



**Health Matters Newsletter
September November 12, 2021
Today's Health Matters Includes:**

- OCCHN Meeting Schedule
- Community Meetings
- Get Vaccinated- Just Do It!
- Municipality of North Cowichan DRAFT New Official Community Plan (OCP) for Your Review
- From Research to Knowledge Upcoming Learning Opportunities
- Christmas Chaos- attached
- Help Shape Transportation in the CVRD
- Sa'qw'thut Treatment Program - SPOTS AVAILABLE.



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- ✓ **Next Admin Committee Meeting** December 2, 4:00 pm- zoom
 - ✓ **Next Our Cowichan Network Meeting** Location to be determined January 13, 5:30 pm
 - ✓ **Next EPIC Committee Meeting-** November 18, 1:30 pm-3:00 pm zoom call
 - ✓ **Cowichan CAT – November 25, 10 am -noon** contact Leah Vance Leah Vance leahcvance@gmail.com for access

Community Events- Meetings

Take Part in the Annual Clements Centre Sock Drive- poster attached

GET Vaccinated Everyone in B.C. must register with the [Get Vaccinated provincial registration system](#) once.

Municipality of North Cowichan DRAFT New Official Community Plan (OCP) for Your Review (poster also attached)

The new Official Community Plan (OCP) has been drafted, and we are accepting public input from November 8th to December 8th. An informational webinar has now been uploaded to the project website. This webinar provides an overview of the document, explains how the OCP will be used in the future, and answers questions residents may have.

Input can be provided through an online engagement tool that allows users to review the draft OCP Executive Summary or review the Draft OCP chapter-by-chapter. It offers the opportunity to respond to survey questions as well as provide open-ended feedback. In addition, paper reference copies will be available at Municipal Hall and local library branches, and residents can reach out to staff at communityplanning@northcowichan.ca for technical assistance or to provide input on the draft.

As usual, the first step to get involved with the OCP is the project website at www.northcowichan.ca/OCP. Watch the webinar, complete the survey or learn more by visiting today.

We invite you to forward this email to anyone for information how to get involved in the OCP Update Project.

Help Us Shape the Future of Transit in the Cowichan Valley

BC Transit and the Cowichan Valley Regional District (CVRD) want your feedback on transit service and infrastructure priorities in the Cowichan Valley Regional District Transit System.

To provide your feedback between October 28 and November 25 and to access our online survey, visit engage.bctransit.com/cowichanvalley2021.

Paper surveys are available for pickup at:

- Shawnigan Lake Community Centre
- Kerry Park Recreation Centre
- Cowichan Community Centre
- Cowichan Lake Sports Arena
- CVRD Head Office
- Ladysmith Resources Centre Association

Please consider sharing this Email with your networks and, if appropriate, printing a copy of the attached poster for display.

Your assistance and feedback are greatly appreciated. If you have any questions, contact the CVRD by sending an Email to transit@cverd.bc.ca.

From Research to Knowledge (K2A) presentations taking place mid-November for your CHN members. (Attached)

They cover physician-led projects to improve care, anti-racism in healthcare, and more.

Sa'qw'thut Treatment Program - SPOTS AVAILABLE.

The Sa'qw'thut nature program is an inclusive and ongoing land-based therapeutic community that is rooted in SNUW'UY'ULH (Quw'utsun teachings), with Quw'utsun families and on Quw'utsun land. We strive to support community members and their families to create lasting connection, intergenerational healing, positive social connections, land-based healing and harvesting, and a culturally grounded foundation for addictions recovery.

As an inclusive and ongoing therapeutic community, intakes are done on an ongoing basis and there is no set end date that members must leave the program. Community members can utilize the group for daily connection and stabilizing, to work on recovery and healing goals, to have as a home group before and after attending residential treatment, and to grow in community. Sa'qw'thut runs four days per week:

Wednesdays: 12:00pm- 4:00pm

Thursdays: 12:00pm – 4:00pm

Fridays: 12:00pm – 4:00pm

Saturdays: 12:00pm – 4:00pm

This program is designed for community members who desire recovery from drugs or alcohol and are interested in attending a day treatment program, without leaving their home community. Saturday is designated as "family day" where participants are encouraged to bring family members, children, support people to enhance healthy connection. The program is open to Cowichan Tribes members and their families. As a land-based program and for Covid-19 safety considerations, the program is hosted outdoors. Meals and snacks are provided.

At the moment we have six spots open. Anyone interested in attending the Sa'qw'thut nature program can reach out to the **Sa'qw'thut Program Coordinator, Deanna Thompson**, at [250-732-3487](tel:250-732-3487), or Deanna.thompson@cowichantribes.com to set up a time to do an intake.

Christmas Chaos Is Back (attached)

The Cowichan Community Centre is excited to announce that our 41st Annual Christmas Chaos Craft Fair is back this year.

As always, Thursday Nov 18 from 12:00 - 1:00 p.m. is **Early access & inclusion for seniors, people with diverse abilities, and parents.**

Our regular hours will be:

Thursday | Nov 18

12:00 p.m. - 7:00 p.m.

Friday | Nov 19

12:00 p.m. - 8:00 p.m.

Saturday | Nov 20

10:00 a.m. - 5:00 p.m.


Sunday | Nov 21

10:00 a.m. - 4:00 p.m.

We will have multiple venues open, and Santa's Workshop for the kids each day.

Sa'qw'thut Nature Program

with Kwun'atsustul Counselling




Land-based therapeutic community rooted in SNUW'UY'ULH (Quw'utsun teachings), with Quw'utsun families on Quw'utsun land

When: Ongoing 4 days per week.
Wednesdays - Saturdays. 12:00pm - 4:00pm

Who: Cowichan Tribes members and their families.

Contact: 250-732-3487 or email Deanna.Thompson@cowichantribes.com

Create lasting connection, intergenerational healing, positive social connections, land-based healing and harvesting, and a culturally grounded foundation for addictions recovery. Community members can utilize the group for daily connection, recovery and healing work, to have as a home group before and after attending residential treatment, and to grow in community.



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 News!