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CYC News

August 16, 2019

[Weekly dialogues on emotions](#)

For the month of August Chilliwack [FLOH](#) will be holding these weekly dialogues with youth ages 14-24. Please invite youth in the community and if possible print the [poster](#) for your area of work. For more information contact haley.elizabeth021@hotmail.com or 604-791-1395.

Sardis Doorway Information Session

Karin Rempel, Program Director invites you to learn more about the program, referral process, other supports offered and how this might fit with those you work with. Please bring info to share and brochures about your program if applicable.

August 22 at 9:00am

Sardis Community Church

45625 South Sumas Road, Sardis.

RSVP by August 19 to sardisdoorway@shaw.ca; email or call 604-858-7191 if you have any questions. Feel free to invite others who you think might benefit from this meeting.

Training courses by SASET (Sto:lo Aboriginal Skills & Employment Training)

[Basic Security Training](#), **September 9-13**;

[Customer Service](#) at Sumas First Nation in Abbotsford, **September 9-20**.

[World Suicide Prevention Day event](#)

September 10 at Sto:lo Nation. The theme is collaboration between agencies in the prevention of suicide. There will be animal therapy, talk now booths, games and activities for the whole family, dinner, and a paint night facilitated by artists.

[Generation Health Program](#)

September 30 kicks off this 10-week YMCA program, formerly called the Family Healthy Living Program. For families with children ages 8-12 who want to be on a healthy weight and healthy lifestyle path. Families who participate will receive a **FREE 6 month membership to YMCA Chilliwack**.

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VSTEP - Youth at Risk Employment Program

Buxton Consulting is currently operating the VSTEP Young Adult Employment program for Youth at Risk, ages 18-24 (particularly those who have been in foster care or are aging out of foster care).

They offer individualized services to young adults, to help them address barriers that are impacting their ability to secure and maintain sustainable employment. Collaboration with other agencies is a priority, to assist the youth to ensure best possible outcomes.

Contact John Norman, Employment Specialist, at 604-316-2580 to schedule an appointment. For more information or a presentation contact Erin Ireland or Kara Stokes at 1-888-913-2060.

YMCA Programs for Youth - please circulate

Mindfulness Groups

Learn and practice healthy coping strategies for stress & anxiety! These mindfulness groups support teens and young adults who are experiencing mild to moderate anxiety. The groups help to develop coping skills before worries or stress become too much to handle.

Youth Mindfulness (Ages 18 - 30)

This seven-week program uses Mindfulness and Acceptance & Commitment Therapy to help young people manage anxiety and stress. Runs at the Chilliwack Neighbourhood Learning Centre (NLC) on Thursdays from October 24 to December 12 (6:00-8:30 pm). To register or for more information contact the NLC at 604-819-4603 or email chilliwackyhc@gmail.com.

Teen Mindfulness (Ages 13-17)

This six-week program uses Mindfulness and Acceptance & Commitment Therapy to help teens learn more about anxiety and teach them tools for managing anxiety and stress. Runs at the Chilliwack Neighbourhood Learning Centre (NLC) on Thursdays from October 24 to December 5 (3:30-5 pm). To register or for more information contact the NLC at 604-819-4603 or email chilliwackyhc@gmail.com.

Mind Fit (Ages 13-19)

Mind Fit is an eight-week group program that uses physical activity and mental wellness education to support teens with mild to moderate depression, low-mood, low energy, or stress. Teens are shown how to incorporate physical activity into a mental wellness plan in a fun, supportive environment. Runs at the Chilliwack YMCA on Mondays from 5:45-7:45 pm, October 21 to December 16. Please note that everyone must attend one information session before registering. These info sessions will take place from 5:00 pm on September 30 and October 7 at the Neighbourhood Learning Centre. For information on how to register for an info session visit <http://gv.ymca.ca/MentalWellness>, email mindfit@gv.ymca.ca or call 604-673-6182.

Employment Opportunities

Chilliwack Communities Services: [Families First / Young Families Coordinator](#), closing August 25.

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program. Liaises with service partners, conducts performance reviews, provides case supervision, outcomes monitoring and reporting. Oversees wait list management of clients prior to employee assignment.

Resources and Research

[Green Time for Sleep Time](#)

Three Ways Nature and Outdoor Time Improve Your Child's Sleep - A Guide for Parents and Caregivers

[Family Sleep Toolkit](#)

[Play in the Grass! Practical Considerations for Quality Outdoor Play](#)

Tips to help children take advantage of the potential for enhancing social, emotional, and intellectual development.

[Barriers to Digital Equality in Canada](#)

[Nutrition Resources for Prenatal, Infant, Toddler, Preschool and School Ages Populations](#)

[‘A balanced view’: How to talk to kids about B.C.’s overdose crisis](#)

[Agriculture project to revitalize traditional Indigenous food sources](#)

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