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CYC News

August 23, 2019

[Celebration of Life Picnic in the Park](#)

August 31 from 10:00am to 2:00pm at Jubilee Park, in connection with International Overdose Awareness Day.

Youth Needed

The Chilliwack Youth Advisory Committee (YAC) is looking for young people aged 12-18 to advocate on behalf of youth to identify, improve, and increase services for youth in Chilliwack. Please circulate the [link](#) to those with youth connections.

[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.

Training Opportunities for Service Providers

Tuesdays from 11:00am to 12:30pm at the Neighbourhood Learning Centre. Designed with the interns at the Chilliwack Youth Health Centre in mind as part of being a training site and for quality assurance, these free sessions are also open to other human service providers in the community. Contact Robert.lees@gov.bc.ca in advance to ensure sufficient seating.

- September 3: Brief, Solution Focussed Counselling, Dr. R. Lees
- September 10: Youth Suicide Risk Assessment, Mary Anna Ennis
- September 17: Early Psychosis Initiative, Shannon White
- September 24: Concurrent Disorders, Jennifer Guitard
- October 1: Constructing and Using the Multi-Generational Genogram, Dr. R. Lees
- October 8: "B" is for Behaviour: Basic Principles of Applied Behavioural Analysis, Dr. E. Athens
- October 15: What's Tried, True and New in Addiction Treatment, Dr. S. Esau
- October 22: Vaping and Youth, Nicci Hallberg
- October 29: Cultural Safety and Care of Indigenous People, Ross Hyde
- November 5: What Counsellors Need to Know Working with Physicians, Dr. M. Madill

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- November 26: Nature and Therapy, Carolyn McKenna
- December 3: The Chilliwack Gender Support Network, Dr. M. MacKenzie & Dr. M. Oliveira
- December 10: TBA .

[Registration is open for Our Languages, Our Teachings, Our Ways](#)

Early bird registration rates from now until September 20; conference is October 25-27 in Richmond. This year delegates can receive certification for up to 17 hours of training for provincial ECE licensing requirements. Check out the workshops [HERE](#). Email coordinator@acc-society.bc.ca if you have any questions.

[W.R.A.P. Workshop: Wellness Recovery Action Plan](#)

Six weekly sessions to help you grow your wellness, starting on September 10 at Cheamview Clubhouse. Small group discussion and exercises to build your own WRAP.

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

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

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

[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.**

Call 1-888-650-3141 or email info@generationhealth.ca to find out more.

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

[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

Cities Fit for Children Conference Coordinator

Are you a dynamic go-getter interested in working with the committee(s) to deliver a memorable and impactful conference? The successful applicant must have strong communication skills (written and verbal), some computer graphic skills, be organized and able to work independently. The applicant must have access to a laptop, cell phone and vehicle (of which compensation is reflected in the hourly rate).

For more information and to apply, see the [posting](#). Deadline extended to August 30.

Resources and Research

[Inclusion First: Township of Langley prioritizes equity in community engagement](#)

The Township hosted targeted sessions for their rural population and youth, and a social innovation lab focused on social connectness.

The Canadian Coalition for the Rights of Children on Mental Health and Children's Rights [Working Paper](#) and [FactSheet](#)

[Mental Health, Technology and You](#) (Mental Health Commission of Canada)

[Exploring Socially-Responsive Approaches to Children's Rehabilitation with Indigenous Communities, Families & Children](#)

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