PMHANL Board Annual General Meeting

September 13, 2023

**1.Welcome!**

Archana welcomed attendees (25 in total, including PMHANL board members).

Reminded attendees how to engage, become a member.

Reviewed agenda for AGM.

**2. Year in Review**

Archana reviewed 2022/2023 progress of the PMHANL:

* Hired coordinator.
* Government Advocacy work around the Life Promotion and Suicide Prevention Plan.
* WMMHD: Flora’s walk raised over $4,000 and held Lived Experiences webinar.
* created the first Research Exchange Group for Perinatal Mental Health.
* attended the Atlantic Summer Institute’s annual policy forum.

Kayla reviewed communications committee initiatives to date.

Colleen reviewed education committee initiatives to date.

Deanne reviewed fiduciary relationship with YWCA.

**3. Constitution and by-laws**

Vote was held to ratify the PMHANL constitution and by-laws.

Motioned by Maureen Bethel.

Second motion by Lynn Vivian-Book.

Maureen called for a vote. Of 25 participants, 23 voted in favor.

Vote was carried.

Lynn reminded participants that these documents will evolve and mature alongside the PMHANL.

**4. Where we are going**

Archana identified some near term initiatives:

* Position paper showing support for groups advocating for child care, in recognition of the impact on parental mental health and infant and child mental health.
* Plan to re-visit Strategic plan and create some goals for the upcoming year(s)
* We have some ideas for WMMHD2024 that involve connections around the province.
* We are exploring options for social media including instagram.
* Other committees will be launching as well so keep an ear/eye out for calls!

**5. Closing remarks**

Meeting adjourned at 8 pm.