



**Health Matters Newsletter
January 17, 2020**

Today's Health Matters Includes:

- Meeting Schedule
- Community Meetings and Events
- A little Laugh about Conference Calls
- Infant Mental Health Resource
- Canadian Mental Health Fundraiser
- Telus Supports Youth Transitioning from Care





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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.
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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
Subject: Stay Current with IMHPromotion!

Have you ever been on a conference call? This fun clip will have you laughing on a Friday. Thanks Kate Rossetto for bringing a little laughter our way.

<https://www.bing.com/videos/search?q=youtube+on+teleconferences&view=detail&mid=EA593B51F8BAF446A4A4EA593B51F8BAF446A4A4&FORM=VIRE>

  <p><i>Supporting Healthy Minds from the Beginning</i></p>
<p>Stay current with IMHP opportunities!</p> <p><i>Want to know more about infant mental health?</i></p> <p><i>What's happening in a baby's brain?</i></p> <p><i>How can you support optimal development during the early years?</i></p> <p>Please take a moment to subscribe to our email list and let us know what you want to hear about to stay up to date on upcoming education events, advocacy resources, and tools to support your work with infants and families.</p> <p><u>Our vision</u></p> <p>Healthy minds from the beginning.</p> <p>SUBSCRIBE HERE!</p>
<p>Follow us on: Twitter, Facebook, & LinkedIn</p> <p>Join the conversation: #IMHPromotion #CalltoAction4Babies #ExpandingHorizons2019 #IMHfromtheBench</p>
<p>Infant Mental Health Promotion (IMHP) c/o The Hospital for Sick Children, 555 University Ave. Toronto, ON M5G 1X8 416-813-7654 x 207205 imp.mail@sickkids.ca www.IMHPromotion.ca</p>



Canadian Mental
Health Association
Mental health for all

CMHA-Cowichan Valley Branch

201-5878 York Road,

Duncan BC, V9L 3S4.

CMHA-CVB Staff & Program News

Charity Hockey Game for Mental Health

Sunday, January 26, 2020

The CMHA Cowichan Valley Branch is organizing a fun, high profile, community fundraising event on Sunday, January 26th at the Cowichan Arena. Doors open at 1:00pm, pre-game activities begin at 1:25pm and the puck drops at 2:00pm.

We have the Montreal Canadiens Alumni, the Cowichan Capitals Alumni, a silent auction, 50/50 draw, Puck Toss contest and special intermission performances by the Cowichan Tzinquaw Dancers and Cowichan Pipes and Drums. General Admission is only \$20/person for a great afternoon of entertainment! Tickets are on sale at the Cowichan Community Centre Box Office - either in person, [online](#) or by telephone (250.748.7529). Unable to attend but want to support? Purchase a ticket(s) and we will donate to someone that would like to attend but can not afford to do so.



Funds raised from this event will go directly to programs supporting some of the most vulnerable persons in the Cowichan Valley.

Please Help us Promote Ticket Sales!

Tell your friends, share this email or visit our [Event page](#) on Facebook s to share and invite your friends! We appreciate your support!

Questions? Send us an [email!](#)

Telus Supports Youth in Transition From Care

Just an FYI TELUS is working with Children's Aid Foundation of Canada to support young people in their transition out of care in British Columbia by providing free cell phone packages over a two-year period. This program is available for young people who were in permanent or temporary care of Ministry of Children and Family Development/Delegated Aboriginal Agency or on a youth agreement as of their 19th birthday OR eligible for the Agreement with Young Adults Program.

For more information about the program and how to apply, please see the website below.

<https://www.cafdn.org/for-youth/telus-mobility-good/british-columbia/#Who-is-eligible>

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