



Health Matters Newsletter
April 7, 2023
Today's Health Matters Includes:



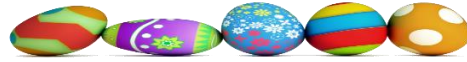
- OCCHN Meeting Schedules
- Community Meetings
- Stay Tuned Our Cowichan Small Grants are Coming
- New Island Health Mental Health Hotline
- Neighbour to Neighbour Town Share Event
- Raven Self Guided Reconciliation Training – with cartoons
- City of Duncan Seeking Input for New Official Community Plan
- Journey of our Generations Workshop
- Cowichan Emergency Preparedness Expo
- Cowichan Caregivers Support Society Spring News Letter



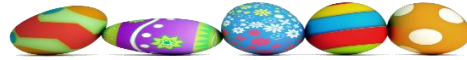
Community Meetings

- ✓ **Next Admin Committee Meeting April 6, 2023**
- ✓ **Next Our Cowichan Network Meeting To be determined**
- ✓ **Next EPIC Committee Meeting- April 17, 2023, 10 am-11:30 pm NEW DAY AND TIME zoom call**
contact Cindy cindylisecchn@shaw.ca for access
- ✓ **Cowichan CAT – April 27 2023, 10 am-12:00** contact Johanne Kemmler
Johanne.f.kemmler@gmail.com

✓

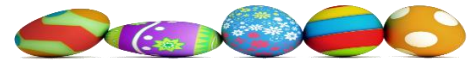


Stay Tuned... Our Cowichan Communities Health Network Small Grants are Coming Your Way. Applications will open on April 12. Go to www.ourcchn.ca for application package and information on April 12.



Island Health has launched a new hotline to connect people with resources, services and information related to mental health and substance use.

The [Mental Health and Substance Use Service Link](#) can be reached at 1-888-885-8824. Staff are trained to connect people with local services and information, but are not trained to offer crisis intervention or emotional support.



NEIGHBOUR TO NEIGHBOUR TOWN SHARE EVENT!

Come out & connect with your neighbours!

Visit the Free Store!


Free Lunch

Community Info

Food Giveaways



Spring is in the air!
Come out and connect with your neighbours over lunch, receive information about local services, learn basic bike safety & repair and check out the pop-up free store!

 **SATURDAY, APRIL 15, 2023**
10:00 am - 2:00 pm

 **Lake Cowichan 50+ Activity Centre**
55 Coronation Street

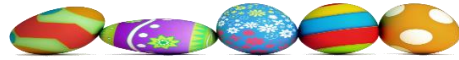
To Donate: Please drop off gently used, functional items including indoor/outdoor clean clothing, sporting goods, games, toys, household items such as cookware, linens, etc. at the event location on Thursday, April 13th from 10am to 1pm or Friday, April 14th between 10am and 6pm.
No trinkets please - Thank you!

ALL AGES WELCOME!

FOR MORE INFO CONTACT:
 movinonupcowichanlake@gmail.com
  [movinonupcowichanlake](https://www.instagram.com/movinonupcowichanlake)
 250-701-3134



MOVIN' ON UP
COWICHAN LAKE
POVERTY REDUCTION



RAVEN self-guided reconciliation training – with cartoons



Respecting Aboriginal Values and Environmental Needs – RAVEN recently launched a new educational series, Home on Native Land. It makes learning about Indigenous and Canadian law fun and accessible, featuring engaging legal experts and Indigenous community members.

This free self-guided course includes:

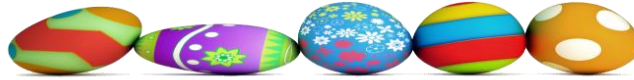
- 10 video conversations hosted by Indigenous comedian Ryan McMahon, with prominent Indigenous thinkers, scholars and legal experts
- 10 lessons – with illustrations - laying out the fundamentals of Treaty rights, the Indian Act, Constitutional rights, and environmental rights & Indigenous stewardship.

→ [Reconciliation training link here](#)



The City of Duncan is asking for public input on a proposed update to its official community plan (OCP).

