



Health Matters Newsletter
April 29, 2022
Today's Health Matters Includes:

- OCCHN Meeting Schedule
- Community Meetings
- People Fleeing the Ukraine Now Receive Medical Benefits in Canada
- Economic Development Cowichan and Internet and Connectivity Strategy
- Job Fairs in Duncan and Ladysmith
- Granting Opportunity for Children/Youth Mental Health via United Way
- Jordan's Principle – Information Session
- Wisdom of Trauma (Gabor Mate') Movie
- We Stand for Ukraine- Latest Update from BC Govn't



- ✓ **Next Admin Committee Meeting** **May 5- 4:00 pm zoom call**
- ✓ **Next Our Cowichan Network Meeting** **May 12 5:15 pm Via Zoom**
- ✓ **Next EPIC Committee Meeting-** **May 19, 2022, 1:30 pm-3:00 pm zoom call** contact Cindy cindylisecchn@shaw.ca for access
- ✓ **Cowichan CAT – May 26 2022, 10 am -noon** contact Leah Vance leahlcvance@gmail.com for access

Omicron Continues to Circulate Please GET Boosted

[Ukrainians fleeing violence get immediate MSP coverage](#)

Displaced Ukrainians arriving in B.C. with visas issued under the federal Canada-Ukraine Authorization for Emergency Travel (CUAET) will now have access to date-of-arrival Medical Services Plan (MSP) coverage.

► [READ MORE](#)

Economic Development Cowichan is undertaking an Internet and Cellular Connectivity Strategy for the region.

We have launched a regional engagement campaign around the project. Our goals for the engagement are to validate our understanding of the current state of connectivity in the region, and to uncover the community's vision for the future of connectivity that we can achieve collectively.

The primary engagement tools include a survey and virtual open house event. The survey is available online at planyourcowichan.ca/connect, and paper copies are available at CVRD, Ladysmith, and North Cowichan community and recreation centres.

The survey is open until April 30. The open house event will be held virtually on April 28 at 6:30pm, with [registration](#) through the Plan Your Cowichan website. We hope you will all participate in the open house and complete the survey!

We are also looking for your help to spread the word. Please share the campaign with your friends, family, neighbours and colleagues. Our marketing materials are linked below for easy sharing:

- Project Landing Page: <https://www.planyourcowichan.ca/connect>
- News Release: <https://www.cvrld.ca/DocumentCenter/View/103645/News-Release---Cowichan-Connectivity-Strategy>
- Social Media Posts:
 - Facebook: <https://www.facebook.com/mycvrd/posts/361447019342591>
 - Instagram: https://www.instagram.com/p/CcVxXcmpMIB/?utm_source=ig_web_copy_link
 - Twitter: <https://twitter.com/mycvrd/status/1514664975175987204>
 - LinkedIn: <https://www.linkedin.com/feed/update/urn:li:activity:6920425474896654336>

With your help, we can work towards a connected Cowichan where everyone has access to reliable, affordable high-speed internet and cellular service. Thank you!

WorkBC
Employment Services

SAVE THE DATE!

JOB FAIR

6

DUNCAN
Friday, May 6
10am - 1pm
Cowichan Community Centre

**Door Prize Draws for Attendees!*

WorkBC Centre Duncan
centre-duncan@workbc.ca
250.748.9880

Scan QR Code for list of employers attending!

Canada
BRITISH COLUMBIA
This program is funded by the Government of Canada and the Province of British Columbia.

WorkBC
Employment Services

IN PARTNERSHIP WITH
Ladysmith
CHAMBER
of COMMERCE

JOB FAIR

SAVE THE DATE!

11

LADYSMITH
Wednesday, May 11
10am - 1pm
Ladysmith Secondary School

**Door Prize Draws for Attendees!*

WorkBC Centre Duncan
centre-duncan@workbc.ca
250.748.9880

Scan QR Code for list of employers attending!

Canada
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This program is funded by the Government of Canada and the Province of British Columbia.

Granting Opportunity for Children and Youth Mental Health (United Way)

We are now accepting applications for our 2022-2023 Community Investment grants in support of children and youth mental health.

Local Indigenous organizations, including First Nations, Metis and Inuit, and registered charities in the Central and Northern Vancouver Island region (CNVI), are encouraged to apply! Eligible organizations must be operating mental health programs and activities that promote adaptability, resiliency, communication skills, emotional regulation skills, problem-solving and optimism in children and youth. Thanks to the generous support of local donors, we will invest a total of \$250,000 into our CNVI community. This year, there are two funding streams: Children and Youth, as well as Indigenous Children and Youth, with each stream distributing \$125,000 through grants of a maximum of \$15,000.

Join us at an online information session to learn more about our 2022-2023 Community Investment grants. Together we will review the guidelines, the online process, and answer questions about this year's Community Investment grants.

April 25, 2022

1:00 to 2:00 pm
Information session

April 26, 2022

1:00 to 2:00 pm
Indigenous, including First Nations, Metis and Inuit, information session

To register email fayokemio@uwbc.ca and identify which session you will attend.

