



**Health Matters Newsletter
September 18, 2015**

Today's Health Matters Includes:

- Meeting Schedules
- Community Meetings and Events
- FETCH Deadline moved to September 30
- Air Pollution Public Forum- attached flyer
- Early Childhood Education- attached poster
- Parent Child Mother Goose



Look what happens when you go out exploring... you get to meet new friends!

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-October 1**, 5:00 pm to 6:30 pm- Please note new time and date

Community Events- Meetings

Greetings all

We look forward to seeing you at our fall start-up Networking for Nonprofits meeting. Please pass forward. See you there!!

What: The 'Art of Networking' with Jennifer Yee Fairweather

When: Wednesday, Sept 20, 2015

Time: Doors @ 9:30am Coffee and Networking

Meeting: 10:00am - 11:45am

Cost: \$5.00 at the door

Where: Sands Reception Room upstairs
187 Trunk Road, Duncan

Free parking in front, curbside and across at the mall.

Facilitator: Jennifer Yee Fairweather is a self proclaimed introvert who doesn't like people, rather she doesn't like meeting new people. Find out why she does it anyway.

Topic: The 'Art of Networking'

Need to be out in the community to raise awareness about your organization?
New to the neighbourhood and been invited to a potluck party? Looking for alliances in the business community?

Marketing your organization (or yourself) doesn't need to take a whole new budget line in your efforts to promote your mission. Sometimes all you need is your charming self and an audience.

Let's talk about the art that is networking. Topics include but not exclusive to:

1. What is networking and why is it important to your nonprofit
2. Goals of networking
3. Leading questions and conversation starters
4. How do you convey what you do briefly and effectively (paint the picture)
5. Interactive and networking piece (be prepared to meet people in a whole new way)

Anne-Marie Koeppen
Volunteer
Volunteer Cowichan
1 Kenneth Place, Duncan, BC, V9L 5G3
anne-marie@volunteercowichan.bc.ca
www.volunteercowichan.bc.ca

AVRBC Mid Island Rep
We must become the change we want to see

Celebrate National Volunteer Week April 10-17,2016
Volunteers: Passion. Action. Impact Volunteers Rock!



Thank you for continuing to promote our FETCH on line resource directory! The deadline has been moved to Sept 30



FETCH IS COMING! FETCH IS COMING!

For Everything That is Community Health
Get on Board

Our Cowichan in partnership with the Cowichan Division of Family Practice is pleased to present the new regional online resource directory for the Cowichan Region.

The resource will provide the public and professionals easy access to the following:

- Health Professionals
- Low Income Supports
- Social Services
- Mental Health/ Counselling
- Substance Use/Addictions
- Conditions Specific / Information
- Seniors
- Child Youth and Family
- Health Services
- Abuse and Neglect
- Employment and Education/ Development
- Government/ Legal Complaints and Advocacy

Here is an example of the Nanaimo resource- The Cowichan FETCH will follow this format.

[Click Here to Visit FETCH Nanaimo](#)

Next Steps:

1. We would like to have all of your information **submitted to the Our Cowichan office by September 30**. The information will be entered into the software and tested in the fall with the **resource expected to go live in January**.
2. File and save the attached form to your computer. Fill in the information requested in the boxes provided and return the attachment to cindylisecchn@shaw.ca by **Sept 30**.
3. You will then have your email address registered into a mailing list and will be sent an email twice a year to help us keep the database current.
4. **Help us to get this information shared far and wide! Please send this to all of your contacts.**



Parent-Child Mother Goose FALL 2015

Parent – Child Mother Goose is

FREE ! WITH A SNACK TOO! FUN!

PLAYFUL, MAGICAL An 8 week experience for babies, young children, and their parents.

A PROGRAM that enriches parent- child lives and relationships.

ABOUT RHYMES that enhance a child's vocabulary.

FULL OF SONGS that don't require a good voice.

HOOKED ON STORY TELLING Parents learn simple stories to tell their kids.

TRADITIONAL A way of play without toys, just parent child interactions.

This is a registered program!
TO REGISTER IN ADVANCE
CALL BONNIE AT
MARGARET MOSS
250-709-3050

September - December 2015

Mon	Sept 28 – Nov 23	9:00 – 10:00	Ecole Mt. Prevost, Duncan (French)	0-4 yrs
Mon	Sept 28 – Nov 23	10:15 – 11:15	South Cowichan Library, Mill Bay	2-4 yrs
Tues	Sept 29– Nov 17	11:00 – 12:00	Cowichan Lake Library, Cowichan Lake	0-2 yrs
Wed	Sept 30 – Nov 25	9:00 – 10:00	Crofton Community School, Crofton	0-4 yrs
Wed	Sept 30 – Nov 25	10:30 – 11:30	Cowichan Library, Duncan	0-2 yrs
Fri	Oct 2– Nov 20	10:30 – 11:30	South Cowichan Library, Mill Bay	0-2 yrs

Closed on statutory holidays.



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

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