



Health Matters Newsletter October 21, 2019

Today's Health Matters Includes:

- Meeting Schedule
- Community Meetings and Events
- Local Data and Research
- Seniors Expo Event (Attached)
- High Five Strengthening Children's Mental Health (SCMH) course
- Fiesta World Craft Bazaar
- Cultural Connections Workshops



This photo is like "Where's Waldo". Where is Cindy's office assistant?

-
- ✓ **Next Admin Committee Meeting- November (To be determined) , 4:30-6:30** CVRD Committee Room 2
 - ✓ **Next Our Cowichan Network Meeting** at **November 14, 2019, 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 Location to be determined
- **Community Action Team (CAT) Meeting** October 24, 9 am-11am **Cowichan Community Centre Board Room**

- **EPIC-Community Steering Committee** October 24 (Note date change), 1:30 -3:30 pm
Ts'i'ts'uwatul' Lelum
-

Hi Everyone,

Ladysmith Parks, Recreation and Culture will be hosting a **High Five Strengthening Children's Mental Health (SCMH) course** at FJCC in Ladysmith on Saturday, November 2 from 9 – 4 p.m.

This one-day in-person training, developed in collaboration with Canadian Mental Health Association, will help anyone running children's (ages 6-12yrs) programs be more informed and prepared to support their staff in promoting positive mental health in children. Participants will learn key concepts and factors that affect children's mental health including the impact of stress and the environment on a child's ability to cope. This training will provide tools and suggested activities to use with staff to help improve their understanding and interactions with children who face challenges in their programs.

Cost is \$60 per person. To register online, please visit www.reccowichan.ca and use code #22740, or call 250.245.6424 during office hours.

Please reach out if you have any questions. ☺ Hope to see you on November 2nd!

Have a great day,

Shannon

A colorful poster for the 7th Annual Fiesta World Craft Bazaar. The poster features a central white text box surrounded by a border of various folk art illustrations, including houses, animals, and traditional symbols. The text in the center reads: "7th ANNUAL", "Fiesta World Craft Bazaar", "SALE", "Unique, Fair & Ethically Traded Crafts & Product from around the World", "~ Over 25 Vendors ~", "SUNDAY November 10, 2019", "10:00 am to 4:00 pm", "(\$2.00 Entrance Donation)", "Queen Margaret's School", "660 Brownsey Avenue", "Off Government St.", "Duncan".

7th ANNUAL

**Fiesta
World Craft Bazaar**

SALE

Unique, Fair & Ethically Traded
Crafts & Product
from around the World

~ Over 25 Vendors ~

**SUNDAY
November 10, 2019**

10:00 am to 4:00 pm

(\$2.00 Entrance Donation)

Queen Margaret's School
660 Brownsey Avenue
Off Government St.
Duncan

WHAT'S NEW at the Early Years Professional Development Centre

Emotional Well-Being and Sense of Belonging are critical foundations for happiness, learning and life.

For the last few decades, research and clinical practice have demonstrated and continue to provide evidence to advocate the importance of social and emotional development.

In this webinar series, we will focus on understanding the important role played by secure relationships with educators and peers. Benefits include increased ability to co- and self-regulate, positive interaction skills and, of course, a sense of security and well-being that allows children to explore and learn.

As educators of young and school-age children, we have an amazing opportunity to make a difference in their lives and relationships. And there is plenty of research and theory to tell us how we can do that.

[Click here for more information.](#)

www.ecedu.ca

Check out our new focus on Social-Emotional Foundations!

UPCOMING CULTURAL CONNECTIONS WORKSHOPS

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:

[November 7th - Duncan](#)

[January 31st - Duncan](#)

Dates and Locations:

- **November 7th in Duncan:** St. John's Anglican Hall - 486 Jubilee St.
- **January 31st in Duncan:** St. John's Anglican Hall - 486 Jubilee St.

Time: 9:00 am to 4:00 pm, Doors open at 8:30 am

Cultural Connections has a story to share about reconciliation; its highs and lows, the emotions it stirs up and unimaginable gifts. In this workshop, our team will take you through the story of the first 145 years of Canada's history and into the era of reconciliation. Participants will laugh, reconsider, reflect, deepen their understanding, maybe shed a tear, answer some tough questions and perhaps inspire a few new ones.

Registration: Click on the date above to register through EventBrite or email: sandraspcowichan@gmail.com.

Cost: \$50 (includes lunch). No one will be turned away due to lack of funds.

Please share widely and encourage friends and colleagues to attend.

[Find Out More About Our Work](#)

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