



## Health Matters Newsletter February 5

### Today's Health Matters Includes:

- Meeting Schedule
- Community Meetings and Events
- Local Data – Research section 2014 Homelessness Study- Social Planning Cowichan
- Upcoming CHNET Works Webinars
- Chronic Pain Self-Management FREE Program
- Red Dress Project for missing and Murdered Aboriginal Women
- Board Meets Board- Board Governance Workshop

This handsome bandit came to visit me just before Christmas.

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### Our Cowichan- Network Member Meetings-

- ✓ **Next Admin Committee Meeting-** February 4, 4:30 pm to 6:30 pm- CVRD Committee Room 2
  - ✓ **Next Our Cowichan Network Meeting** February 11, 2015 **CVRD Board Room**. Light dinner at 5:30 pm Meeting starts at 6:00 pm.
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### Community Events

- **Next Sobering and Detox Task Force Meeting – February 18 -9:00 am to 11:00 am CVRD Meeting Room 213**
  - **Board Meets Board Governance Workshop with Professor Vic Murray-** The session will run from 10:00 am to 12:00 noon on Saturday February 27, 2016 at the Clements Centre, 5856 Clements St, Duncan. \$10.00 donation appreciated
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### Local Data and or Research- (NEW)

This is a new section where I will be sharing local data or research that crosses my desk. This information may be useful to you and your organizations so be sure to check here and then file and save the information that you need.

This week's Edition:

## **Cowichan Homelessness Report 2014** (Social Planning Cowichan)

[Cowichan Region Homelessness Report 2014](#)

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### Upcoming Webinars CHNET Works

**February 17,  
2016 / le 17  
février 2016**

1:00 - 2:30pm  
13h00-14h30

**[Late Life Transitions, Mental Wellness and the Importance of Social Connections / Transitions liées à la vieillesse: la santé mentale et l'importance des liens sociaux](#)**

**February 23,  
2016 / le 23  
février 2016**

1:00 - 2:30pm  
13h00-14h30

**[Communicating for change as a component of strategic communications in public health Talking about how where we live, work and play affects health](#)**

**February 24,  
2016 / le 24  
février 2016**

1:00 - 2:30pm  
13h00-14h30

**[National Survey on the Mistreatment of Older Canadians / Enquête nationale sur la maltraitance des aînés canadiens](#)**

**March 17, 2016 /  
le 17 mars 2016**

1:00-2:00pm  
13h00-14h00

**[Young people, socio-economic processes, and youth mental health promotion](#)**

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**PLEASE PASS THIS FANTASTIC PROGRAM ON TO OTHERS. IT IS FREE AND HAS HELPED A LOT OF PEOPLE.**

## **Chronic Pain Self-Management**

### **Free 6 week program**

A free program to help people living with chronic pain and their caregivers to better manage symptoms and daily activities. At Cowichan Neighbourhood House in Chemainus. See [www.CNHA.ca](http://www.CNHA.ca) for more details.

\*Must register online (see details below).

WHEN: every Wednesday for 6 weeks from 1 to 3pm, starting Feb 24 and finishing March 30.

WHERE: Cowichan Neighbourhood House, 9806 Willow Street, Chemainus, across Waterwheel Park.

REGISTER: Spaces are limited. Please register online on the BC Self-Management page (click “Register Now” icon near the bottom of the page) or call toll free at 1-866-902-3767. If you need help registering online, feel free to come into the CNHA.

Registration link: <http://www.selfmanagementbc.ca/en/workshop?id=1297>

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## **Board Meets Board – Board Governance Workshop**

Professor Vic Murray will be giving a presentation and conducting an informal workshop for non-profit society board members or other interested parties regarding **BOARD GOVERNANCE**. How can a board interplay with its operation? How should it interplay? This session will be of interest to groups with paid executive directors or a professional management team *or* to boards with very few paid staff but more volunteers or boards that have to do more than just oversee the big picture.

The session will run from 10:00 am to 12:00 noon on Saturday February 27, 2016 at the Clements Centre, 5856 Clements St, Duncan.

Donations (\$10.00) would be appreciated.

Space is limited to 25 so please **register** early by emailing Gerry Molnar at [gpmolnar@shaw.ca](mailto:gpmolnar@shaw.ca).

This session is being organized by Growing Together Child & Parent Society.



the  
**REDress**  
Project

Missing & Murdered Indigenous Women

**SUNDAY CHARLES**  
**FEB. 14th HOEY PARK**



*"An empty garment of clothing operates as a marker for those who are no longer with us."*

*- Métis artist Jaime Black, creator of The REDress Project*

Warmland Women's  
Support Services Society

(250) 710-8177

[warmlandwomen.org](http://warmlandwomen.org)

[facebook.com/warmlandwomen](https://facebook.com/warmlandwomen)



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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

**Health Matters Newsletter**