



Health Matters Newsletter September 7, 2018

Today's Health Matters Includes:

- Meeting Schedule
- Community Meetings and Events
- OCCHN Small Grants Call for Proposals
- Climate Change Gathering
- Day of Services Seeking Support and Volunteers – October 10 Duncan United Church
- Apply Now- United Way Public Policy Institute
- Strengthening Families Together Course -British Columbia Schizophrenia Society
- Making the Links Symposium on Collaborative Action
- Article re: Seniors and Downsizing
- Job Postings
- Body Centred Trauma Informed Recovery and Violence Prevention Courses
- The Return of Avi Friedman
- Small Housing Conference
- Disability Alliance Call for Proposals
- Upcoming Symposium HOPE for PTSD- request for sponsors and registration information



Our Cowichan- Network Member Meetings-

- ✓ **Next Admin Committee Meeting- Sept 6, 4:30-6:30** CVRD Committee Room 2
- ✓ **Next Our Cowichan Network Meeting at September 13 Ramada Silver Bridge** Light dinner at 5:15 pm Meeting starts at 5:45 pm.

Community Events- Meetings

- **Community Response Team Meeting** September 20, 9 am-11am Meeting Room 213 at the CVRD
- **EPIC-Community Steering Committee** September 20, 1:30 -3:30 pm Ts'i'ts'uwatul' Lelum

- **Need a FREE Space For your Non-Profit meeting?** Contact Volunteer Cowichan!
<https://www.facebook.com/VolunteerCowichan/photos/pb.273572012733673.-2207520000.1534373684./1798932173530975/?type=3&theater>
- **Cowichan Valley Hospice Society- Ready for the Unexpected?** You are invited to a **FREE** workshop. How do you want your care and affairs managed when you are unable to speak for yourself? **Cowichan Valley** – out of region welcome Sep 27 & Oct 11, 6:30-8:30 pm 3122 Gibbons Road, Duncan -Cowichan Valley Hospice Soc. Building **poster attached**

Local Data and or Research-



Calls for Proposals Small Grants Project

Cowichan Valley

Thank you for your interest in contributing to the health of citizens living in the Cowichan Region. Our Cowichan Communities Health Network (OCCHN) is pleased to provide a maximum grant of \$2,000.00 toward eligible projects in the Cowichan Valley. Please read the following information to ensure your proposal meets the funding requirements.

Our Cowichan recognizes the health and well-being of our citizens is impacted by the 12 Key determinants of health within the context of healthy and supportive communities, organizations, families and relationships. Our Cowichan has the opportunity to make a positive and meaningful contribution to our communities' future. OCCHN is committed to helping all citizens of the Cowichan Communities enjoy good health.

Project focus:

OCCHN small grants are designed to meet a specific need or a specific project that would not otherwise be able to happen or would be significantly impacted without funding.

Through strategic planning OCCHN has identified 5 priority areas.

- **Children and their families aged 0-6** including prenatal care, maternal health, nutrition, early childhood development, role of fathers, social supports, physical literacy
- **Promotion of good health** including nutrition, physical activity, environment, social supports
- **Elderly** including home support, housing, caregiver support, mental health, healthy aging, social supports

- **Identifying causes and prevention of chronic illness** including mental health, alcohol consumption, smoking, respiratory, diabetes, circulatory/ heart disease
 - **Poverty /Economic Status** including education, employment, living wage, poverty reduction
- Projects addressing these priorities will be given first consideration.

Applications whose priorities for action respond to demonstrated community needs, gaps and priorities and that are evidence based and focus on the 12 determinants of health will be accepted for review.

Application templates and supporting documents are available on our website www.ourcchn.ca or contact Cindy Lise at cindylisecchn@shaw.ca . Applications will be accepted up to noon on September 28, 2018. Funding announcements will be made by October 15, 2018 or sooner.

- 1 copy must be submitted by email to: cindylisecchn@shaw.ca
- 1 hard copy must be mailed to:

Our Cowichan
PO Box 20106
Duncan BC,
V9L- 5H1

Climate Change Workshop

As summer nears its end you are invited to a Workshop in early September - *Exploring the connection between a changing climate and community services.*

As a agency working in the Cowichan Valley to support our communities' well being, growth and vitality, you and the work you do play a key role in making the Cowichan Valley Regional District what it is. Understanding how your work be will be affected by the projected changes to our climate can seem complex, but we need to work together to understand how to build resilience to impacts like heatwaves, droughts and floods.

Please join us for a FREE workshop to help you overcome some of the common hurdles to understand projected climate impacts, and gain useful skills for integrating these impacts into your service delivery.

This workshop will be a interactive forum focused on providing tools that you can take back to your organizations and audiences. You will learn the foundations of climate projections, what it means for the Cowichan Valley, explore local impacts and how they can affect your services and the community and how to effectively layer this into your existing work.

