



## Health Matters Newsletter May 6, 2016

### Today's Health Matters Includes:

Meeting Schedule  
Community Meetings and Events  
Events  
Success By 6 Early Years Conversation  
Triple P Parenting Programs  
Change Makers Forum  
Healthy Built Environment Toolkit



---

### Our Cowichan- Network Member Meetings-

- ✓ **Next Admin Committee Meeting-** May 5, 4:30 pm to 6:30 pm- CVRD Committee Room 2
- ✓ **Next Our Cowichan Network Meeting** May 12, 2015 **CVRD Board Room**. Light dinner at 5:30 pm  
Meeting starts at 6:00 pm.

---

### Community Events

- **Next Sobering and Detox Task Force Meeting – MOVED to May 12 -9:00 am to 11:00 am CVRD Meeting Room 213**
  - **Chill Fest- Celebrate Mental Health Awareness Week at Kin Park Alderlea Street-** May 7 11 am to 3 pm. Enjoy **Free** family fun, food, activities, music, dancing and more!
  - **Cowichan Intercultural Centre Partnership Summit-** Thursday June 2, 8:30 am to 5:30 pm  
Oceanfront Suites at Cowichan Bay. Register at [partnerships@cis-iwc.org](mailto:partnerships@cis-iwc.org) \$50 for 3 participants
-



## You Are Invited To:

### Next Steps: The Early Years: Moving Forward

**Outcome: To identify the next steps as a community to moving our strategic plan forward.**

As a result of many community conversations, one on one meetings and numerous emails we have all come together in collaboration to create a wonderful community inspired vision of what is possible in the Cowichan Valley, our own Early Years Site.

With your continued support and involvement we will work together to move this Early Years project forward. Through the latest Early Years RFP we created a strategic plan. The question that now needs to be addressed is *'how do we build upon this strategic plan for the health and wellbeing of children and families in our community?'*

Success By 6 and Aboriginal Success By 6 are inviting you to bring your wisdom and experience to continuing these very important conversations.

**Conversation Facilitator:** Beth Page, Dream Catcher Consulting

**When:** Wednesday, May 11<sup>th</sup>, 2016 from 9:30 am until 1:00 pm  
(doors open at 9:00 for coffee and tea)

**Where:** Island Savings Centre – Room to be confirmed

**Please RSVP** to Laura Court at [cowichansuccessby6@shaw.ca](mailto:cowichansuccessby6@shaw.ca) by Monday, May 09th, 4:30 pm so we can plan for a light lunch and refreshments. A vegetarian option will be available. For all other dietary needs, please feel free to bring a lunch.

Please bring a friend or send a friend if you are unable to attend.



United Way

United Way Success By 6® Partners



**FREE**

## **Triple P Family Transitions For Divorced or Separated Parents**

---

**Group Parenting Program  
Parents of 0 – 14 years old**

**Wednesday June 1 – 29, 2016**

**6:30 – 8:30 p.m.**

**Margaret Moss Health Centre**

### **Family Transitions will help you:**

- Create a positive outcome for your child
- Manage changes in family life
- Cope with day to day stress
- Resolve conflict
- Communicate better with your ex-partner

**At Family Transitions you will meet other parents facing similar challenges that come with divorce or separation.**

**To Register Call Bonnie at:  
250-709-3050**

**[www.triplep.net](http://www.triplep.net)**



**FREE**

## Triple P Positive Parenting Programs

### DUNCAN COMMUNITY PROGRAMS

**Mini-Series**

**For parents of 18 mos – 6 yrs**

Tues. Nov. 1 – 22, 2016  
 Tues. Feb. 7 – 28, 2017  
 Tues. Apr. 4 – 25, 2017  
 10:00 – 11:30 a.m.

**Khowhemun Elementary**  
**Free Child Care Available**

**Triple P Teen Program**  
**Group For**  
**For Parents of 8 – 14 yrs**  
**yrs**

Tuesdays:  
 Oct. 12 – Nov. 16, 2016  
 2017  
 6:30 – 8:30 p.m.

**Triple P**  
**Parents of 2 – 12**

Tuesdays:  
 Apr. 4 – May 9,  
 6:30 – 8:30 p.m.

**To Register: Call Bonnie 250-709-3050**

### SHAWNIGAN LAKE COMMUNITY CENTRE

**Triple P Group Program**  
**For Parents of 2 – 12 yrs**

Tuesdays:  
 Oct. 18 – Nov. 22, 2016  
 6:30 – 8:30 p.m.

**Triple P Family Transitions**  
**For Families Experiencing Separation**  
**And Divorce**

Tuesdays:  
 Feb. 7 – Mar. 7, 2017  
 6:30 – 8:30 p.m.

**To Register: Call SLCC 250-743-1433**

[www.triplep.net](http://www.triplep.net)

# Gathering of Changemakers Event

“We have to stop doing things in the same way if we want different results” Al Etmanski author of Impact Six Patterns to Spread Your Social Innovation

Hear from four social innovation champions as they tell the story of how their organizations are tipping the system to achieve lasting social change (Cowichan Intercultural Society, Cowichan Green Community, Clements Centre Society, Social Planning Cowichan)

Participate in Q&A Session

Join with board and executive directors of community benefit organizations, community members, service organizations, local government, businesses and other Cowichan region leaders to share ideas about the challenges/opportunities of social innovation and how to move vision to action.

Cost: \$16 Includes dinner (as dinners are pre-ordered, there will be no registration at the door).

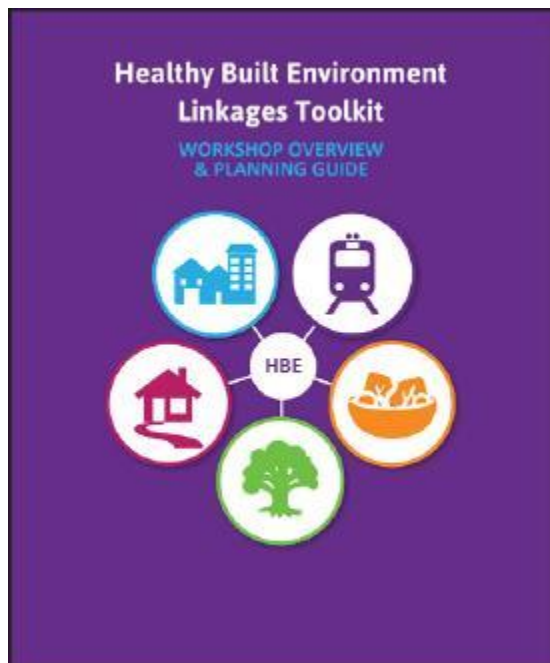
Discount for Board Voice members.

More information and online registration: [Weaving the Threads: Social Innovation and Economic Development](#)

Gather of Changemakers is hosted by Cowichan Board Meets Board, a [Board Voice Society of BC Initiative](#)

---

## Featured Resource: Healthy Built Environment Curriculum



We are pleased to share a new, open-source curriculum to help plan and deliver a Healthy Built Environment workshop.

The curriculum includes three detailed agendas, workshop planning guides and corresponding presentations designed for different amounts of time and knowledge levels.

Participants will explore the links between built environments and health outcomes and apply their new knowledge to projects, plans and issues that matter to them in their community. Anyone is free to download and adapt the materials to their local context. [Find them here.](#)

-----  
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**