



Health Matters Newsletter September 23, 2016

Today's Health Matters Includes:

- Meeting Schedule
- Community Meetings and Events
- Local Data/ Relevant Reports and Information
- Our Cowichan Small Grants 2016 now open
- Evaluation Workshop via Tamarak
- This We Can Do! Request for support for refugee family
- Creating Positive Group Environments for all Children- Webinar
- Want to Create Cultural Safety in Health Care?
Two Upcoming Webinar Series for Indigenous Wellness?



Our Cowichan- Network Member Meetings-

- ✓ **Next Admin Committee Meeting-** October 6, 4:30 pm to 6:30 pm- CVRD Committee Room 2
- ✓ **Next Our Cowichan Network Meeting** **November 10, 2016 Clements Centre.** Light dinner at 5:30 pm Meeting starts at 6:00 pm.

Community Events

- **Walk of Nations** –Saturday September 17. Meet at House of Friendship or Old Vancouver Island University at 9:15 – the walk begins at 9:45
- **Next Sobering and Detox Task Force Meeting** – **October 20** -9:00 am to 11:00 am CVRD Meeting Room 213
- **Literacy Central Vancouver Island - 25th Anniversary Celebration event September 23-** see attachment

Local Data and or Research- Don't forget to submit your photos of Cowichan to Social Planning Cowichan for the Snapshots project. Take a moment and fill out the surveys too. Go to Social Planning website. <http://www.socialplanningcowichan.org/>

OCCHN Small Grants 2016

Requests for proposals for **Our Cowichan Small Grants are now open**. There is \$15,000.00 in funding that will support small grants to a maximum of \$2,000.00. Please go to the Our Cowichan Website <http://www.ourcchn.ca/> for all information regarding the application process and requirements.

Evaluation Workshop

If you are like me, the word evaluation fills me with dread. The feeling that my work is being judged, often by people who are technocrats and who might not always understand or care about the work I do, is usually my first instinct. Not anymore – Liz Weaver and Mark Cabaj have taught me that evaluation can make the work of community change more effective and at times easier. The key is knowing enough about evaluation to gain better control of the value and purpose of evaluation.

We are excited to share with you that our most popular workshop, [Evaluating Community Impact](#), is coming to Hamilton, Ontario, Canada on November 15-17 and registration officially opens today.

Do you manage programs that need to be evaluated? Are you part of a collaborative that is trying to understand how to evaluate your work? Are you a community development professional who wants to make the connection between learning and community change? If so, this workshop is right for you.

Mark Cabaj and Liz Weaver are two of North America's top trainers and have received overwhelming praise from hundreds of people who feel much more confident in their evaluation efforts after participating in the Evaluating Community Impact workshop. Mark and Liz have completely updated the curriculum and developed a new workshop format that will help you implement concrete elements of an evaluation strategy into your work.

Highlights will include:

- A deeper understanding of the kinds of evaluation that are most popular in understanding impact
- Understanding the latest kinds of evaluation including developmental evaluation
- Learning three frameworks to communicate the “progress” of community change initiatives
- Learning four scenarios for using hard (things you can measure) and soft indicators (things harder to measure) to capture outcomes
- A new method for demonstrating a group's contribution – rather than attribution – to outcomes
- Five aides for social innovators and evaluators to develop evaluations that are used

This workshop is often oversubscribed, so help us fill it with people who will have the greatest impact. Be the first to [register or hold your seat today](#). To learn more, visit the [workshop page](#), or reach out to [Heather](#), who will be happy to answer any of your questions.

Much joy,

Paul Born

This message was sent to you by Tamarack Institute.

To change your communication preferences, including unsubscribing from further emails, please [click here](#).

Tamarack Institute is located at: University of Waterloo, Kindred Credit Union Centre for Peace Advancement, Conrad Grebel University College Waterloo, ON, N2L 3G6, Canada. Visit us at www.tamarackcommunity.ca.

