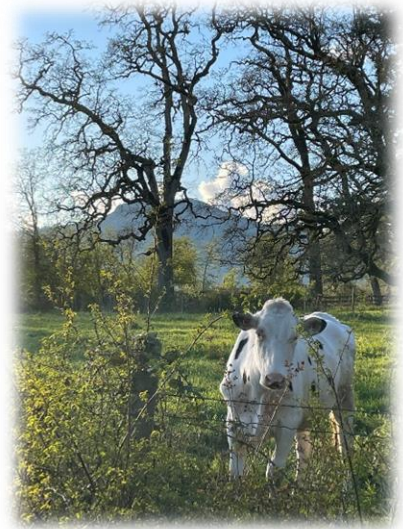




Health Matters Newsletter
March 31, 2023
Today's Health Matters Includes:

- OCCHN Meeting Schedules
- Community Meetings
- Stay Tuned Our Cowichan Small Grants are Coming
- April 20th Family Support Group- Attached
- Reconciliation: Journey of our Generation Workshops
- Trans Day of Visibility
- Cowichan Emergency Preparedness Expo
- Upcoming Tamarack Training Opportunities
- New Housing for Cowichan Tribes



Hello there...Happy Spring!



Community Meetings

- ✓ **Next Admin Committee Meeting** April 6, 2023
- ✓ **Next Our Cowichan Network Meeting** To be determined
- ✓ **Next EPIC Committee Meeting-** April 17, 2023, 10 am-11:30 pm **NEW DAY AND TIME** zoom call contact Cindy cindylisecchn@shaw.ca for access
- ✓ **Cowichan CAT –** April 27 2023, 10 am-12:00 contact Johanne Kemmler Johanne.f.kemmler@gmail.com



Stay Tuned... Our Cowichan Communities Health Network Small Grants are Coming Your Way. Applications will open on April 12. Go to www.ourcchn.ca for application package and information on April 12.



RECONCILIATION: JOURNEY OF OUR GENERATION WORKSHOPS

"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 workshops:

April 6th - [Duncan](#) - Duncan United Church

May 4th - [Cobble Hill](#) - Cobble Hill Hall

Since 2006 here in Cowichan, Elders have been sharing their stories, their history and their healing following the values of nuts'amaat shqaluwun, people working together with one heart, one mind, one spirit. As Tousilum reminds us, the longest journey is from our head to our hearts. We each have much to learn along the way as we learn forgiveness, and practice the values found in kindness, expressed through love and guided by respect.

Join Quw'utsun' Elders who will take you on a journey through time with stories of pre-contact village life, the arrival of settlers, the development of colonies and policies of colonization. Sit inside western systems and Indigenous ways of being, to experience the impacts, effects and changes brought about by colonization. Explore the questions of where and how we go from here and join thousands of people who have participated and are committed to walking the road of Q'shintul - walking this journey together.

Registration: Click on a date above to register through [EventBrite](#) or email: gccsociety@gmail.com.

Cost: \$65 (includes lunch, snacks, coffee and tea). *No one will be turned away due to insufficient funds.*

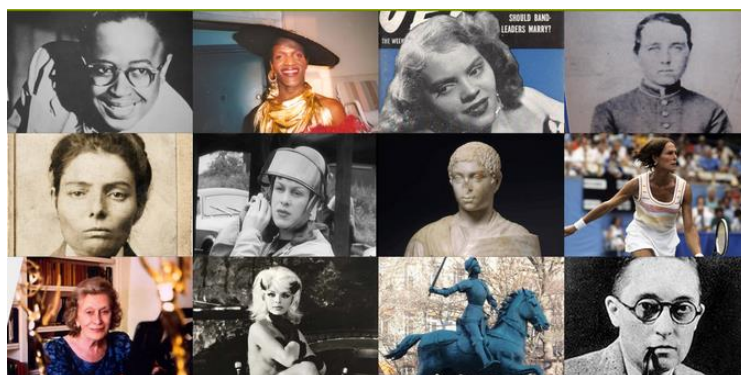
Please share widely and encourage friends and colleagues to attend!

[Find Out More About Our Work](#)



Trans Day of Visibility: March 31st

March 31st is International Trans Day of Visibility, which celebrates transgender people and their contributions to society. This is a great opportunity to share [positive stories about trans people in history](#) and highlight the wonderful parts of being trans.