If you are unable to attend an Information Session but have questions or require assistance to complete the application, please contact marycatherinew@uwbc.ca.

Apply now and learn more at uwcvi.ca/grants

May 19th, 2022 – Jordan’s Principle: Information Session with Raylene McCreath



Raylene McCreath from BC Aboriginal Network on Disability Society/ Indigenous Disability Canada (BCANDS/IDC) will be discussing Jordan’s Principle: Child first initiative. Join Raylene in this webinar as she discusses what the initiative is, who & how to apply, and what supports are out there to offer First Nations children in need.

Everyone is welcome to our UBCLC sessions.

Our events aim to embody a safe space for everyone of all different backgrounds to have their opinions and voices equally heard.

Date: Thursday, May 19th, 2022 ([PST](#))

Time: 10 a.m. to 11:30 am

Where: Internet webinar.

[View system requirements](#)

Registration: required to participate

[Register for Webinar](#)

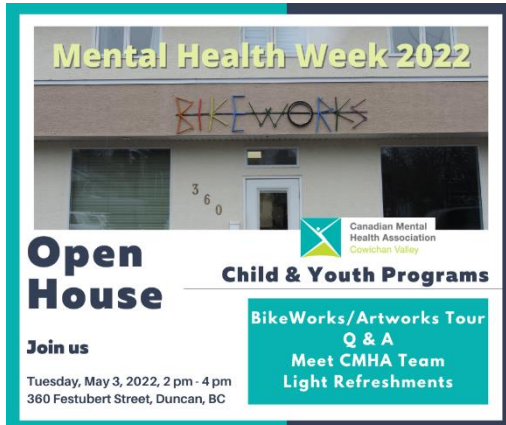
The Wisdom of Trauma Movie

Just in case you haven't heard already, *the Wisdom of Trauma* movie is available now [on our site](#) by donation.

Nobody will be denied access for lack of funds.

[WATCH THE MOVIE](#)

2:00pm
Open
360
Invited:
School
Groups,
our child



Tuesday, May 3, 2022,
- 4:00pm
House at BikeWorks,
Festubert Street
Community Members,
representatives, Community
Businesses, anyone that is
interested in learning about
and youth programs.

- Check out the new BikeWorks location

- Meet caring Child, Youth and Family Connections staff
- Learn about the programs we offer for children, youth and families
- Light refreshments served

Youth Safe Space Fundraising Drive

Fundraising Drive: Mental Health Week 2022

In celebration of Mental Health Week 2022 we invite you to support our goal of [creating a safe space and programs for homeless youth in the Cowichan Valley](#). These donations will be held in a capital account for this purpose. Our goal is to raise \$500,000.

There is currently no shelter for youth under 19. At a time in their lives when youth need stability, direction and support, they have none. Some have aged out of care, left unhealthy family situations, some have disabilities and many have trauma we can't imagine. Some turn to substances to ease the pain.

How can we help?

We can start by providing a safe place for youth to drop in. We can start by listening while we provide the basics such as a warm meal, medical attention, a warm shower and some clean clothes. We can learn about what they need and direct them to other resources in the community. In a perfect world, we could provide shelter or at the very least a referral to shelter. We can provide the vital connection needed to change the course of their lives.

All donations over \$20 will receive a tax receipt. Monthly donations also welcome.

Proceeds from our [Coldest Night of the Year](#) and [Shaw Brighter Communities Text to Donate](#) campaigns are also held in this account.



The latest update from the Government of BC-

The province has launched a new, dedicated "Welcoming Ukraine" portal which provides information to Ukrainians who are moving to the province, as well as for British Columbians who want to volunteer or donate to show their support. The website is available in English, Ukrainian and Russian.

- o English: gov.bc.ca/WelcomingUkraine
- o Ukrainian: gov.bc.ca/WelcomingUkraine-UKR
- o Russian: gov.bc.ca/WelcomingUkraine-RU

- To ensure Ukrainians arriving in B.C. have access to the services they need, and to coordinate the generosity of British Columbians, the Province has launched a phone line to coordinate information and supports through the ServiceBC phone line: 1-800-663-7867.
- This phone line will be available with translation services in Ukrainian, Russian and 140 other languages and will be available from 7:30 a.m. to 5 p.m. (pacific time) every day.

To support local Ukrainians assisting family, contact one of our clients Oksana P. at ksenia.poberezhnyk@gmail.com or you could donate for Ukraine through [Maple Hope Foundation](#) or any other organization such as the Red Cross. Please register as a volunteer at CIS if you are interested in helping Ukrainian refugees or related events/programs in the future.

- BC211 Unite for Ukraine
<https://bc.211.ca/united-for-ukraine>
- AMSSA Ukrainian Migration Resources
<https://www.amssa.org/resources/ukrainian-migration-resources>

Health Matters Newsletter

Do you have a resource, event or information you would like to share?

Send it to cindylisecchn@shaw.ca and it will be included in the Friday Newsletter