



Health Matters Newsletter November 22, 2019

Today's Health Matters Includes:

- Meeting Schedule
- Community Meetings and Events
- Local Data and Research- Q'ushin'tul Report
- Child Rights Fun Free Family Event (Attached)
- Cowichan Valley Basket Society Seeking Volunteers for Christmas Dinner December 14
- Paddling Together Community Workshop
- Parents Empowering Neurodiverse Kids Study Recruitment Open



*This year **National Day of the Child** has a whole new meaning for me. Please take the time to celebrate and enjoy the children in your lives. If you don't have any young ones take extra time to reach out to neighbours and your community.*

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- ✓ **Next Admin Committee Meeting- December 5, 4:30-6:30** CVRD Committee Room 2
 - ✓ **Next Our Cowichan Network Meeting at January 9, 2020, Ramada Silver Bridge** Light dinner at 5:15 pm Meeting starts at 5:45 pm.



Community Events- Meetings

- **Cowichan Housing and Homelessness Coalition Meeting (All Welcome)**-November 26, 11:00 am to 1:00 pm Cowichan Community Centre Board Room
- **Community Action Team (CAT) Meeting** November 28, 9 am-11am **Cowichan Community Centre Board Room**
- **EPIC-Community Steering Committee** December 19, 1:30 -3:30 pm Ts'i'ts'uwatul' Lelum
- **EPIC Conversation with Seniors Advocate Isobel Mackenzie**- Friday November 29, 9:30 am-11:15 Ts'i'ts'uwatul' Lelum
- **You're invited to Finding Home: A Story Circle**

https://thediscourse.ca/cowichan-valley/youre-invited-to-finding-home-a-story-circle?utm_campaign=Cowichan%20This%20Week&utm_source=hs_email&utm_medium=email&utm_content=79712738&hsenc=p2ANqtz-8LvY3IHmmyChd575zMPuHNQnatvIf6av5d7nfeeVn5LPmZiZdr2z83HYLkBU9kmJ2hQLd8GwUtxDVoiRinsQcpceX1Cw&hsmi=79712738



Research

The overrepresentation of child apprehensions in Cowichan is being addressed in the Q'ushin'tul Report was recently released in a special evening presentation.

<https://thediscourse.ca/cowichan-valley/cowichan-tribes-child-welfare-report-released>.



Cowichan Valley Basket Society Annual Christmas Dinner Needs Volunteers

Our Annual Christmas dinner is being held at the Christian Reformed Church 930 Trunk Road on Saturday December 14, 2019 with 2 seatings at 4 pm and 6 pm. Each seating feeds about 200 people.

We would be honored if you would consider joining us on that day to volunteer. We of course will feed you between the two seatings.

We will need people to plate food, serve, and clean up. Please email me at CVBS@shaw.ca and let me know where you would prefer to work. This is a tentative schedule that we used last year.

3:15: Cut and plate pie and add ice cream about 4:15.

3:45 Set up in kitchen for plating food and begin at 4:15. Serve beverages and serve plates.

4:35 Table clearing and dishwashing

4:45 Set up for 2nd setting

4:45 Food prep

5:45 Welcome: set up for plating food

6:00 Serve beverages and serve plates

6:35 Table clearing and dishes

7:00 Pack up extra gifts and clean up etc.

This is often our families only celebration and it is filled with warmth and laughter. We really enjoy having folks from our community joining us.

Respectfully,
Jennifer Millar
Manager of the Cowichan Valley Basket Society



Paddling Together for Community © Workshop with Facilitator Kathi Camilleri

When: November 26, 2019 9:00 to 4:00
Where: Stz'uminus Health Centre
What: An experiential-circle workshop, which will deepen and inspire your vision of a 'supportive village'

Traditionally, First Nations people had many, many ways of treating one another which affirmed our belief that everyone is a sacred gift. This version of the Village workshop© will help us to understand traditional ways and values.

We will explore our personal goals and our roles in supporting the revival of those values that worked so beautifully and were used for thousands of years.

Together, the group will set personal goals and focus on lateral kindness.

This workshop has been inspired by Jann Derrick's teachings regarding the Circle and many Elder's teachings. It is geared to solutions and is a great forum in which to ask questions and find solutions.

We will not be paddling in a canoe; it is a metaphor!

Learning outcomes:

- A cognitive **and emotional** understanding of traditional First Nations values.
- A deep and emotional insight into how we can heal from the intergenerational impacts of colonization.
- Learn methods for creating supportive relationships in a positive way.

Objectives for the Visioning Day:

- Community building for collaborative group
- Experience a pre-colonial organizational system
- Personal vision, goals and next steps in building a personal supportive 'Village' around yourself and your family.

***Important note to workshop participants:** During this workshop, though we will **not** be addressing residential school and it's affects in an in-depth way, the topic may come*

up. Participation in the workshop may trigger unresolved grief and loss issues for some. It is imperative that you know this in advance, so that you can make an informed **choice** about participating or not.

Kathi Camilleri is Métis-Cree. She has completed a Master's Degree in Leadership Studies through Royal Roads University. She has been facilitator and a counsellor for 24 years. She has facilitated workshops in communities throughout Canada with rave reviews. One participant said of Kathi "It is easy to learn from Kathi because of her gentle ways and her respect for all people".



Parents Empowering Neurodiverse Kids Study Recruitment Open

Parents Empowering Neurodiverse Kids is an online parenting program designed to help families manage mild to moderate challenging behaviours in their children with neurodevelopmental disabilities. They are currently [recruiting](#) parents of kids to participate in a study to develop a new online parenting program designed to help parents deal with challenging behaviours.



**Happy National Day of the Child in Cowichan!
From Cindy and granddaughter Emmerson.**



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

(Painting by great grandmother Maria Raynor)