The OCP presents a vision for the community, including what kinds of development will be permitted, what public infrastructure will exist and how issues like housing affordability and climate change will be tackled. The city will host meetings to learn more and seek input on April 25 (9 a.m. to noon), 26 (1 p.m. to 4 p.m.) and 27 (4 p.m. to 7 p.m.) at the Duncan Fire Hall. More information and a survey can be accessed [through the project website](#).



The Cowichan Valley School Board has unanimously passed a new Identity, Belonging, and Connection Policy.

The policy commits the district to take steps that aim to ensure that all school community members, and particularly those from marginalized communities, feel safe and included. The policy was developed by the district's ad-hoc antiracism committee, which brought together students, staff and members of the community at large



RECONCILIATION: JOURNEY OF OUR GENERATION WORKSHOPS

"This was one of the most powerful and impactful workshops I have ever attended. I was humbled by the courage and honesty of the Elders to share and educate. The information is offered in a way that does not blame but asks 'How can we heal this?'"



Everyone is welcome at our upcoming workshops:

May 4th - [Cobble Hill](#) - Cobble Hill Hall

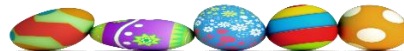
Since 2006 here in Cowichan, Elders have been sharing their stories, their history and their healing following the values of nuts'amaat shqaluwun, people working together with one heart, one mind, one spirit. As Tousilum reminds us, the longest journey is from our head to

our hearts. We each have much to learn along the way as we learn forgiveness, and practice the values found in kindness, expressed through love and guided by respect.

Join Quw'utsun' Elders who will take you on a journey through time with stories of pre-contact village life, the arrival of settlers, the development of colonies and policies of colonization. Sit inside western systems and Indigenous ways of being, to experience the impacts, effects and changes brought about by colonization. Explore the questions of where and how we go from here and join thousands of people who have participated and are committed to walking the road of Q'shintul - walking this journey together.

Registration: Click on a date above to register through [EventBrite](#) or email: qccsociety@gmail.com.

Cost: \$65 (includes lunch, snacks, coffee and tea). *No one will be turned away due to insufficient funds.*



Cowichan Emergency Preparedness Expo. Does Your Organization Have an Interest in Participating in this Event? Are you interested in hosting a booth?

If so, please contact Paul Wechselberger Emergency Management Technician
Emergency Management Division, Strategic Services Department Cowichan Valley Regional District
Email: paul.wechselberger@cvrld.bc.ca

COWICHAN EMERGENCY PREPAREDNESS EXPO

EMC EMERGENCY MANAGEMENT COWICHAN

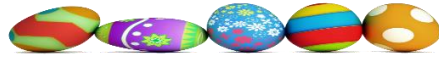
SATURDAY MAY 6, 2023
10 AM to 3 PM

Cowichan Exhibition Park
7380 Trans-Canada Hwy,
Duncan, BC

FREE, FUN FAMILY EVENT!

Get tips on making a family emergency plan, meet emergency response organizations, and enjoy live demonstrations!

The poster features a stylized graphic of a hand holding a flashlight, a first aid kit, and a smartphone. At the bottom, there are logos for CVRD, Cowichan, British Columbia Wildlife Service, and the Municipality of North Cowichan/Duncan. A family silhouette is also present.

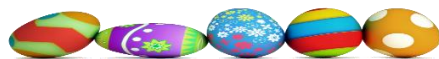


Cowichan Caregivers Support Society Spring Newsletter

Greetings, and happy spring from all of us at CFCSS,

Please find below the link to our Spring 2023 newsletter.

[CFCSS Newsletter Spring 2023 Issue 50](#)



ENERGY TAKERS

| | |
|----------------------|------------------------|
| Focusing on the past | Music |
| Inconsistent sleep | Nature |
| Mess and clutter | Resting |
| Sedentary time | Sunlight |
| Social media | Positivity |
| Overworking | Gratitude |
| Dehydration | Hydration |
| Screen time | Meditation |
| Resentment | Movement |
| Negativity | Breathwork |
| Junk food | Community |
| The news | Decluttering |
| Alcohol | Consistent sleep |
| Stress | Eating whole foods |
| Fear | Learning something new |

ENERGY GIVERS

@the.brainhealth.doctor

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