



Health Matters Newsletter September 11, 2015

Today's Health Matters Includes:

- Meeting Schedules
- Community Meetings and Events
- Living with stroke
Self Regulation in a childcare setting
webinar
- Youth Wellness Drop in Centre needs your
support
- UVic Dissertation research study (information inside newsletter- poster for sharing attached)



Our Cowichan- Network Member Meetings-

- ✓ **Next Our Cowichan Network Meeting October 8, 2015**, CVRD Board Room. Light dinner at 5:30 pm Meeting starts at 6:00 pm.
- ✓ **Next Admin Committee Meeting-** Thursday October 1, 5:00 pm CVRD

Community Events- Living with Stroke (see advertisement below)



**LIVING
WITH STROKE**



We can help!

Now, stroke survivors across BC have a new tool for help and hope: the Heart and Stroke Foundation's Living with Stroke™ program. The program is designed to help stroke survivors and their families improve their quality of life, cope with challenges and connect with others.

Led by trained facilitators (by the Health Authority) and provided at no cost to participants, the program is comprised of 7 - 8 weekly, two-hour sessions. Weekly topics include: impact of stroke, physical changes and keeping active; dealing with emotions and relationships; reducing future risk and nutrition.

The program is offered in communities throughout the province.

Here in Duncan, the program will be held October 2 – November 20, Fridays 10:00-12:00am, at the Cowichan Branch Library (2687 James St).

There will also be a program held in Lake Cowichan, October 1 – November 17, Tuesdays 1:00 – 3:00pm, at the Cowichan Lake Sports Arena – Curling Club Lounge (311 South Shore Rd).

Please help to advertise and create awareness for these programs in your community!

- Website: www.heartandstroke.bc.ca/livingwithstroke
- Central Registration 1.888.473.4636

Contact Deb Rusch drusch@hsf.bc.ca with any questions or to order any resources specific to the Living with Stroke program (i.e. postcards)

Self-Regulation in a Child Care Setting

**Coming Fall 2015
Pre-register today!**

**Self Regulation: An Introduction
October 06, 2015**

10:30am - 11:30 am PST

1:30 pm - 2:30 pm EST

1 hour in length



This interactive Webinar includes:

- guidance from an *expert in self-regulation*
- advance registration in a [Self Regulation: An Introduction](#)
- tools to support observation of individual children's behaviour
- increased understanding of challenging behaviours
- strategies to support children in developing self-regulation skills
- certificate of community practice
- 2 ECE hours of training

Remove

Save Me a Seat!

Pre-Register

Thanks for Pre-registering!

Remove

No payment is required for advanced registration. Advanced registration is available until **Sept 01, 2015**. You will be invoiced for the Registration fee of **\$20** on that date.

Youth Wellness Centre Seeks Your Support

As the Cowichan Valley Open Learning Coop (CVOLC) is making the move across the street to the old Duncan Elementary School, they have allocated a space for a Youth Wellness Centre. The School District, Health Authority, MCFD, Physicians, Discovery Substance Use Counsellors, COS, Canadian Mental Health Association and other community organizations, along with youth and parents, have come together to create a collaborative, wrap around service (including primary care, counselling and support) for youth (ages 12-25). We are planning on opening the doors in October 2015. We are on the lookout for the following supplies:

Comfy Counselling chairs (3) or combination of love seat and chair; Coffee table (2); Small Desk (3); Office Chairs (3); Lamps (4); Computer or Laptop; Rug; Couch; End Tables (2-3); Coffee Mugs; Glasses; Coffee Machine; Spoons; Small Freezer; Small Fridge; Fax Machine; Book Shelf; Small Filing Cabinets – 2 drawer (2); Shredder

Please contact Meghan Marr at Meghan.Marr@viha.ca if you are able to donate or are looking for more information or want to be involved.

Thank you!

Meghan Marr

Cowichan Valley Community Developer

Child and Youth Mental Health and Substance Use Collaborative

Are you a cancer survivor?

If you have experiences and recommendations to share to improve cancer survivorship care systems and resources, the UBC School of Nursing would like to hear from you.

The **UBC School of Nursing** is exploring how cancer survivors access and experience cancer survivorship care systems and resources. Information gathered in this study will be used to provide recommendations to improve survivorship care for Canadians with cancer

You can enroll in this study if you are:

1. 18 years of age or older,
2. Diagnosed with cancer as an adult (at least 18 years of age),
3. Finished primary cancer treatment,
4. Able to speak and read English,
5. Living in British Columbia and
6. Willing to participate in one or more interviews.

For more information, please contact the study investigator:

Tracy Truant at (604) 230-2001 or tracy.truant@nursing.ubc.ca.

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