Practice (CoP) is a group of people with a shared purpose of CCP work that comes together to support participants in continued learning, development, and problem-solving on their CCP journeys. Attendance is free and open to any BC community doing a CCP. There are two BC CCP CoP sessions currently scheduled for 2022:

- **January 18 from 9:30am to noon:** Work planning, project management, and administration and organizational development, featuring CCP mentor Cara Basil

- **February 22 from 9:30am to noon:** Finding funding and grant writing, featuring CCP mentor Dana Moraes

Pre-registration is required to attend; you can register anytime before the event begins, including the morning of the CoP.

If you have experienced technical difficulties joining before, we have addressed the issue! You will receive a calendar invitation and a unique link to join the Zoom session. We will send a reminder email and Zoom link to registrants 15-30 minutes before the gathering, as well.

**Register - Jan. 18**

**Register - Feb. 22**

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## 4. CCP Mentorship Initiative

If you're looking for a bit of help as your CCP work starts up again, the CCP Mentors are here to assist! Please ask for Flash Mentorship support if you have a specific and immediate CCP question - or even if you're looking for general brainstorming or a friendly ear. Simply fill out the [Flash Mentorship form](#) and we will connect you with a CCP Mentor who is well-suited to support you. Remember that you can ask for Flash Mentorship more than once!

Note that CCP Mentorship Sharing Circles are now underway and registration for these circles is closed.

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## 5. Links to Associated and Relevant Webinars

Find upcoming webinars and training on the First Nations Public Service Secretariat (FNPSS) [Events calendar](#), check out the [FNPSS YouTube channel](#), or learn about previous [FNPSS webinars](#) on a variety of topics including planning, wellness, leadership, and COVID response.

## 6. Grounding Exercise



Partner with winter's cold weather and ground your body, mind, and spirit by bringing attention to how you respond to the cold.

You can do this by going outside and simply taking deep breaths of cold fresh air; notice the feel of cold air in your lungs, the vapor as you exhale, goosebumps on your skin, or your hair freezing. Be present with your breath and with the cold. What else do you notice? Go back inside to the warmth when you're ready.

Alternately, you can work with the sensation of cold indoors with water:

- Start with a warm shower. Feel the warmth on your skin and settle into a nice breathing rhythm.
- When you feel the internal temperature of your body has risen, turn the water temperature down until the water cools your body. If you're feeling very brave, you can turn the hot water off completely!
- Keep your focus on your breath, taking nice deep breaths as you experience the change in temperature.
- Take 3-5 breaths, then warm up again if you'd like.
- You can also do this exercise with just your hands and tap water (try it as you do the dishes!).

## 7. Contact Information

We are here to support you! The [Community Learning Network Support Team](#) is honoured to serve you and your Nation on your CCP journey. If you have any questions, concerns, thoughts, or just want to connect, you can email us at [ccp@fnps.ca](mailto:ccp@fnps.ca).

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