



**Health Matters Newsletter
December 23, 2022
Today's Health Matters Includes:**

- OCCHN Meeting Schedules
- Community Meetings
- It's Cold Out There- Where you can Help?
- Tamarack Collective Impact Training

Although we said good bye to Hudson the office assistant this year after 15 years at his post, he holds a special place on my Christmas Tree. From our house to yours, Merry Christmas



Community Meetings

- ✓ **Next Admin Committee Meeting** January 5th- 4:00 pm **In Person**
- ✓ **Next Our Cowichan Network Meeting** January 12 Location to be determined – **IN PERSON**
- ✓ **Next EPIC Committee Meeting-** January 19, 2022, 1:30 pm-3:00 pm **zoom call** contact Cindy cindylisecchn@shaw.ca for access
- ✓ **Cowichan CAT –** January 26th, 2022, 10 am-12:00 contact Leah Vance leahlvance@gmail.com

Omicron and the Flu Continues to Circulate

Please GET Boosted

Vaccination Clinics are open again at the Cowichan Community Centre and local pharmacies for **Flu and COVID** Vaccines.



Its Cold Out There

Stay Tuned to Emails Requesting Assistance with Volunteering at Night Time Warming Centres- if you can help... please contact us.


The Cowichan Region is the only region at this current time that is running night time warming shelters with the support of volunteers. Without them we cannot operate. If you have time to give your help may be what allows the doors to open that night. Extreme weather shelters/warming centres are contingent on the weather and are only open on nights when the temperature drops to a certain level. Other nights those who are unhoused must seek shelter wherever they can.

Without current additional extreme weather shelter options outreach teams and community members are supporting people who are unhoused directly on the streets. How can you help?

Donations and Supply drop off Options: Warm blankets, clothing, socks, gloves and toiletries are always in demand. Drop off locations include:

- House of Friendship
- Warmland Shelter
- Women's Shelter
- Life on Wheels (Sea Can on Canada Avenue across from Cowichan Independent Living- Tuesday's Wednesdays and Thursdays between 12 pm and 3 pm. Community members can access clothing, flashlights, small heaters and toiletries. Volunteers help to make connections to detox, treatment and community services





Waves of Change
A nature based program for women who identify anxiety as a barrier in their lives

Info sessions:
December 13th and January 10th at 6 PM

Group dates are as follows:
Thursdays 10 AM- 2 PM: February 9th, March 9th, April 13th, May 4th
Tuesdays 6-830 PM: February 21st, March 28th, April 25th, May 16th
Weekend adventure June 3rd and 4th

Please email
sarahduncan@humannaturecounselling.ca to sign up
for info session



Tamarack Collective Action Training

We're reaching out to personally invite you to our upcoming workshop - [Strengthening the Mindset and Skills for Leading a Collaborative](#). We'll be exploring mindset shifts essential that advance collective action and shared responsibility, and how to encourage others to adopt a collaborative mindset.

You will explore the five specific skills essential to strengthen your capacity as a collaborative leader:

1. Facilitation
2. Evaluation
3. Understanding Context
4. Inquiry
5. Building Trust

Proven Results

People who have learned about the mindset and skills for leading a collaborative have highlighted insights and perspectives they can immediately apply to improve their collaborative's performance, including:

- Creating healthy power dynamics within the collaborative so individuals with lived experience guide and shape its work
- Turning conflicts among members into opportunities for innovation and creativity
- Engaging new members in the work and rejuvenating long-term members
- Helping members make better, faster decisions together
- Co-creating innovative strategies and initiatives

Participants will leave with greater clarity and confidence to undertake the unusual role of supporting a collaborative - a perspective that brings out the best in the diverse stakeholders whose contributions are essential to community change.

We hope you'll join us and explore these essential skills and mindset shifts, and help unlock your potential as a collaborative leader.

This is what we're most excited about – working directly in small groups to deepen your knowledge and ability to lead collaboratively.

It seems big, but it's possible. In this workshop we'll walk through the essential elements you'll need to make it happen.

-Sylvia Cheuy & Chris Thompson

Strengthening the Mindset & Skills for Leading a Collaborative

Virtual Workshop | January 26, 2022 | 1:00 pm - 4:30 p.m. ET.

[Learn more about Collaborative Mindsets & Skills](#)

Post-Workshop Coaching Opportunities

We're offering group coaching opportunities one month after the workshop series itself to allow for continued learning, and for you to seek personalized feedback on your work or learning along your peers.

Seats are limited, so we encourage you to reach out if you have any questions about the event. Group rates are available for groups of three or more, and, as always, discounted rates are provided for members of our Communities Ending Poverty, Cities Deepening Community, and Communities Building Youth Futures networks.

Paul Born Be a Light Scholarships

Are you interested in attending this event but limited by available funding? Our Be A Light scholarship is available to help those with incredible potential but limited budgets, and for those who have the important lived experience to contribute and support leadership in community change. Learn more and apply by [filling out this form](#), or contacting [Duncan](#).



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