



## Health Matters Newsletter October 24, 2014

### Today's Health Matters Includes:

- Meeting Schedules
- Community Meetings and Events
- Fundraiser to Upgrade a Community Kitchen
- UBC online Learning Events
- Leadership Workshop Opportunity
- Together Against Violence Workshop ( Attached Poster)
- Purple Light Nights (Attached Poster)
- Violence Against Women in the Cowichan Valley



A quick walk along the Cowichan River dike on an autumn day is a great idea!

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### Our Cowichan- Network Member Meetings-

- ✓ **Next Our Cowichan Network Meeting –November 13**, CVRD Board Room. Light dinner at 5:30 pm – Meeting starts at 6:00 pm
- ✓ **Next Admin Committee Meeting-** Wednesday November 19, 5:30 pm CVRD Com. Room 2

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### Upcoming Events/ Workshops/ Community Meetings

- **Together Against Violence Workshop-** November 26 8 am to 12 pm breakfast included – Duncan United Church \$10 or by donation
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## Fundraiser for Upgrading the Cowichan Green Communities Community Kitchen

Just a quick note to let you know about the James Barber Fundraiser for CGC, hosted by the Cowichan Chefs Table at the Old Firehouse Wine Bar in downtown Duncan. The event will be a 5-course dinner with wine/cider pairings for each course, starting at noon and going until 4 pm. The purpose of the event is to upgrade the equipment in CGC's teaching kitchen, to make it more functional.

More information, and the opportunity to purchase tickets online, are available on CGC's website: <http://cowichangreencommunity.org/workshop-events/the-james-barber-fundraiser-2014/>. Tickets are \$100 each.

It'll be a fabulous event. I hope we'll see you there!

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### Presentation:

Please join us in the conversation about a special Youth Circle with Jessica St. Jean as she discusses "Everything You've Ever Wanted to Know But Were Too Afraid to Ask"

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### Everyone Welcome to Attend:

**Date:** Wednesday, October 29, 2014

**Time:** 3 pm. to 4 pm.

**Place:** Attend by video conference OR online via Webinar.

To understand the difference please click [here](#).

**Registration:** required to participate in this free, live event!

**REGISTER HERE**

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### Learning Objectives

#### About The Presenter:



**Jessica St. Jean,**

Program Manager of [YouthCO's](#) Aboriginal Youth Program will be presenting a workshop about "Sex: how to have the fun part without the babies." Babies are awesome when we're ready, and family planning is important for taking care of ourselves and

After participating in this workshop, youth will have the tools to:

- Ask questions that may lead to having a better understanding of their health
- Gain respect for their bodies as well as the bodies of others
- Recognize pre-contact values of respect and value for all people and creatures
- Normalize sexuality as nothing to be ashamed of
- Identify how addressing sexism can lead to young women feeling less embarrassed about accessing contraceptives
- Discuss consent in a healthy way to lessen harmful practices common in Aboriginal communities that can affect health outcomes (such as the normalization of many nonconsensual activities)

#### **BC Provincial Prescribed Learning Outcomes: Health and Career Education – Grades 8 and 9**

The workshop “Contraception” fulfills the following BC Provincial ‘Prescribed Learning Outcomes’ for Grades 8 and 9 Health and Career Education:

It is expected that students will gain knowledge about:

*Grade 8 -*

#### **Healthy Living**

- Identify factors that influence healthy sexual decision making
- Demonstrate an understanding of the consequences of contracting sexually transmitted infections including HIV/AIDS (e.g., symptoms, short-term and long-term health issues)

#### **Healthy Relationships**

- Assess the importance of healthy relationships (e.g., with friends, family, teachers, mentors)

others. This session will feature a non-judgmental talk about our contraception options. We promise to make this as fun as possible!

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#### **Technical Support:**

For technical support with your videoconference equipment for our online events, please call 1-877-666-3211.

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#### **Upcoming Events with**

#### **UBCLC:**

1. **Oct. 23**, 10 am - 11:30 am (PST) **Healing Trauma & Crisis** with Dea Parsanishi & Anita Charleson-Touchie
2. **Nov. 06**, 10 am - 11:30 am (PST) **How To Address Family Violence Using The Medicine Bundle** with Corinne Stone
3. **Nov.14**, 10:00 am - 12:00 pm (PST) **Preparing Fall Foods** with Gerry Kasten

Grade 9 -

### Healthy Living

- Relate the characteristics of a healthy lifestyle to their ability to maximize personal potential
- Describe practices that promote healthy sexual decision making
- Assess the short-term and long-term consequences of unsafe sexual behaviour (e.g., unplanned pregnancy, sexually transmitted infections including HIV/AIDS, negative impact on future goals)

### Healthy Relationships

- Propose strategies for building and maintaining healthy interpersonal relationships (e.g., effective communication skills, effective expression of emotions, setting and communicating personal boundaries)

