



## Health Matters Newsletter October 19, 2018

### Today's Health Matters Includes:

- Meeting Schedule
- Community Meetings and Events
- The Movie Indian Horse- Friday Oct 19 at Cowichan Station Hub
- What Reconciliation is and What it is Not Saturday November 3
- Aging Well Seniors Expo Attached
- New Funding Opportunity- Health and Wellness Grant for Indigenous Communities



*The most beautiful time of the year!*

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### Our Cowichan- Network Member Meetings-

- ✓ **Next Admin Committee Meeting- November 1, 4:30-6:30** CVRD Committee Room 2
- ✓ **Next Our Cowichan Network Meeting at November 8, Ramada Silver Bridge** Light dinner at 5:15 pm Meeting starts at 5:45 pm.

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### Community Events- Meetings

- **Community Response Team Meeting** November 15, 9 am-11am Meeting Room 213 Location to be determined
- **EPIC-Community Steering Committee** November 15, 1:30 -3:30 pm Ts'i'ts'uwatul' Lelum
- **Cowichan Affordable Housing and Homelessness Coalition** November 21, 10 am to 12:30 Community Futures Boardroom. New members welcome!

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### Local Data and or Research-

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## The Movie Indian Horse

Is being shown at the Cowichan Station Hub Friday October 19 at 7:00 pm. Entry is by donation.

This amazing film is one not to miss

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## **Vancouver Island Regional Library in partnership with Reconciliation Canada**

Presents

What Reconciliation is and What it is Not

Saturday November 3, 1:00 Pm

Heritage Hall- Island Savings Centre-2687 James Street

Join us for an afternoon with Reconciliation Canada Ambassador and mentor of the Snuneymuxw First Nation, Yvonne Rigsby-Jones, for a discussion and Q and A on What Reconciliation is and what it is not. Register for free at [virlcowichan.eventbrite.ca](http://virlcowichan.eventbrite.ca) or call 250-746-7661

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## **Ready to Rent Training (on Line Opportunity)**

Ready to Rent BC (R2R) provides education and support to tenants, landlords and community champions with one goal: successful tenancies. Their model has three main goals: assist people to find and/or maintain good housing; reduce conflict, damages and evictions, and; increase housing stability. Learn more about the [program and how you can participate here](#)

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## **New funding opportunity: Health & Wellness Grant for Indigenous Communities**



Do you have ideas to improve the health and wellness of your community? Our new [Health and Wellness Grant for Indigenous Communities](#) could be for you. Focus areas could include social or cultural connectedness, food security, healthy built and natural environments, healthy aging or other topics. Grants of up to \$8,500 are available to First Nations Bands, First Nations Tribal Councils, Métis Chartered Communities, and Friendship Centres. Applications close November 5, 2018. [Learn more about how to apply.](#)

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**Do you have a resource, event or information you would like to share?**

Send it to [cindylisecchn@shaw.ca](mailto:cindylisecchn@shaw.ca) and it will be included in the weekly

