



**Health Matters Newsletter
January 10, 2020**

Today's Health Matters Includes:

- Meeting Schedule
- Community Meetings and Events
- Seniors Advocate Annual Report
- Intimate Partner Violence Brain Injury Workshop (Attached)
- Community Link Workers Job Posting (Attached)
- Cultural Connections – workshops and opportunities



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- ✓ **Next Admin Committee Meeting- February 6, 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) January 28 11:00 am to 1:00 pm** Location to be determined
- **Community Action Team (CAT) Meeting January 23 ,2020, 9 am-11am Cowichan Community Centre Board Room**
- **EPIC-Community Steering Committee** January 16, 2019 1:30 -3:30 pm Ts'i'ts'uwatul' Lelum

Seniors Advocate's annual report:

<https://www.seniorsadvocatebc.ca/monitoring-seniors-services/>

HAPPY NEW YEAR TO YOU AND YOUR FAMILY!

The Cultural Connections team would like to extend our blessings to you and your family for the new year! We hope that you found rest, rejuvenation and connection this holiday season.

It has been another busy year for our group - we are especially happy to be working with School District 79 and the Grade 9 and 10 students to share cultural teachings and the truth about history.

We have lots in store for the new year and will be sending out another e-newsletter in the next month - watch for it in your inbox!

Huy tseep q'u to our amazing community!

GATHERING COMMUNITY STORIES OF RECONCILIATION



We have reached over 10,000 people in our community through Cultural Connections activities and we hear from many that it is starting to have an impact.

We are gathering stories about how this and other reconciliation work is having an impact and what actions people are taking toward reconciliation. We would appreciate you taking a few moments to share your stories through [this short survey](#).

If you would prefer to reach out to us in person, send us an email at sandraspcowichan@gmail.com. Huy ch q'u!

UPCOMING ACTIVITIES:

THE VILLAGE PROJECT: JOURNEY OF OUR GENERATION WORKSHOP - Jan 31st

"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 workshop:

[January 31st - Duncan](#)

Location: St. John's Anglican Hall - 486 Jubilee St.

Time: 9:00 am to 4:00 pm, Doors open at 8:30 am

Cultural Connections has a story to share about reconciliation; its highs and lows, the emotions it stirs up and unimaginable gifts. In this workshop, our team will take you through the story of the first 145 years of Canada's history and into the era of reconciliation. Participants will laugh, reconsider, reflect, deepen their understanding, maybe shed a tear, answer some tough questions and perhaps inspire a few new ones.

Registration: Click on the date above to register through EventBrite or email: sandraspcowichan@gmail.com.

Cost: \$50 (includes lunch). No one will be turned away due to lack of funds.

Please share widely and encourage friends and colleagues to attend.

[Find Out More About Our Work](#)

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