



**Health Matters Newsletter**  
**December 9, 2022**  
**Today's Health Matters Includes:**

- OCCHN Meeting Schedules
- Community Meetings
- It's Cold Out There- Where you can Help
- Extreme Weather Shelter
- Canadian Mental Health Offices Have Moved
- Upcoming Funding Opportunities United Way
- Quit Now- Smoking Cessation Support
- Advancing racial and ethnic equity in science, medicine, and global health
- Cozy Couch Work Out
- Indigenous Health and Climate Change Webinar
- Cowichan Brain Injury Society Luncheon- Attached
- Ravens Nest Child and Youth Advocacy – Attached
- Cowichan Green Community -Community Feedback Survey
- Name it to Tame it Mental Wellness Support
- Sexual and Gender Diversity Inclusion Workshop for Directors and Managers- Attached



**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- December 15, 2022, 1:30 pm-3:00 pm zoom call** contact Cindy [cindylisecchn@shaw.ca](mailto:cindylisecchn@shaw.ca) for access
- ✓ **Cowichan CAT – December 22, 2022, 11 am-12:30 Pot luck** contact Leah Vance [leahlvance@gmail.com](mailto:leahlvance@gmail.com)

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## Omicron Continues to Circulate Please GET Boosted

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



### Its Cold Out There

**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



### Warmland Shelter has increased Capacity

Just a reminder that we do have an additional 15 extreme weather shelter spaces/mats at Warmland which are in effect until March 31. These are available nightly, after 4:30 pm, to 7:30 am. Dinner is provided to those using the spaces.

### Canadian Mental Health Association Offices Have Moved

We are pleased to advised that our Administrative Offices at 5878 York St are moving to a new location. Please take a minute to update your address books. As of December 1st, 2022, we can be reached as follows:

**CMHA Cowichan Valley Branch**  
552/554 Trunk Road  
Duncan, BC  
V9L 2R1

Our [telephone numbers and email addresses](#) will remain the same.

The addresses for Warmland House Shelter, the Sobering and Assessment Centre and our Youth Centre will not be changing.  
Thank you for supporting our work.



## Upcoming Funding Opportunities Via United Way

the Community Services Recovery Fund (COVID Recovery) is coming in January with the grant applications opening on January 6/23 and closing on Feb 21/23. Charitable organizations, Non-profits (with out charitable status) and First Nations can apply

We don't have a lot of detail yet but we know that organizations can apply to only one sector of either **investing in program service innovation and redesign** or **investing in organizational systems and processes** or **investing in people – staff, volunteers and boards** (the three streams will be available through United Way, Community Foundations and Red Cross). Grants can be from \$10,000 to \$200,000. Here is a link to preliminary info and FAQ's [Resources | Ressources – Community Services Recovery Fund](#).

Here is some info on UWBC info sessions for our stream (program and service innovation and redesign):

*Join our United Way British Columbia team on January 9, 2023 10-11 AM for a walk through of the Community Services Resource Fund website and as we answer frequently asked questions including the application process and information on the application portal which will open on January 6, 2023.*

Register today: <https://www.eventbrite.ca/e/uwbc-community-service-recovery-fund-csrf-info-session-tickets-482619807837>

*Can't make our January 9 session, another is available January 11, 2023 for 3-4 PM.*

Register today: <https://www.eventbrite.ca/e/uwbc-community-service-recovery-fund-csrf-info-session-tickets-482633629177>



## Where people come to quit smoking.

QuitNow is a free program for British Columbians looking to quit or reduce tobacco and e-cigarette use, delivered by the BC Lung Foundation on behalf of the Government of British Columbia. We are here to help you quit and understand what happens when you stop smoking.

[Get started today!](#)





**Advancing racial and ethnic equity in science, medicine, and global health:** Series author Delan Devakumar speaks with Tendayi Achiume, Gideon Lasco, and Sujitha Selvarajah about what racism means to them, how racism affects health, and what we can learn from our latest Series.

[Listen to this episode](#)



## CGC Community Feedback - 2022

Welcome, we're glad you could join us!

As the new year approaches, we've been thinking about how the last few years have gone for our community.

Who are we? [Cowichan Green Community \(CGC\)](#) is a non-profit organization, focusing on environmental sustainability in the Cowichan Region since 2004. We envision a food secure Cowichan, nourished by celebrating our connection to food, to our environment, and to each other.

We are in the process of updating our **strategic plan** and need your help as we strive to cultivate **food, community, and resilience**. One way we honour your expertise is through a **chance to win** one of three \$20 gift cards to ReFRESH Marketplace at the end of these 14 questions.

CGC community survey - please complete if you have time and feel free to share with your networks. We are hoping to get a broad response to help us plan for next year

[https://docs.google.com/forms/d/e/1FAIpQLSdFUBPzlyeH3hRmX3CP7mVt3L5uvntfRtKDG6TTashh\\_ZLwXw/viewform](https://docs.google.com/forms/d/e/1FAIpQLSdFUBPzlyeH3hRmX3CP7mVt3L5uvntfRtKDG6TTashh_ZLwXw/viewform)



## Cozy Couch Workout



Looking to find ways to add movement to your busy holiday season? December usually calls for some downtime, so if you're spending a cozy evening on the couch watching your favourite holiday movie, try multi-tasking by adding these fun and easy movements.

WORKOUT



**INDIGENOUS HEALTH  
AND CLIMATE CHANGE:  
PASSING ON SOLUTIONS**

FREE ONLINE WEBINAR ON  
**DECEMBER 13TH, 2022 AT 10AM**

*Learn more at [www.learningcircle.ubc.ca](http://www.learningcircle.ubc.ca)*

**DEBORAH MCGREGOR (ANISHINABE)**  
Whitefish River First Nation is Associate Professor and Canada  
Research Chair in Indigenous Environmental Justice at York University.

UBC Learning Circle | #placeofmind THE UNIVERSITY OF BRITISH COLUMBIA Centre for Excellence in Indigenous Health | First Nations Health Authority Health through wellness

This presentation will explore the intersection between planetary health, climate change and the well being of Indigenous peoples. I will explore how Indigenous climate change knowledge holds the key to define and diagnose solutions to the planetary health crisis.

## We would like to reiterate that 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:** Tuesday, December 13th, 2022 ([PST](#))

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

**Where:** Videoconference OR internet webinar.

[View system requirements](#)

**Registration:** required to participate; We would strongly recommend signing up for this event if you are interested even if you can't make the date and time so we can have your information to send you the video link after the webinar session

**Register for  
Webinar**



### Health Matters Newsletter

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

Send it to [cindylisecchn@shaw.ca](mailto:cindylisecchn@shaw.ca) and it will be included in the Friday Newsletter