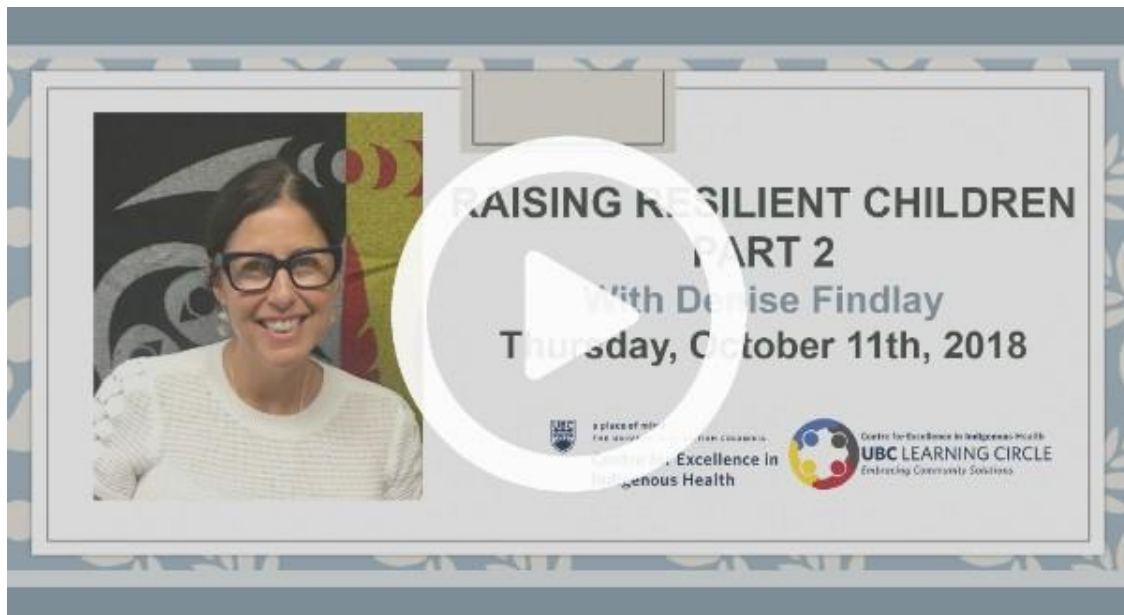
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Some Great Webinar Opportunities for you Below

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"Raising Resilient Children Part 2" with Denise Findlay Video is now Available for Viewing!



[View PowerPoint Slides here](#)

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Mark Your Calendars for the Upcoming Sessions!

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**Date:** Thursday, November 8st, 2018

**Time:** 10:00 am – 11:30 am ([PST](#))

**Place:** Videoconference OR Internet Webinar

**Registration:** required to participate livestream

**Website:** [Learn more](#)

IndigenEYEZ is back for part 3 of the Connect series. In this session, we will explore systems and traditional and contemporary models for change. We will open dialogue on the changes you want to foster in your communities. IndigenEYEZ will share tools for team building and engaging in courageous conversations. The impacts of colonization and the meaning of truth and reconciliation will be explored as we identify the next steps forward in our journey (individually & collectively).

Some questions we will discuss include:

- What fosters change in community?
- How do we unite our people across the generations when the divides are deep and complex between families, sectors and ages?

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[Register for the Webinar](#)

[Register for Video Conference](#)

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Upcoming November Session Previews!



**Food Insecurity  
Through Indigenous  
Lens**

**Tuesday, November 20th,  
2018**

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 Centre for Excellence in Indigenous Health  
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Embracing Community Solutions

[Register for  
the Webinar](#)

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 **Hearty, Healthy  
Dishes for Cold Winter  
Nights**

Tuesday, November 11th, 2018

Featuring  
**Gerry Kasten**



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Aboriginal Health and Community Administration Program



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[Aboriginal Health and Community Administration \(AHCAP\)](#) - This award-winning certificate program is designed for those working in Aboriginal communities who want to increase their community's capacity to deliver services, coordinate programs, and promote the health of their people.

Learn more and sign up today! Deadline for course registration is November 25th, 2018.

[Learn more about AHCAP here!](#)

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Special Thanks to Denise Findlay!



Special thank you to Denise Findlay for coming in and continuing our stimulating conversation on raising resilient children!

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Past Session Videos Ready for Viewing

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### DISCLAIMER

Due to the sensitive subject matter and stories shared during the UBC Learning Circle sessions participants may become triggered. Please ensure you have prepared a support system for yourself in advance in which you may have easy access to. This could mean an Elder, trusted mentor/family/friend, counsellor and/or crisis contact number.

Please contact the 24 Hour KUU-US Crisis Line at 1-800-588-8717 if you require emotional support. KUU-US services are for First Nations, by First Nations – all crisis response personnel are certified and trained in Indigenous cultural safety. Or call the BC Crises Centre at 1-800-SUICIDE (1-800-784-2433).



First Nations Health Authority  
Health through wellness



a place of mind  
THE UNIVERSITY OF BRITISH COLUMBIA

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Indigenous Health**

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