Cowichan Valleys Changing climate, and you

Date: Wednesday September 12, 2018

Time: 8:30 AM- 12 PM

Location Christian Reformed Church,930 Trunk Road, Duncan

Registration is required so we can ensure there is space for everybody. Please don't hesitate to share this invitation with others in your organization

Please go to www.tinyurl.com/cvrd2018a to register for this free event or you can email Craig.Brown@iclei.org or call 250-818-9481

Day of Services Seeking Support and Volunteers – October 10 Duncan United Church

We are working with Duncan United to do a day of donations/ services similar to the one held in October of 2016. We are planning to hold this year's on October 10th and have folks there doing services like hair cuts, foot care, oral care, free lunch and information booths set up like last time.

SDPR attended in 2016 with a booth of information. I remember it being quite a busy info table serving approximately 30 clients according to the survey. We had approx. 120 people pass through the doors looking for information, clothing, blankets and a free lunch. We are hoping you guys would be interested in a table again this year?

We are looking for donations to hand out the day of the event. This year we are looking for hygiene products, sleeping bags, tents and tarps, socks, gloves and toques, heavy winter jackets and winter boots (no clothing this year due to the overwhelming amount received last time with nowhere to take any of it at the end)

If you can pass this along to anyone you can think of that would be wonderful J we will work on getting some tables signed up for the event and start on donations and then create a poster with the information later in September.

Thanks so much,

Necole Young

Third-Party Administrator
Funding Research/Development Facilitator
Cowichan Independent Living
Promoting a New Perspective on Diverse Abilities:
<http://cvilrc.bc.ca>
Telephone: 250 746 3930

Strengthening Families Together Course -British Columbia Schizophrenia Society

If you have a loved one suffering from a mental illness it can be overwhelming and you are not alone. In this 10-week course you will learn about symptoms, stigmas, myths, coping and communication strategies, as well as how to navigate the medical and legal systems and personal advocacy.

Classes will run Wednesday nights from 6-8 beginning September 26 and finishing on December 5 in Ladysmith. There is no fee for this course, please contact Tara McCaffery to register 250-327-4416 or at cowichan@bccs.org Poster Attached

APPLY NOW: 2019 United Way Public Policy Institute

Are you a change-maker and want to help strengthen your organization's capacity to advance social

change? The application period is now open for the 2019 United Way Public Policy Institute, an applied learning training program designed to help non-profit leaders and their organizations increase their understanding of the public policy process in BC and their capacity to influence it.

Applicants must be from the non-profit sector, have several years of experience in their field, and be actively involved in the area they would like to see policy change. Enrollment is open to organizations from all regions of the province.

Monthly two-day sessions will be delivered from January to June 2019. United Way will accept applications for the 2019 institute until October 12, 2018.

For more information, including Frequently Asked Questions (FAQ), Program Objectives, Faculty, Public Policy definition and a list of participating organizations from previous years, please see the dedicated program page on our website at: <https://www.uwlm.ca/agencies/public-policy-institute/>.

To obtain an application form, please contact Yves Trudel at ppi@uwlm.ca

United Way of the Lower Mainland | uwlm.ca
P207-33355 Bevan Avenue, Abbotsford, BC V2S 0E7
yvest@uwlm.ca | P 778.880.8507 | C 778.229.4057



Follow us on Facebook | Twitter | Instagram | Youtube | LinkedIn

MAKING THE LINKS 2018: Climate Change, Community Health & Resilience



SYMPOSIUM ON COLLABORATIVE ACTION | NOV 5 & 6 | KELOWNA, BC

Early Bird Extended to September 10th!

We get it: it's summer time and who wants to be inside on a computer when there are lakes to be floating on, tide pools to marvel at, and forests to explore?

That's why we're extending our Early Bird registration rates for '[Making the Links](#)' to everyone a bit more time! *From now until September 10th*, register and receive an Early Bird give

discount. Tell your colleagues, tell your friends! The button below will take you straight to our registration page and in minutes, you'll be home-free and back on the beach.

[Register Now!](#)

Article re: Seniors and downsizing

[Stop pushing seniors to sell their houses](#)

ROB CARRICK

The Globe and Mail (Alberta Edition)

23 Aug 2018

The vast majority want to stay in their current homes, yet many report pressures to downsize the seniors of the nation would like to thank you for your concern about their home-ownership burdens. Two related facts you may not know about seniors: The...[read more...](#)

JOB POSTINGS

Two SPO opportunities located in Victoria and Sooke on the Aboriginal Child and Youth Mental Health team. Please distribute as you see appropriate

Victoria 0.5 FTE Outreach Mental Health Clinician with ACYMH

<https://bcpublicservice.hua.hrsmart.com/hr/ats/Posting/view/53779>

Sooke 1.0 FTE Outreach Mental Health Clinician With ACYMH

<https://bcpublicservice.hua.hrsmart.com/hr/ats/Posting/view/53779>

Body Centred Trauma Informed Recovery and Violence Prevention Courses

Warmland Women's Support Services is pleased to present "Honouring Resistance - Transformation Through Movement", a series of body-centered trauma informed recovery and violence prevention courses for women age 15+, funded by the Ministry of Public Safety & Solicitor General :-). Attached are posters for the first round of classes. Please feel free to print, post and/or circulate to your social media pages.

