



Health Matters Newsletter February 22, 2019

Today's Health Matters Includes:

- Meeting Schedule
- Community Meetings and Events
- Our Cowichan- Network Member
- Meetings
- Hunger Count 2018
- Call for Applications for 2019 Community Car Seat Program
- Early Years Learning Conference
- Inclusive Leadership Adventure Opportunity
- Cowichan Housing Association Tenancy Information Session for Landlords

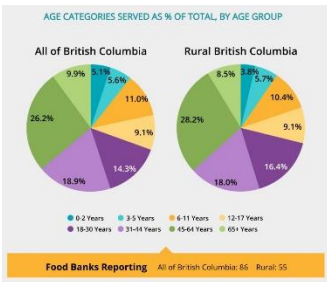


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- ✓ **Next Admin Committee Meeting- March 7, 4:30-6:30** CVRD Committee Room 2
 - ✓ **Our Cowichan Strategic Planning Session- March 4, 8:30 am -4 pm- Saint Ann's Garden Room Providence Farm**
 - ✓ **Next Our Cowichan Network Meeting at March 14, 2019, Ramada Silver Bridge** Light dinner at 5:15 pm Meeting starts at 5:45 pm.

Community Events- Meetings

- **Community Response Team Meeting** February 28, 9 am-11am. **Canadian Mental Health Board Room 5878 York Road**
- **EPIC-Community Steering Committee** March 21, 1:30 -3:30 pm Ts'i'ts'uwatul' Lelum
- **Cowichan Housing and Homelessness Coalition-** March 19, 9 am to 12 noon Saint John's Hall Ingram Street. All community partners invited

Local Data and or Research- Hunger Count 2018



Food Banks Canada's [HungerCount2018 Report](#) includes powerful recommendations to governments including a call to [Support the Creation of Standardized, Affordable Early Learning and Childcare Across the Country](#). Read the full report and four public policy recommendations that would decrease Canadians' reliance on food banks. In BC, 31% of food bank users were families with children, including 39,510 children in the most recent count.

Call for Applications – 2019 Community Child Car Seat Program

Once again, BCAA and United Way of the Lower Mainland are working in partnership to make child car seats available to non-profit community agencies/programs through the Community Child Car Seat Program.

Who can apply?

Community programs that:

- operate under a registered non-profit agency
- support families with children under the age of nine
- work with families who do not have the resources to purchase a child car seat
- transport children under 9 years as part of their program
- operate a child seat loaner program

Successful applicants will receive child car seats at no cost for use within their program and/or for distribution to families in need.

How do I apply?

Simply complete the online application form **before March 5, 2019**. Click here for the: [Application Form](#)

We're committed to helping keep kids safe while travelling on BC roads. If you or the families that you support have questions related to child car seats, call the BCAA Child Passenger Safety Program info line at 1-877-247-5551 (toll free) or email: roadsafety@bcaa.com

Best regards,

Marg Deibert

Child Passenger Safety Program
BCAA Community Impact
604-297-2155 (direct)
604-785-8105 (cell)
604-298-6497 (fax)



Reflective Hearts Early Learning Conference

- Brochure attached

Inclusive Leadership Adventure Opportunity

- Brochure attached
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Community Engagement Opportunity via Tamarack

Coming up in Vancouver:

http://events.tamarackcommunity.ca/citizens-at-the-centre-community-engagement?utm_campaign=2019%20MH%20Masterclass&utm_source=hs_email&utm_medium=email&utm_content=69869554&hsenc=p2ANqtz-TGoWryhH-hDRZaPLmXXJPkVpcAaxGymXJ-prh_3RWh0o2cPPYCrSFcqVHpeBI59gMQNMwMVMHKAFhFzT5zxiUuNLCYVALbQa1GIGpF6dkWbXBT_I&hsmi=69869554

2019 BC Budget increases social spending

Yesterday saw the release of the 2019 BC Budget which has a focus on new social spending—parents will receive a larger child benefit and people on income and disability assistance will receive \$50 more a month, among other things.

Cowichan Housing Association is hosting a Free Tenancy Information Session for Landlords. Please join us!

LANDLORDS
FREE Tenancy Information
Session in Duncan


Wednesday Feb. 20th, 2019
5:30 - 7:30 pm
Sands Memorial, Upstairs Meeting Room
187 Trunk Road, entrance on Ypres Street


Speaker: Kate Lambert from Ready to Rent BC


- Learn about your responsibilities in Residential Tenancy Arrangements
- Learn about Rent Smart Courses and Workshops
- Learn about the upcoming Attainable Housing Strategy for the Cowichan Region

Registration preferred but not required 250.597.1376 ext. 106
admin@cowichanhousing.com

Refreshments Provided


Canada


www.cowichanhousing.com


www.readytorentbc.org

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 weekly

Health Matters Newsletter