



Health Matters Newsletter
April 7, 2022
Today's Health Matters Includes:

- OCCHN Meeting Schedule
- Community Meetings
- Plan H BC Healthy Communities Grant
- Cowichan Women Against Violence 101 Community Heros Campaign
- CMHA Youth Safe Space Fundraiser
- It's Budget Time at School District 79- Survey
- Cowichan Caregivers Support Society Newsletter



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- ✓ **Next Admin Committee Meeting** May 5- 4:00 pm zoom call
 - ✓ **Next Our Cowichan Network Meeting** April 14 5:15 pm Providence Farm Send RSVP to Cindy
 - ✓ **Next EPIC Committee Meeting-** April 21, 2022, 1:30 pm-3:00 pm zoom call contact Cindy cindylisecchn@shaw.ca for access
 - ✓ **Cowichan CAT –** April 28 2022, 10 am -noon contact Leah Vance leahlvance@gmail.com for access
 - ✓ **Extreme Weather Shelter Planning-** April 11- 1 pm zoom contact Cindy cindylisecchn@shaw.ca for access

Omicron Continues to Circulate Please GET Boosted

PlanH Healthy Communities Grants Information Session



With the launch of the [2022 PlanH Healthy Communities Grant Program](#), more funding and support is available to assist communities as they work to reconnect and build back better through more equitable policies and processes. The PlanH Healthy Communities Grant Program, administered by BC Healthy Communities, is offering grants for 2022 across two funding streams: **Community Connectedness** and **Healthy Public Policy**.

On **Tuesday, April 12** from **11 am–12 pm PDT**, join us for an [information session](#). During this session, we will give an overview of the grant program, share application tips and answer questions.

GRANT APPLICATIONS CLOSE JUNE 1, 2022.

[Register for the info session](#)

Cowichan Women Against Violence 101 Community Heros Campaign

The 101 Community Heroes Campaign is a grassroots donor drive aimed at helping ensure the survival of Charlotte's Place Women's Shelter, run by Cowichan Women Against Violence Society (CWAV). Charlotte's Place is a 24-hour, low-barrier shelter for women and women-identifying individuals who are experiencing homelessness. CWAV is seeking 101 individuals to become monthly donors at \$20 a month, with all proceeds going directly into the operational support of the shelter. A donation to this campaign ensures safety, shelter, access to community supports, and a lifeline to new possibilities for some of the most vulnerable members of the Cowichan community.

And here is a link to the campaign on

FB: <https://www.facebook.com/CWAVSociety/photos/a.745488052130540/5253284871350813>

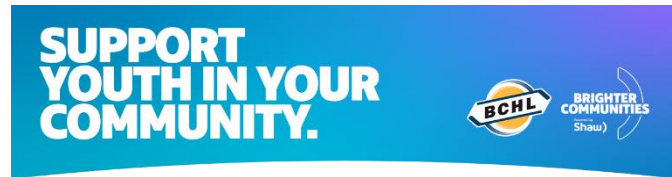
And directly to the Donation Form: <https://www.canadahelps.org/en/dn/71125>

Funding Announcement for COVID Recovery

[https://www.todayinbc.com/news/b-c-non-profits-can-soon-receive-covid-recovery-funds/?ct=t\(EMAIL_CAMPAIGN_13_12_2019_COPY_01\)](https://www.todayinbc.com/news/b-c-non-profits-can-soon-receive-covid-recovery-funds/?ct=t(EMAIL_CAMPAIGN_13_12_2019_COPY_01))

SAFE SPACE for Youth Fundraiser

The CMHA Cowichan Valley Branch is proud to be partnering with Shaw, the Cowichan Capitals, and the BCHL again this year on Brighter Communities powered by Shaw, a quick and easy fundraising campaign to support our work with youth.



Anyone with a cell phone can text CVKIDS to 41010 and donate \$10 to CMHA Cowichan Valley Branch. To make these generous contributions go further, Shaw will match donations, doubling the amount raised to help youth in our community. People can donate as many times as they like until May 31. Organizations like ours rely on the generosity of our community and we need support now more than ever. Funds raised from this campaign will be directed to a capital account to [create a safe space and programs for homeless youth](#) in the Cowichan Valley.

The donations and matched contributions raised through this initiative will help ensure that charities like ours will be able to increase support for at-risk youth in the Cowichan Valley. Thank you in advance to all our donors, and to Shaw, the BCHL and the Cowichan Capitals for their generous support.

As a staff member, board director or community partner, we wanted to take a moment to share this information so that you might feel inclined to share with your networks. A \$10 donation, made by many and doubled by Shaw, can help us get closer to our goal.

Thank you for your consideration.

Anne Marie

It's Budget Time at School District 79

The Cowichan Valley School District wants feedback on its budget planning. [The online survey](#), open through April 17, will help guide spending in the next school year.

Cowichan Caregivers Support Society Spring Newsletter

<https://www.familycaregiverssupport.org/wp-content/uploads/2022/04/CFCSS-issue-46.pdf>

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