



Health Matters Newsletter February 28, 2020

Today's Health Matters Includes:

- Meeting Schedule
- Community Meetings and Events
- Abbyfield Senior's Residence (Attached)
- Let's Talk About Vaping- Come and learn more. Register on Eventbrite open to all those interested
- Upcoming Tamarack Community Development Webinars



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- ✓ **Next Admin Committee Meeting- March 5, 4:30-6:30** CVRD Committee Room 2
 - ✓ **Next Our Cowichan Network Meeting at March 12, 2020, Ramada Silver Bridge** Light dinner at 5:15 pm Meeting starts at 5:45 pm.

Community Events- Meetings

- **Cowichan Housing and Homelessness Coalition Meeting (All Welcome) March 24** 11:00 am to 1:00 pm Location to be determined
- **Community Action Team (CAT) Meeting March 26, 2020**, 9 am-11am Cowichan Community Centre Board Room
- **EPIC-Community Steering Committee March 19, 2020** 1:30 -3:30 pm Ts'i'ts'uwatul' Lelum

Tamarack Community Development Webinars

[Applying ABCD in an Urban Indigenous Context](#)

Date: March 12, 2020

Speaker: Lori Sokoluk

[Making Basic Income Feasible in Canada](#)

Date: March 12, 2020

Speakers: Sheila Regehr and Tom Cooper

[Evaluating Your Asset-Based Community Development Efforts](#)

Date: March 24, 2020

Speakers: John McKnight and Howard Lawrence

[Beyond the Project: Fostering Ongoing Engagement with Your Community](#)

Date: March 25, 2020

Speakers: Anthea Brown and Lisa Attygalle

[5 Strategies to Reduce Poverty in Canada](#)

Date: April 16, 2020

Speakers: James Hughes and Paul Born

[The Power of One: The Role of an Individual in Systems Change](#)

Date: May 12, 2020

Speakers: Cameron Norman and Liz Weaver

LET'S TALK ABOUT VAPING

WE'LL COVER...

- Separating facts & myths
- Understanding the basics of vaping
- Vaping, nicotine and your health
- Helpful resources for talking to your kids about vaping
- Questions from you!

RESERVE YOUR FREE TICKETS

<https://www.eventbrite.com/e/lets-talk-about-vaping-tickets-93579678337?aff=ebdssbeac>

MARCH 5, 2020: 6:30PM TO 8:00PM
QUAMICHAN SCHOOL
2515 Beverly St., Duncan



THIS EVENT IS OPEN TO ALL
PARENTS, STUDENTS & STAFF





Parent Support Services Society of BC

Grandparents Raising Grandchildren (Kinship Care) Support Circles

Free & Confidential

**Open to grandparents raising their grandchildren
& others raising the child of a relative (Kinship care providers)**

Each self-help support circle is led by two trained volunteer facilitators. Topics, which are brought by group participants may include:

- Exploring unique family relationships
- Financial realities
- Legal and custody issues
- Physical & emotional health of grandparent and child

For more information about our program or to find a group on **Vancouver Island** near you please call our **GRG Information & Support Line** at **1-855-474-9777**, or our **Central & Northern Vancouver Island** office at **250-468-9658** or

visit us online at www.parentsupportbc.ca



We gratefully acknowledge the financial support of:

The Province of British Columbia

children's
HEALTH FOUNDATION
OF VANCOUVER ISLAND



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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 weekly newsletter