4. **Nov. 19**, 3:30 pm - 4:30 (PST) **Eating Healthy Will Take You**

**Places** with Suzanne Johnson

5. **Nov 27**, 10:30 am - 12:00

pm (PST) **Opportunities in Aboriginal Health Careers** with FNHA

6. **Dec 2**, 2:00 pm - 3:00 pm (PST) **Interactive**

**Medicine Walk** with Cease Wyss

For more information and to register for these web workshops, click [here](#)





# The Art and Science of Successful Collaborations

*This 2 Day Workshop is a collaboration between the Leadership Victoria Society and Leadership Vancouver Island Society*

As a leader or aspiring leader, you recognize that strong, resourceful collaborations improve service delivery, broaden market share and increase the scale of return on your investments – both financial and human.

**Friday, November 14  
and  
Friday November 28**

8:30am – 4:30pm

Community  
Futures Cowichan  
135 - 3<sup>rd</sup> Street  
Duncan, BC

\$175 for Two days  
Lunch & Workbook Provided

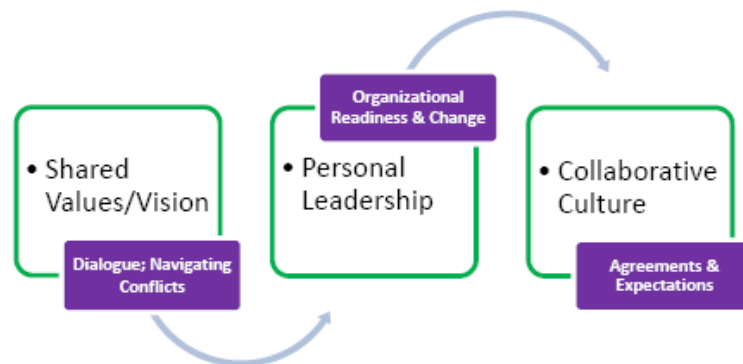
Register online:  
[http://2daycollaboration.  
eventbrite.ca](http://2daycollaboration.eventbrite.ca)

Investing in yourself or your employees is an important decision, especially in this tight economic climate. You will undoubtedly want to ensure you are sending the right people. If you have questions about who to send, or how you can get a deeper discount in sending three or more people, contact:

Leadership Victoria  
(250) 386-2269  
[lavla@leadershipvictoria.ca](mailto:lavla@leadershipvictoria.ca)

*It's not the change that kills you, it's the transition.*

W. Bridges



Collaborations depart from traditional partnerships in that they compel a sense of shared values and ownership, and big “O” outcomes around complex issues. Collaboration is *not* Project Management on steroids.

**THIS TWO-PART EXPERIENTIAL SERIES** was created to equip leaders with new perspectives and tactical approaches to achieve greater collective impact and thus, transformative change.

Learning stems from a blend of dialogue, theory and practical application.

These sessions are delivered over two days, separated by a learning period where leaders go back to their workplace, involve their colleagues and apply the skills and knowledge in an intentional, systematic way. Participants will generate practical insights and learn to harness the power of collaboration-in-action.

## YOUR TAKE AWAYS

- Increased sense of confidence and awareness of your ability to lead collaboratives
- Extensive interaction and exchange of ideas
- Ability to more cohesively navigate change
- Greater understanding of how to integrate mission with unusual collaborative partners
- A new cohort of ‘communities of practice’ in your region
- Personal action plan to address key organizational roadblocks

- Rated 4.6 out of 5.0 on content and relevancy.
- 100% of learners would recommend course to others
- Most valued topics: Phases of transition; Eco-Cycle of development, Stakeholder matrix and Ladder of inference™

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## Violence Against Women & Young Girls in the Cowichan Valley

- Over 1,000 women access Cowichan Women Against Violence Society services each year
- Reported incidents of relationship violence in the Cowichan Valley are the highest per capita in BC
- 80% of local MCFD child protection cases indicate relationship violence as one of the risk factors
- A designated Domestic Violence Court was established in 2009 —
- 425 spousal assault charges were approved to the DV Court fy 2013
- A Domestic Violence Unit was established by the Duncan/North Cowichan RCMP 2009—in the first 9 months of 2013 RCMP reported receiving 700 domestic violence calls in the Cowichan Valley
- 90% of sexualized assaults are not reported to police—Cowichan District Hospital has a specialized response known as the Forensic Nurse Examiner program
- An Interagency Case Assessment Team was established in 2014—coordinating safety planning for women at highest risk of serious bodily harm or death in relationship
- A Violence Against Women in Relationship committee was established in 2014—a collaborative community and justice response

“a community that is safe for women, is a community that is safe for all”

Find out how you can support local activities  
Cowichan Women Against Violence Society  
facebook.com/cowichantgetheragainstviolence  
facebook.com/CWAV Society  
[www.cwav.org](http://www.cwav.org) 250-748-7000

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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**