



**Health Matters Newsletter
December 4, 2015**

Today's Health Matters Includes:

- Meeting Schedule
- Community Meetings and Events
- Once Upon a Day- just because
- Clements Centre Sock Drive



The mighty Cowichan River raging with November energy.

Our Cowichan- Network Member Meetings-

- ✓ **Next Admin Committee Meeting-** December 3, 4:30 pm to 6:30 pm- CVRD Committee Room 2
- ✓ **Next Membership Meeting-** Monday December 8 9:30 am to 11:30 am 6080 York Road (Cindy's Office)
- ✓ **Next Our Cowichan Network Meeting December 10, 2015, CVRD Board Room.** Light dinner at 5:30 pm Meeting starts at 6:00 pm.
- ✓ **FETCH Vetting Committee- conference call- Monday December 14- 9:30 am to 10:30 am-** Call in numbers provided via email

Community Events

- **Next Sobering and Detox Task Force Meeting – December 17 -9:00 am to 11:00 am Canadian Mental Health Board Room 3088 Gibbins Road**

Sometimes a simple reminder as to why we live in the Cowichan Valley is warranted- click on the link and enjoy!

"Once Upon a Day"



7th Annual Clements Sock Drive

Help us reach our goal of 2015 pairs by December 11^h

The Clements Centre is accepting new socks for all ages and genders to be distributed to the needy in our community this winter season.

Donations can be dropped off at 5856 Clements Street

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