



**Health Matters Newsletter
September 6, 2023
Today's Health Matters Includes:**

- OCCHN Meeting Schedule
- Community Meetings
- Our Health Our Community Survey Response Update -Seeking Your Support -Take the Survey Today!
- Clements Centre Society Annual General Meeting
- Reconciliation: Journey of our Generation
- Tl'i'stamu tsun - Holding Our Young Ones During Times of Grief and Loss -Attached

Community Meetings

- ✓ **Next Admin Committee Meeting To be Determined**
- ✓ **Next Our Cowichan Network Meeting September 14 in person- Ramada Silver Bridge Banquet Room**
- ✓ **Next EPIC Committee Meeting- September 11 location to be determined**
- ✓ **Cowichan CAT – September 28 2023, 10 am -noon** contact Johanne Kemmler for access Johanne.f.kemmler@gmail.com
- ✓ **HOLD the DATE- Cowichan Community Action Team Symposium October 12, 2023 (All day)**

Posters, Flyers and Promotional Materials for Our Health, Our Community Health and Wellness Survey Available.

Hello Community partners. If you would like printed copies of the posters or flyers contact Cindy cindylisecchn@shaw.ca and I can deliver them to you. For those of you who are wanting to distribute information via your emails, newsletters or Facebook pages you can access documents at www.ourcchn.ca under the Survey Tab.

Thanks for your continued support!



Our Health, Our Community Survey Update!

Hello partners,

Our Cowichan Communities Health Network (OCCHN) is excited to announce that the Our Health, Our Community (OHOC) survey has already obtained **1627** responses! Our community partners have driven a lot of traffic to the survey. On behalf of the survey team, we want to thank you for your support.

We still have some work to do to reach our goal of 4,500 survey participants, and we need your continued help. If you're looking for ways to support, here are a few ideas:

- Keep posting reminders online. We have uploaded graphics to the [OCCHN website](#) that you can download and share on Facebook and Instagram. Island Health is managing the survey's social media campaign. Look out for their handle @VanIslandHealth across Facebook, Instagram, Twitter, and LinkedIn, and please re-post their shares. Social media engagement is critical for this project's success.
- [Print our poster](#) and put it up in your office, break room, or community bulletin board. Or share it in your community newsletter with a reminder for all community members over 18 years of age to fill out the survey today!
- [Print our flyer](#) and bring it to your community meetings, events, and more.
- [Share our online calendar](#) of public outreach events. Our amazing team of field surveyors will host outreach booths across the region this August and September. Their role is to support community members to access information on the survey and to fill it out. If you know of any community member who needs support filling out the online survey, check out or share our outreach booth schedule.
- Challenge yourself to share the survey with 20 contacts this week.
- Share the survey link: www.ourhealthourcommunity.ca

If you have any questions about the survey or how to spread the word, please be in touch.

In gratitude,

OHOC Survey Team



You Are Invited!



**COWICHAN
VALLEY
YOUTH
SERVICES**

50TH CELEBRATION

September 14th, 2023

12 PM - 4 PM

294 Coronation Ave, Duncan BC

~FREE BBQ LUNCH~

~LIVE MUSIC~

**CELEBRATING
50 YEARS OF SERVICE
TO THE COWICHAN
VALLEY!**

www.cvyouth.ca

Cowichan Valley Youth Services is celebrating 50 years of service! We are inviting you to join us on September 14th from 12-4pm, to enjoy a free hot dog lunch, beverages and cupcakes! Duncan Rotary volunteers will be running the grills for us, and we will have live entertainment by local youth musicians. This is a great opportunity to meet our team, and check out the new location!

September 2023

14

12pm-4pm



You're Invited!

The previous email included an error with our RSVP system, please RSVP through the link below.
Thank you

Clements Centre Society
2022-2023 Annual General Meeting

Tuesday, September 12th
at 2:00 PM

*Registration is required
no later than September 5th, 2023*

[Click Here to Register!](#)

**In advance of the National Day for Truth and Reconciliation,
please join us for our upcoming workshop September 28th:**

RECONCILIATION: JOURNEY OF OUR GENERATION



"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?'"

September 28th - Duncan - Comiaken Room, Quw'utsun' Cultural & Conference Centre

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: 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!



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