Ahmed Sarawon, Nawal Araar and Omar Sarawon

PLEASE HELP! There are so many refugees in today's world. So many families displaced. It is easy to feel helpless and uncertain about what action to take. THIS We Can Do! Is a small group



of Cowichan residents who have come together to bring a family of three to safety. The dad is Ahmed Sarawon, a 30 year old teacher and school principal with almost 10 years of teaching experience. Mom is a 26 year old high school teacher. Their little boy is not yet 3 years old.

To bring the family to Cowichan we need some additional support. We need a minimum of \$11,000 plus a place for them to live and household supplies. The most important support right now is for money. ANY amount will help and donors can receive a tax receipt. PLEASE HELP!

To donate online go to <http://cis-iwc.org/> Click on the Donate now button. It will take you to the Cowichan Intercultural Society page on the Canada Helps website. There is a “select the fund your donation will support button”. Please click on: This We Can Do private sponsorship group!

To donate by cheque please make the cheque out to the Cowichan Intercultural Society 205 – 394 Duncan Street, Duncan, BC. V9L 3W4 and write a note on the cheque letting them know it is for the “THIS We Can Do” Group! Cash or credit card donations are also accepted at the CIS office.

If you do not wish a tax receipt please contact us at rhoda.taylor@gmail.com and we will gratefully pick up the donation. THANK YOU!

Creating Positive Group Environments for all Children!

Join us for our fall webinar sessions on well-being!

Sept. 27, 2016	Inclusive Early Childhood Programs
Oct. 4, 2016	Emotional Needs of Children
Oct. 18, 2016	Kids Have Stress Too!
Nov. 1, 2016	Introduction to Self-Regulation
Nov. 15, 2016	Primary Caregiving: Relationship –Based Care
Nov. 22, 2016	Understanding Traumatized Children in Child Care

Tuesdays at 7:00 pm Atlantic 7:00 pm EDT 7:00 pm Pacific
For additional times or dates, email info@ecedu.ca for assistance.

[More Info](#)

[Register](#)

5th Annual Welfare Food Challenge starts October 16

Raise the Rates' Annual Welfare Food Challenge starts on World Food Day on Sunday, October 16, 2016, and runs for one week. During that week, participants eat only what they can purchase for \$18. [Why \\$18?](#)

[Join](#) the over 600 people who have taken the challenge so far! In 2016 Raise the Rates aims to make it the biggest challenge ever and make poverty an election issue in 2017.

The challenge highlights the inadequacy of welfare rates in BC. A single person receives only \$610 a month, frozen for over nine years. Raise the Rates, with others, is working to raise public awareness of the extreme poverty of people on welfare and how this poverty costs the people of BC in human suffering and billions of wasted dollars every year.

[Find out more](#)

[Sign up](#)

[Learn why \\$18 for one week's food](#)

Want to Create Cultural Safety in Health Care?

Two Upcoming Webinar Series for Indigenous Wellness

Want to increase your knowledge on cultural humility and safety, and develop the tools and skills to be an ally to First Nations and Aboriginal people?

Two upcoming webinar series have been created to provide support and learning, with the goal of

creating a culturally-safe health care system.

Leading a Framework for Cultural Humility & Safety

Tuesday October 4 | 1200-1300 PST

We've partnered with the **First Nations Health Authority** on this 12-part webinar series, with monthly events to encourage participation, learning, self-reflection and positive change among BC's health care professionals.



Our first event features Joe Gallagher, CEO of FNHA, sharing his personal story of his niece Makara's legacy. Learn how one family's tragedy resulted in Canada's first province-wide commitment to culturally-safe health services, and explore the concepts and connections between cultural humility, safety and competence in an open and safe learning environment. [Details & webinar link.](#)

Setting the Context for Indigenous Cultural Safety: Facing Racism in Health

Thursday September 29 | 1030 - 1200 PST

This is the first webinar in the National Indigenous Cultural Safety Learning Series from Provincial Health Services Authority, and will be presented by Janet Smylie and Cheryl Ward.



This national webinar series provides an opportunity to share knowledge; experiences and perspectives in support of collective efforts to strengthen Indigenous cultural safety in health and social services. [RSVP here.](#)

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