



## Health Matters Newsletter January 23, 2014

### Today's Health Matters Includes:

- Meeting Schedules
- Community Meetings and Events
- Patients as Partners – upcoming orientation
- Cowichan Housing Association News Letter
- Platform for Fighting Poverty- Article
- Inclusive Leadership Training Opportunity
- Gordon Nuffield- Raising Children in a Digital World
- Board Meets Board Conversation- Collective Impact



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### Our Cowichan- Network Member Meetings-

- ✓ **Next Our Cowichan Network Meeting –February 12, 2015**, CVRD Board Room. Light dinner at 5:30 pm – Meeting starts at 6:00 pm
- ✓ **Next Admin Committee Meeting-** Wednesday February 18, 5:30 pm CVRD Com. Room 2
- ✓ **Seniors Small Working Group-** Friday February 6 12:30 pm to 2:00 pm- location to be announced

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### Upcoming Events/ Workshops/ Community Meetings

- **Cowichan Child Care Resource and Referral Program Presents:** Kids have Stress Too- Saturday February 28, 2015 For more information go to [www.islandfamilyinfo.ca](http://www.islandfamilyinfo.ca)
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## Cowichan Housing Association



### January 2015 - Newsletter

It's official. The Cowichan Housing Association is now incorporated! Congratulations and thank you to everyone who worked hard over the years to contribute to establishing this community service organization!

1. **Cowichan Housing Association:** We are delighted to announce that as of January 14, 2015, the new housing association is incorporated! This move comes out of direction given in our community consultation process of 2012. This development comes with the blessing of Social Planning Cowichan. The Cowichan Housing Association (CHA) has a 6 month MOU with SPC as we complete the transition process.

The new board is presently comprised of: Brigid Reynolds (long-time co-chair of RAHD and senior planner with North Cowichan), Chris Hall (co-chair of RAHD, member SPC board and private consultant); Tina Schoen (previous steering committee member and representative of Cowichan Women Against Violence); Monica Finn (previous steering committee member, Awareness and Advocacy committee member, Vancouver Island Regional Library); and Debbie Williams (Hiiey'yu Lelum – House of Friendship).

The Regional Affordable Housing Directorate (RAHD) will also transition with CHA. RAHD will continue to meet as in the past and function as an open community consultation forum to keep concerned stakeholders informed of our activities and to invite feedback and further engagement.

2. **February 10 - Next meeting of RAHD:** Please mark Tuesday, February 10<sup>th</sup> on your calendars as the date for the next meeting of RAHD. Time: 4:45 to 7:00 pm. Koksilah Room, Island Savings Centre, 2687 James St. The agenda will be sent out late next week. This will be an opportunity to tell you more about CHA and update you on our on-going work.
3. **What have we been up to since our last RAHD meeting?** Lots! The Housing Trust Fund business case is progressing. Homelessness Action Week was a big success again this year. Through the Homelessness Partnering Strategy Grant we hired two housing support workers (to the end of March) - they have been busy assisting clients. We are also offering housing support in Chemainus at the Cowichan Neighbourhood House. We hosted 3 Ready to Rent classes in the fall and 4 more will run over the winter. The Rental Assistance program is always well used. We have hosted 3 tenant's rights workshops and have more planned. We hosted a landlords' breakfast in January. We will be offering a workshop on lowering your energy use – and thus your bill. Plus lots more. Join us at the RAHD meeting to hear more.

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## A Platform for Fighting Poverty

[http://www.ssireview.org/blog/entry/a\\_platform\\_for\\_fighting\\_poverty?utm\\_source=Enews&utm\\_medium=Email&utm\\_campaign=SSIR\\_Now&utm\\_content=Title](http://www.ssireview.org/blog/entry/a_platform_for_fighting_poverty?utm_source=Enews&utm_medium=Email&utm_campaign=SSIR_Now&utm_content=Title)

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## Inclusive Leadership – Facilitating and Mentoring Compassionate Communication

You are warmly invited to a day of Inclusive Leadership for educators and other professionals, volunteers, students and everyone involved in building inclusive and welcoming schools and communities. We hope you will consider coming yourself and we appreciate any help you can give us with spreading the word to your colleagues, students and friends who live and work in and around Nanaimo and Gabriola Island.