We are sincerely grateful for your help to address the impact of sexualized violence in the Cowichan Valley,

Kendra Thomas

 **Posters Attached**

**SAVE THE DATE FOR THURSDAY, SEPTEMBER 20 at 7:00 p.m.
RAMADA HOTEL, DUNCAN
FOR THE RETURN OF AVI FRIEDMAN**

We are **less than a month** away until the next Placemaking Vancouver Island Speaker Series event featuring Canada's housing guru, Avi Friedman.

Avi will be sharing the innovative housing design concepts he's developed for the Cowichan and will change the way you think about affordable housing!

Register for **free** today by clicking [HERE](#)

Please feel free to share the attached event poster to anyone who may be interested!

Small Housing Summit

my name is Nat and I'm an events coordinator with [Small Housing BC \(SHBC\)](#), a Vancouver-based non-profit that supports [small housing](#) in the province. On November 17, we're organizing a small housing conference in Vancouver called the [Small Housing Summit](#). It's the first of its kind in Canada, and based on your goals of reducing homelessness and increasing affordable housing options, relevant to your work and membership!

Be sure to watch our promo videos for more on the Summit, its goals and supporters.

This is BC's chance to have an unsiloed conversation, but more importantly, to *act on the opportunities around smaller forms*. As such, the Summit invites participants, and the brightest minds and diverse changemakers, together, in one room, to *collaborate to accelerate* small housing uptake in BC by exploring relevant topics: design, construction, finance, real estate, policy and outreach. Attendees are eligible for educational points through the AIBC and PIBC, and reduced rate tickets are available for students, live webcast and groups of three or more. We also have 30 travel stipends for those travelling from outside the Lower Mainland that cover 2-night stay at the Sheraton and up to \$600 in airfare ([see FAQs for more details](#)). [Early bird registration](#) is now in effect with limited tickets!

The Summit also has two sessions to fill, for anyone doing small housing in BC that would like to present their challenge (related to any of the above topics) to the group and learn from their peers how to do it better. We're calling this the [Small Housing Challenge](#) series—open to cities, First Nations communities, builders/developers, financiers...anyone who's facing a barrier to their small housing project or program. Applications are now open and close in September. ([See promo video on the Challenge.](#))

We have some wonderful [sponsors and partners](#), including CMHC, Vancity, Real Estate Foundation of BC, City of Maple Ridge, Lanefab, UBC Sauder School of Business and BC Housing, and [presenters and panelists](#) from near and far, such as Jon Stovell, Ross Chapin, Scot Hein, Katie Hyslop, Tamara Roy (Boston), Denise Pinkston of TMG Partners (San Francisco), Raymond Kwong, Jake Fry and many, many more!

For more information on the Summit, its program, Small Housing Challenge, presenters, tickets, partners, FAQs and all other details, visit <http://www.smallhousingbc.org/summit>.

Hope to see you at the Summit! Please don't hesitate to get in touch.

Cheers,

Nat

Natradee (Nat) Quek

Event promotions, Small Housing Summit

778.751.5925 | nat@smallhousingbc.org

smallhousingbc.org



we are all
connected

August 2018

Community Update

DABC Releases Call For Proposals (CFP) for Accessibility Projects

BC celebrated its first annual Accessibility Week from May 27th to June 2nd 2018. As part of the Province's goal to improve accessibility for British Columbians with disabilities, we were selected by the Ministry of Social Development and Poverty Reduction (MSDPR) to disburse funding to community based "Accessibility Projects" that focus on at least one of the following:

- Accessible employment and community connection;
- Accessible emergency planning and response;
- Accessible arts, culture and tourism;
- Accessible sports and recreation;
- Accessible education and learning;
- Accessible community participation.

DABC will disburse a total of \$450,000 to successful projects. Project proponents may apply for a minimum of \$10,000 and maximum of \$40,000 per project.

The deadline for proposals is **4:30 pm, October 5th, 2018**.

To see the CFP, Application Form and accompanying documents please go to <http://disabilityalliancebc.org/program/accessibility-projects/>

We would greatly appreciate it if you would share this information with your networks.

If you have questions or need more information, please contact Myung Lee, Project Manager at accessibilityprojects@disabilityalliancebc.org or 604-875-0188 ext. 121.

