



Health Matters Newsletter
July 22, 2022
Today's Health Matters Includes:

- OCCHN Meeting Schedule
- Community Meetings
- A Series of Surveys from Social Planning Cowichan
- Municipality of North Cowichan Master Transportation Plan Survey
- New Youth Connect Program
- Cultural Sensitivity Training
- Take a Tour of Warmland Shelter
- Do you Have a Fish Bowl?
- Indigenous People Will Have Access to Community Social Services
- Grant Opportunity
- Job Postings
- Extreme Heat Safety and Planning Resources Attached



Community Meetings

- ✓ **Next Admin Committee Meeting** **October 6- 4:00 pm zoom call**
- ✓ **Next Our Cowichan Network Meeting** **September 8 In person Heritage Hall Cowichan Community Centre**
- ✓ **Next EPIC Committee Meeting-** **September 15, 2022, 1:30 pm-3:00 pm zoom call** contact Cindy cindylisecchn@shaw.ca for access
- ✓ **Cowichan CAT – July 28 2022, 10 am -noon-** **Heritage Hall Cowichan Community Centre** contact Leah Vance leahlvance@gmail.com

Omicron Continues to Circulate Please GET Boosted

Social Planning Cowichan Wants to Hear from You! Check out the Surveys Below.

(I took the happiness survey and have discovered that I am VERY happy). Thanks to all of you! 😊

- SPC website link to all surveys: <https://www.socialplanningcowichan.org/current-surveys>
- Happiness Survey: <https://spcvancouver.happycounts.org/survey/directToSurvey>
- Youth Survey: <https://docs.google.com/forms/d/e/1FAIpQLSdaVRgMnSlgRGsVKv-ulN6vQwF28TrFyMI6Sq1CFt0NDZmE4Q/viewform>
- Community Survey: https://docs.google.com/forms/d/e/1FAIpQLSdqmsbNWIEILs9qr_qOQ4fcvhyiu_rhkDvZlPYBcGF5MLlkg/viewform

Municipality of North Cowichan Survey on Master Transportation Plan

The Municipality of North Cowichan is asking for **feedback on its draft Master Transportation Plan**, including on the proposed vision, goals and recommendations. [Here's the link to the online survey](#), which is open through Aug. 14.

New Youth Connect Program - Support for At Risk Youth



The CMHA Cowichan Valley Branch's new [Youth Connect](#) is an early intervention program designed to help young people between the ages of 13 and 19 who are in need of extra support. The goal is to help youth stay or become connected to their family, community and school in order to prevent and/or reduce the risk of homelessness, isolation and substance misuse. Our Youth Connect Workers meet with at-risk youth one-on-one to talk, guide and support them, usually over a snack, small meal or an

activity. The meal can often be the incentive to participate and can make it easier for youth to open up.

Our three youth workers split a caseload of over 50 youth each week. We have a modest budget for food but unfortunately, we have more hungry youth than budget. As a result, we are always seeking donations of fast-food gift cards. If you would like to make a donation, please send gift cards to CMHA-CVB Youth Connect, 201 - 5878 York St, Duncan, BC, V9L3S4.

Thanks to Duncan Dairy Queen, Panago Pizza and Starbucks Duncan for supporting Youth Connect.

Cultural Sensitivity Training Coming Up

its \$69 so not too expensive

[https://fcssbc.ca/its-not-what-you-think/?ct=t\(EMAIL_CAMPAIGN_13_12_2019_COPY_01\)#toggle-id-1](https://fcssbc.ca/its-not-what-you-think/?ct=t(EMAIL_CAMPAIGN_13_12_2019_COPY_01)#toggle-id-1)

Do you have a Large Fish Bowl you no Longer Need?

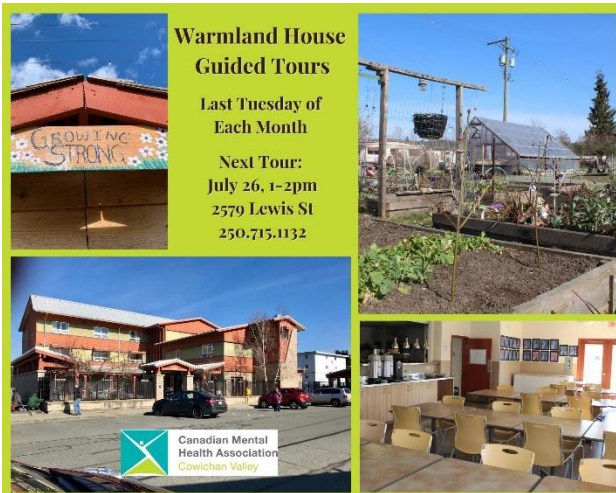
Cowichan Brain Injury Society is searching for **a large fish bowl (NOT A FISH TANK)**, **ideally FREE**, to put in our Case Manager's office. A fish is very calming and is useful when someone experiences anxiety. Thank you for any assistance.

Chris Rafuse chris@cowichanbraininjury.org

Indigenous People will have Safer Access to Community Social Services

[https://news.gov.bc.ca/releases/2022SDPR0046-001075?ct=\(EMAIL_CAMPAIGN_13_12_2019_COPY_01\)](https://news.gov.bc.ca/releases/2022SDPR0046-001075?ct=(EMAIL_CAMPAIGN_13_12_2019_COPY_01))

Take a Tour of Warmland House



**Warmland House
Guided Tours**

Last Tuesday of
Each Month

Next Tour:
July 26, 1-2pm
2579 Lewis St
250.715.1132

Canadian Mental
Health Association
Cowichan Valley

Have you always wondered what it was like inside 2579 Lewis Street? Warmland House Shelter is now open for monthly guided tours on the last Tuesday of each month from 1-2pm! Our next tour is **Tuesday, July 26 at 1pm**. If you have a group that is interested in attending, please call us in advance - 250.715.1132.

We look forward to answering your questions.

Grant opportunity from the Vancouver Foundation. From their website:

The Recovery and Resiliency Fund is a ground-breaking new fund made possible through a partnership between Government of BC, Vancouver Foundation, United Way BC, and New Relationship Trust that will distribute \$34 million to charitable and non-profit organizations, of which Vancouver Foundation has contributed \$4 million.

This Fund will provide **flexible, three-year grants of \$50,000 and \$72,000 per year to eligible organizations that have been disproportionately impacted by the pandemic**. \$5 million of the Fund will go to New Relationship Trust to grant directly to Indigenous-led organizations with annual revenues of more than \$1 million.

<https://www.vancouverfoundation.ca/grants/recovery-and-resiliency-fund>

Applications are open now until Sept. 30 through the Vancouver Foundation Website

JOB POSTINGS

Help Wanted:

CMHA-Cowichan Valley Branch is a great place to work! We have a positive and fair workplace culture, and are also big believers in wellness and work-life balance. If you care about mental illness and mental health and you have the right skills, then CMHA-Cowichan Valley may be the place for you.

Please visit our website to learn more about the following positions:

- [Child and Youth Program Team Lead, Full Time](#)
- [Child and Youth Program Support Worker, Casual](#)
- [Shelter Worker, Full Time Night Shift \(Midnight-8am\)](#)
- [Part Time Harm Reduction Worker - Sobering and Assessment Centre \(SAC\)](#)
- [Casual Harm Reduction Worker - Sobering and Assessment Centre \(SAC\)](#)
- [Casual Shelter Workers](#)
- [Weekend Shelter Custodian](#)

Please feel free to share these postings with your networks.

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 Friday Newsletter