A flyer and agenda are attached or read below for details:

Acclaimed international coach and facilitator, Raj Gill will be facilitating a day of "Facilitating and Mentoring Compassionate Communication" Thursday, Feb 5 8:45 to 4 on Gabriola Island. Or sign up for "Facilitating and Mentoring Anti-Discrimination First Aid" with Linda McDaniels and Linda Hill. Both of these workshops are fabulous experiential education opportunities.

Facilitating and mentoring Inclusive Leadership is f We all have a vital role to play.

Place: Camp Miriam, Gabriola Island

Date: Thursday, Feb 5

Time: 8:45 am to 4:00 pm (8:15 ferry from Nanaimo and 4:25 ferry back)

Cost including lunch: \$100 or \$50 for students, volunteers and anyone who faces financial barriers

Deadline for Registering: Friday, January 30.

To register or for more information:

Email: [inclusiveleaders@gmail.com](mailto:inclusiveleaders@gmail.com)

Phone: Linda Hill at 250-746-6141

Website: <http://inclusiveleadershipco-op.org>

Yours inclusively, Linda Hill, Coordinator Inclusive Leadership Co-operative

Website: <http://inclusiveleadershipco-op.org>

Phone: 250-746-6141

Mailing address: 3291 Renita Ridge Road, Duncan, BC, V9L 5J6

Click here <http://inclusiveleadershipco-op.org/casl/#subscribe>

to update your contact information or to unsubscribe from our email list

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## Online Access to Live Sessions (Real-time Broadcast) Vancouver Island Parent Conference

Saturday, February 7, 2015

(all times are Pacific Standard Time (PST) GMT-8:00)

Nomadic Education Consultants is broadcasting the Vancouver Island Parent Conference and would like to contact you with information about the conference.

They have assembled an awesome line-up of presenters, with their keynote being delivered by Robin Grille, a father, a psychologist in private practice with twenty years' experience, and a parenting educator.

### [Robin Grille](#)

Robin Grille is a father, psychologist in private practice and a parenting educator. His articles on parenting and child development have been widely published and translated in Australia and around the world. Robin's first book: 'Parenting for a Peaceful World' has received international acclaim and led to speaking engagements around Australia, USA, UK and New Zealand. His second book, 'Heart to Heart Parenting', was first published in Australia and is now available in an updated USA edition. Robin's work is animated by his belief that humanity's future is largely dependent on the way we collectively relate to our children.



Born in Uruguay, South America, into a multicultural family, Robin is fluent in Spanish and English, and haltingly conversant in French and Romanian. He feels a strong affinity for a broad span of cultures, across the universal human family.

Robin's experiential, skills-based and informational parenting courses have helped many people to embrace parenting as a transformative, personal growth journey. Drawing from 25 years' clinical experience and from leading-edge neuropsychological research, Robin's seminars and courses focus on healthy emotional development for children as well as parents; while building supportive, co-operative parenting communities.

To find out more about Robin Grille's work, his books, articles and seminars visit:  
[www.hearttoheartparenting.org](http://www.hearttoheartparenting.org) and [www.our-emotional-health.com](http://www.our-emotional-health.com)

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9:00-10:30

## Love, Fear, and Shame in Education



***A thought-provoking discussion about revolutionary approaches to education that enhance learning and self-motivation, while dramatically reducing violence in schools.***

This thought-provoking workshop is about an education revolution that is sweeping the world and transforming the classroom as we know it. You will discover that a new educational paradigm, based on collaboration, intrinsic motivation and children's individual interests, is having an unexpected result: it sharply reduces the incidence of bullying and school violence.

Topics we will explore:

- What is the most powerful motivating force for learning?
  - The power of play-based education
  - What are some of the many, diverse examples of child-centred education and emergent curricula around the world, and what defines them?
  - How widespread is the new phenomenon of child-centred (emergent) curricula around the world?
  - The role of emotional intelligence in new education models
  - The effects of shame in competition-based models
  - How gold stars and other reward systems harm learning – and why educational psychologists don't tell us!
  - Why student participation in curriculum design reduces violence and other behavioural problems in and out of the classroom.
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2:30-4:20

## Parenting for a Peaceful World



Robin Grille invites you on a journey that begins with the surprising and often shocking history and evolution of parenting. With the aid of recent revolutionary discoveries about early

childhood development and the human brain, the history of childhood offers vital clues about the roots of human violence and social disharmony.