[12 Transgender Heroes Throughout History](#)



Cowichan Emergency Preparedness Expo. Does Your Organization Have an Interest in Participating in this Event? Are you interested in hosting a booth?

If so, please contact Paul Wechselberger Emergency Management Technician

Emergency Management Division, Strategic Services Department Cowichan Valley Regional District
Email: paul.wechselberger@cvrd.bc.ca



**COWICHAN
EMERGENCY
PREPAREDNESS
EXPO**

EMC EMERGENCY
MANAGEMENT
COWICHAN

**SATURDAY
MAY 6, 2023**

10 AM to 3 PM

Cowichan Exhibition Park
7380 Trans-Canada Hwy,
Duncan, BC

**FREE, FUN
FAMILY EVENT!**

Get tips on making a family
emergency plan, meet emergency
response organizations, and
enjoy live demonstrations!

Logos for participating organizations: KAITUMAHTI, COWICHAN VALLEY REGIONAL DISTRICT, CVRD, COWICHAN, NORTH COWICHAN, MEDIX, BRITISH COLUMBIA BC Wildfire Service, MUNICIPALITY OF NORTH Cowichan, DUNCAN.

Summit for Strength: Communities Ending Poverty Virtual National Gathering

Virtual Gathering | April 25-27, 2023

Are you currently involved in ending poverty efforts? This virtual gathering will:

- Explore resiliency in a new way
- Surface what's working at the community level
- Bring us together to inform a powerful public policy agenda

We will build hope and inspiration, engage in creative dialogue and networking, and share tools that strengthen our collective capacity to build a better future for all. [Click Here](#) to access the Summit for Strength event poster for an overview of the workshop details.

[Check out the Detailed Agenda & Speakers](#)

[Learn More & Register](#)



From Idea to Impact

Virtual Workshop | May 17, 2023

From Idea to Impact is a workshop designed to help partners connect, build community, share stories of change. You'll walk away with new tools and resources to move your idea to impact.

The goals of this first-ever gathering are to:

1. Create a shared learning environment for Tamarack's diverse network members
2. Inspire and advance thinking about Community and Systems Impact
3. Launch of the Community and Systems Impact Approach
4. Spotlight learning emerging from the consulting partners
5. Create deep connections between organizations to share resources and approaches

[Learn More & Register](#)

Upcoming Webinars

[Community Leaders: A Necessary Part of Your Social Change Strategy](#)

Date: April 5, 2023

Speakers: Ksenia Stepkina, Dianne Lauritzen, Kim Morrison and Natalie Pearce

[Global Book Launch for Breakthrough Community Change: A Guide to Creating Common Agendas That Change Everything by Paul Born](#)

Date: April 12, 2023

Speakers: Liz Weaver, Danya Pastuszek, Paul Born and John McKnight

[Building Sustainable Collaborations: Stories from Hamilton, Ontario, and Newfoundland | Bâtir une initiative collaborative sur les bases de la pérennité : Partages provenant de la ville d'Hamilton \(Ontario\) et de Terre-Neuve-et-Labrador](#)

Date: April 19, 2023

Speakers: Tom Cooper, Joshua Smee and Mike Des Jardins

[L'Engrenage Saint-Roch: When lived experience and community engagement are at the heart of neighbourhood actions | L'Engrenage Saint-Roch : quand l'expertise et l'expérience citoyenne sont au cœur des actions du quartier](#)

Date: April 26, 2023

Speakers: Sonia Racine, Virginie Dornier, Nancy Goulet and Layla Belmahi

[A World Without Labels: Taking a Service-Centred Approach to Inclusion](#)

Date: May 3, 2023

Speakers: Templeton Sawyer, Justin Eweka, Jennifer Delhore and Heather Keam

[Planning for Sustainable and Affordable Housing During the Climate Crisis](#)

Date: May 17, 2023

Speakers: Paul Kershaw, Betsy Agar and Morag Carter



It's Time to Celebrate New Housing for Cowichan Tribes

Cowichan Tribes is celebrating the completion of a 32-unit housing development on Boys Road, according to a news release. It is the largest housing project in the First Nation's history, and will include affordable rentals for young moms and for youth who are ageing out of the "child welfare" system.



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