



## Health Matters Newsletter January 11, 2019

### Today's Health Matters Includes:

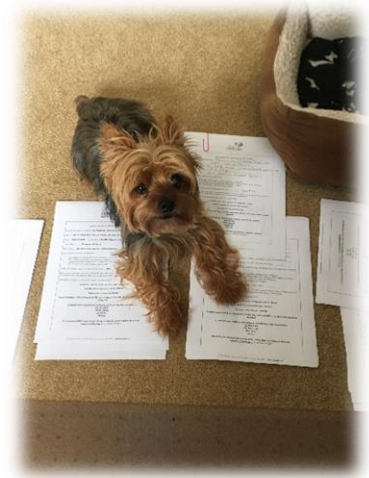
- Meeting Schedule
- Community Meetings and Events
- Our Cowichan- Network Member Meetings
- Link to Island Health Local Health Area Profiles
- Canada Summer Jobs information
- How to Grow a Child's Brain Workshop (attached)



Friday January 11<sup>th</sup> marks the Our Cowichan office assistant's 11<sup>th</sup> Birthday. Hudson has greeted every meeting guest, listened to all of the presentations



as they are being practiced and in his younger years did all of the paper shredding. He keeps an eye on the street and is known for reminding me that the garbage truck is coming or the squirrels are too close. He makes working out of a home office the best!



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- ✓ **Next Admin Committee Meeting- February 7, 4:30-6:30** CVRD Committee Room 2
  - ✓ **Next Our Cowichan Network Meeting at March 14, 2019, Ramada Silver Bridge** Light dinner at 5:15 pm Meeting starts at 5:45 pm.
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### Community Events- Meetings

- **Community Response Team Meeting** January 24, 9 am-11am. **Canadian Mental Health Board Room 5878 York Road**
  - **EPIC-Community Steering Committee** January 17, 1:30 -3:30 pm Ts'i'ts'uwatul' Lelum
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## Local Data and or Research- Local Health Area (LHA) Profiles

The Island Health region is divided into 14 local health areas (LHAs). Each LHA profile provides information about that area's population, health status and how often health services are used. Read the [Local Health Area \(LHA\) Profiles](#).

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## **CANADA SUMMER JOBS**

### **What's new for CSJ 2019?**

After consulting with Canadians, we've made several changes to CSJ to make sure it serves all Canadians better:

- **We've made the program more accessible:** All youth aged 15 to 30, not just students, can now apply to CSJ-funded jobs.
- **We've made it easier to apply for funding:** By applying online through Grants and Contributions Online Services ([GCOS](#)), you can apply and track your application status, sign agreements, manage active projects, submit supporting documents, and review past projects submitted through GCOS, among other benefits. For the step-by-step process to create a GCOS account, click [here](#).
- **We've made it easier to hire youth:** All approved jobs will now be posted automatically to our improved Job Bank website and app, the Government of Canada's leading source for jobs and labour market information. This will allow youth to find all CSJ-funded jobs in one place, and allow employers to reach out to a greater potential audience to find the right person for the job.

For CSJ 2019, applications should demonstrate that they will create quality work experiences for youth, provide youth with opportunities to develop and improve their skills, and respond to national and local priorities to improve access to the labour market for youth who face unique barriers.

Before you apply, be sure to read the [Applicant Guide](#). The Applicant Guide contains detailed information on ways to demonstrate the quality of your proposed job placement, including providing supervision and mentoring, providing a safe, inclusive, and healthy work environment, and providing an opportunity for youth to develop the skills needed for employment.

### **Apply Now**

For more information:

Click: [www.canada.ca/canada-summer-jobs](http://www.canada.ca/canada-summer-jobs)

Call: 1-800-935-5555 (ATS: 1-800-926-9105)

Visit: [a Service Canada Centre](#)

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**How to Grow A Child' Brain Workshop-** See attachment

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**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 weekly

**Health Matters Newsletter**