This inspirational lecture, based on Robin Grille's book of the same title, will provide a fascinating look at parenting customs that have shaped societies and major world events, revealing how children adapt to parenting styles and how these experiences underpin the adults they become and, ultimately, the way the world is structured.

Robin Grille draws upon revolutionary new research to argue that safeguarding children's emotional development is the key to creating a more peaceful and harmonious world.

Robin emphasizes that our future rests on the way we care for parents, and the way we treat children. This presentation takes you from past horrors to present hope. You will learn how recent fundamental changes in child-rearing approaches have shifted human consciousness, giving birth to modern movements for human rights, justice, democracy, equality and sustainability. You will also learn how these universal issues impact on the way that we work with young children and their families.

Certainly, there is much more work to do. But what would the future hold for humanity if these positive reforms in child-rearing continue to grow? What is your personal role in this unfolding global movement?

This session will include a closing address from **Dr. Richard Stanwick**, Chief Medical Health Officer, Island Health.



Dr. Stanwick will explore what a health promoting school is and what healthy school environments can look like. This is your opportunity to hear our Medical Health Officer talk about how everyone plays a role in creating nurturing healthy environments for our children and youth.

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#### [Brenda Whittam-Neary](#)



Brenda Whittam-Neary has worked as an in-class Tier One self-regulation interventionist throughout BC, AB, NB, SK and the NT. While in SK, she was seconded for five years by the BC Ministry of Education to design and implement a provincial self-regulation demonstration classroom to serve as a provincial resource for the implementation of self-regulation strategies within an RTI model. She is now a private self-regulation consultant, working in school districts throughout BC, SK and the NT.

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1:00-2:00

## Self-Regulation Is Now The Predictor of Social and Academic Success

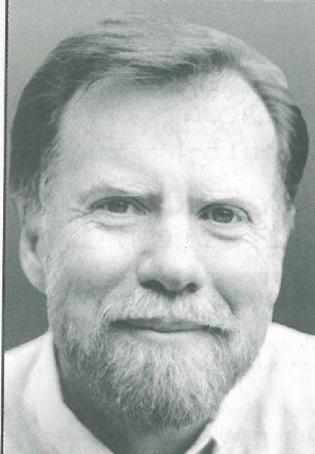


Come and learn a Problem-solving Approach to managing behaviour so that children will learn how to manage their own physical behavior, their own emotional behavior, their own social behavior and their own academic behaviors.

Recent research is teaching us that child development should be focusing on teaching children how to solve problems physically, emotionally, socially and academically to create independent, lifelong learners.

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SUNRISE WALDORF SCHOOL PRESENTS



## Raising Children in a Digital World



Gordon Neufeld, Ph.D.

**Cowichan Theatre**  
**February 11th 7pm Tickets:\$25**

**The digital world is here to stay, changing our society in ways that have far reaching consequences for our children.**

What are the implications for parenting and teaching? How do we harness the spectacular connecting potential and yet avoid the pitfalls of technology gone awry? How do we prepare them to live in this new world, while preserving what is required for healthy development to take place?

Join Dr. Neufeld, developmental psychologist, international speaker and best-selling author (*Hold On to Your Kids*) as he explores the digital revolution through the lens of developmental science and its implications on raising children.

**Cowichan Ticket Centre 250-748-7529**  
**[www.cowichantheatre.ca](http://www.cowichantheatre.ca)**

**Hello,**

You are invited to the following event:

## GATHERING OF CHANGEMAKERS: COLLECTIVE IMPACT, WHAT ARE THE POSSIBILITIES?

Event to be held at the following time, date, and location:



Tuesday, 17 February 2015 from 5:30 PM to 8:30 PM (PST)

**Clements Centre Society The**  
5856 Clements Street  
Duncan, BC V9L 3W3  
Canada

[View Map](#)

[Attend Event](#)

Share this event:



Participate in a discussion of collective impact including exploring opportunities for collaboration, broaden our group of engaged partners and stakeholders and setting a common agenda. Dinner and engaging discussion are included. Speaker: Jane Kilthei, Transitions Cowichan Who should attend: Board directors of community based social services, executive directors, government officials, local...

Share this event on [Facebook](#) and [Twitter](#)

We hope you can make it!

Cheers,  
Cowichan Board Meets Board



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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**