



Health Matters Newsletter January 18, 2019

Today's Health Matters Includes:

- Meeting Schedule
- Community Meetings and Events
- Link to Island Health Wellness Grants
- Our Cowichan- Network Member Meetings
- Link to Island Health Local Health Area Profiles
- LEVEL Youth Policy Program Grant
- Inclusive Leadership on Line Training Opportunity
- How to Grow a Child's Brain Workshop (attached)
- Cowichan Intercultural Society Seeking Advisory Members for Project
- Indigenous Harm Reduction Webinar for Viewing



It's a bit of a drive but the mountains are filled with snow. Maybe its time for a winter adventure day!

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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.

Community Events- Meetings

- **Community Response Team Meeting** January 24, 9 am-11am. **Canadian Mental Health Board Room 5878 York Road**
 - **EPIC-Community Steering Committee** February 21, 1:30 -3:30 pm Ts'i'ts'uwatul' Lelum
 - **Workshops for Those Caring for Individuals with Dementia- Attached**
 - **Medicinal Cannabis for Seniors Conference** website at: www.medicalcannabisconference.ca
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Island Health Community Wellness Grants

Deadline January 30 <http://communitygrants.islandhealth.ca/>

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](#).

LEVEL Youth Policy Program

The [LEVEL Youth Policy Program](#) offers grants of up to \$50,000 for charities and other qualified donees across the province to engage Indigenous and racialized immigrant and refugee young people in staff leadership and board governance. The LEVEL initiative consists of three strategies: Youth Public Policy Program, Youth Organizing, and Youth Granting. **Apply by July 11, 2019.**

On Line Inclusive Leadership Training Opportunity

Linda Hill here on behalf of the Inclusive Leadership Co-operative. Thank you so much for your on-going support for inclusion, diversity and Inclusive Leadership. I am emailing you on behalf of the Inclusive Leadership Co-operative to ask you for a little more support. Please help us introduce our **“Discover Your Inclusive Leadership Potential”** online course beginning January 24 to champions of diversity and inclusion in your life.

<https://inclusive-leadership-global-village.thinkific.com/courses/Discover-Part-1-Jan>

With 2 weeks to go until the guided group version of this course starts, we have started to count down the days. Our goal in emailing you these daily count-down glimpses is to make it easy for you to help potential participants discover this course and decide to sign up. Please consider this course for yourself and please forward this email on to other champions of diversity and inclusion you know. So far we have participants registered from three different continents!

Today's glimpse of our **Discover Your Inclusive Leadership Potential** online course is a glimpse of your hosts: The Inclusive Leadership Co-operative.

The ILC is a Canadian non-profit, community-service organization with a mission to bring together people from diverse backgrounds to cultivate Inclusive Leadership skills and action plans for living, learning and leading in our diverse communities. Inclusive Leadership education is deeply rooted in fifteen years of experiential Inclusive Leadership education with several thousand professionals, students, volunteers and other leaders from Vancouver Island, other parts of BC, Canada and the world. Our online courses are just beginning with 70 participants from 10 different countries over the past year.

<https://inclusiveleadershipco-op.org/>

How to Grow A Child' Brain Workshop- See attachment

Indigenous Harm Reduction: Our Stories in Our Words is now Available for Viewing!



Cowichan Intercultural Society Seeking Members for Advisory Group for Project

Hello Our Cowichan,

We have applied for an Arts & Social Innovation development grant from the Vancouver Foundation.

Our goal is to conceive a community art project that bridges cultures and reduces isolation for immigrants/refugees. If successful, we'll form a multifaceted Advisory Group to work at the formative stage, conceptualizing how we can leverage current expertise/resources into a program that uses art to explore community, identity and form profound connections and friendships along the way.

Because belonging & community are so important to health, we thought to reach out to Our Cowichan to see if anyone would be interested in sharing their perspective and expertise. We will find out early February if we are successful. For now, we're reaching out to assess interest.

The time commitment would be 3 meetings over March, April & May. At that point, we'll regroup and decide where to go from there.

That's the gist of things. If anyone is interested, please contact me, and I'll fill in the details.
Many thanks!

Elizabeth

Elizabeth Croft

Director of Development, Mon- Thurs.

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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

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