Sincerely,

Jane Dyson, Executive Director

Upcoming Symposium HOPE for PTSD- request for sponsors and registration information

We would like to invite you to be a Sponsor for our Symposium HOPE FOR PTSD or have a booth. Your passion in improving the lives of those affected with PTSD and their families is important to us, having you there would be an asset. Regardless of whether they are sexual abuse survivors, residential school survivors who suffer with intergenerational trauma, children witnessing violence, occupational, military, first responders etc, the chances of some may develop PTSD at some point in their lifetime. The risk of suicide is great for many!

This will be held on **Thursday October 4th from 8 – 5 pm, at the CFB Esquimalt Chief & Petty Officer's Mess, our proud sponsor for this event.** We are happy to be partnering with Constable Gerald Breese Traumatic Life Losses from Victoria. We are looking for non-profit agencies who are interested in the ongoing work of Post Traumatic Stress Disorder. As many of you know PTSD can affect many people, mostly known for people who are military or first responders.

Others who are affected include vehicle accidents, mass shootings (school & other), bullying, falls, plane crashes, sexual assault, sexual abuse, intergenerational trauma, residential school survivors, near drowning, torture, witness to a violent crime, losing someone you love, brain injury and others who may not be listed here. No one should be excluded when it comes to suffering from this disorder.

Essentially symptoms can range from 3 months to a lifetime that can create feelings of fear, helplessness, difficulty concentrating, avoidance of circumstance, anger, suicidal ideation, irritability, isolation, addiction and homelessness, plus more. It affects the whole body, an invisible disability that creates emotional, physical, mental & spiritual distress. For those who suffer from complex PTSD could be a result of childhood exposure to a major event.

Our mission for this symposium is *“taking a multidisciplinary approach to better outcomes, while providing better support to providers, their clients and their family members”*. Our goal is to establish an advocacy group in British Columbia that will work with government, promote awareness for public and clinical use, networking opportunities to share accomplishments and challenges that are faced in understanding PTSD. This will require a standardized approach to

prevention, better equipped training for service providers and pro-active initiatives that offer solutions that will help to identify gaps in services.

Your attendance is important to the success of this symposium and our ongoing goals of what we hope to achieve in this Province. We hope that you will consider sponsoring our event and or attending. September 15 is the deadline to register for early bird and September 30 for later registration. Public entrance fees will be (early bird rate) \$52.00 and (late registration) \$72.00, with lunch, breaks, cold drinks, coffee/tea included. We will have a large banner that will include our sponsor and partners logos. Individual sponsorship packages will get you more should you choose to be included in this regard.

Our Non-Profit Packages include:

Platinum: \$500.00 Banner Logo, Booth, Entrance Fee,

Lunch for 2, Breaks, Logo on Printed Material, Radio/Newspaper

Silver: \$250.00 Booth, Entrance Fee, Breaks, Lunch for 2, Promotional Material

Bronze: \$150.00 Booth, Entrance Fee, Lunch for 2, Breaks

If you have any further questions, please call me at (250)900-7707 or Andrea Zoric at (250)709-8889. We look forward to hearing back from your organization. All money raised from this event will go towards Trauma Therapy (PTSD).

Kind Regards,

Trish Scoular, RPC

Founder/President

Love From The Inside Wellness Society

Andrea Zoric

Vice President

Love From The Inside Wellness Society and

Constable Gerald Breese Traumatic Life Losses

Is pleased to Announce

Our Keynote Speaker

Dr. Michael Sorsdahl, CD, PhD (Education), RCC, CCC, GCDFi

Symposium HOPE FOR PTSD

October 4, 2018 from 8 – 5 pm

CFB Esquimalt Chief & Petty Officers Mess.

1575 Lyall Street, Victoria BC

Dr. Michael Sorsdahl is a Registered Provisional Psychologist (Alberta), Registered Clinical Counsellor, Canadian Certified Counsellor, Global Career Development Facilitator with Instructor Designation.

Following his 20+ years of service with the Royal Canadian Navy as a Senior Naval Reserve Officer. He now combines his military service and experience from counselling, to help military and para-military clients overcome mental health challenges and transition into the civilian service.

He has become known as a Leader in the field of Trauma Therapy (PTSD), and also works with LGBTQ issues, Men's issues, life transitions, group dynamics/counselling and Counsellor education. Currently he teaches at the University of Victoria as a seasonal instructor in the Educational Psychology and Leadership Studies (EPLS) department and is an instructor at Yorkville University in the Masters of Arts

in Counselling Psychology program. We are happy he will be joining many others in our panel discussion.

This will be an educational symposium on Post Traumatic Stress Disorder. There will be a lineup of great speakers, who are invited as panel guests and roundtable discussion leaders working on solutions/brainstorming. Lunch, breaks and drinks will be included in the Entrance Fee.

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

Health Matters Newsletter