



Chapter Meetings

Meeting Format & Structure:

Crohn's and Colitis Canada wants every Chapter meeting to be fun, engaging and a welcoming place for new faces. With that in mind, based on the successes of existing Chapters, here's a format and structure that you may want to consider:

Timing	Ideas
15 min before- doors open	Consider having a dedicated person to greet people as they arrive
30 min Patient focused segment (see ideas below)	Consider having a welcome package for new attendees that includes information about Crohn's and Colitis Canada, our programs, services, events and education materials
20 min break/social networking	Consider having light refreshments (coffee/tea/water) available
30-45 min Chapter business meeting	Consider keeping the business portion of the meeting for those specifically involved ie Chapter Executive and volunteers

Meeting Topics & Ideas:

Outcomes from Chapter meetings include building community, education, sharing organizational updates, news and successes and supporting people living with Crohn's disease and ulcerative colitis live full lives. The format outlined above provides time and space for each of these, along with more internal-business discussions for those directly involved.

Topics	Ideas
Newly diagnosed information	<ul style="list-style-type: none"> -share your diagnosis experiences -learn more about Crohn's disease and ulcerative colitis -review Crohn's and Colitis Canada's educational brochures and Gutsy Learning Series videos -get the Newly Diagnosed Night toolkit from your staff partner to host an event
Patient programs and services	<ul style="list-style-type: none"> -invite a local Gutsy Peer Support Mentor to speak about their experience -watch an education webinar together- live or recorded -come up with a local plan for how you'll promote Gutsy Peer Support
Youth-focused programs	<ul style="list-style-type: none"> -invite a local Camp Got2Go attendee to share their experience or watch the Camp video -invite a local IBD Scholarship recipient to share their story or watch the videos -host a social mixer specifically for youth and/or young adults -watch youth-focused education webinars together- live or recorded
Crohn's and Colitis Canada updates	<ul style="list-style-type: none"> -visit our website to see what's new! Have you reviewed our latest Annual Report? -check out the events calendar to learn more about what's happening -review the latest volunteer e-newsletter, Volunteer Tools page addition or have your staff partner present organizational updates
Research	<ul style="list-style-type: none"> -invite a local researcher to speak about their research and findings -learn more about the GEM project and help recruit new patients -review recently awarded research grants online -review the "Research We Fund" presentation to learn about our research strategy, selection and impact
Diet and Nutrition	<ul style="list-style-type: none"> -invite a local dietician or nutritionist to speak about eating well or review the Diet and Nutrition section of the Crohn's and Colitis Canada website -share what works for each person, do a recipe exchange or a potluck!
Volunteer Engagement	<ul style="list-style-type: none"> -watch the national online orientation presentation- even long-time volunteers will learn something new! -want to recruit new faces to volunteer? Check out ideas for where to involve new volunteers in your Chapter (under Chapter section- Volunteer Engagement) -have FUN while you volunteer! Add a Meeting Icebreaker for a twist (under Chapter tools)