



The CHC / CYC Mail Out December 11, 2020

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Good day to you all,

1. Here's the **December Seniors Health & Well-Being Opportunities** sheet ([jpg](#) / [pdf](#)) from the **CHC's** Healthier Seniors Task Team.
2. **Christmas hampers** are still available. The Salvation Army Food Bank/ Chilliwack Community Services **Christmas Central** is open to receive applications **until close of Saturday Dec 12**. They're open from 10:00am-1:00pm Saturday at 45746 Yale Road.

You can also sign up by phone, just call the **Christmas Central Covid hotline at (604) 991-9498**.

When signing up in-person please bring: proof of income, ID and proof of residency for everyone in the family.

Signing up is quick process and there are lots of spots available!!

3. Time is running out to purchase your winning **50/50** ticket. **Win up to \$10,000 in holiday spending money!** Proceeds from this **Chilliwack Hospice Society fundraiser** will be used to provide free grief support programs and services.

Purchase tickets at thriftyboutique.ca or in-person at Chilliwack Hospice Society or Thrifty Boutique. **You can be a winner on December 18!** See the [flyer](#).

4. **Chilliwack Community Services** is offering a **free Family Education program** for parents and caregivers. One-to-one support is offered to

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See the [flyer](#) or [website](#) for details.

5. The **Youth Matters subcommittee of the Chilliwack Child and Youth Committee (CYC)** is looking for direction from Chilliwack and area Youth (ages 13-29) as to what will benefit them the most in the way of health, education, and activities. Please **encourage youth to fill out this short anonymous survey** at <https://www.surveymonkey.com/r/K3Q8L6P>.
6. **Chilliwack Learning Society** is looking for older adults for reading online to children ages 3-7, one-to-one and in small group settings. For more information contact Annette at literacyoutreach@chilliwacklearning.com or 604-392-2404. See the [flyer](#).
7. The **Chilliwack Learning Society French Conversation Circle** will commence on Wednesday, January 13 and meet each Wednesday evening from 7:00-8:30pm on Zoom.
Thank you to volunteer Elsie Koloko-Koyara who will facilitate this new group. They look forward to giving Chilliwack's French speakers (Intermediate level +) a weekly opportunity to converse together in an informal, friendly environment.

Anyone interested in joining this group, please email Elsie at elsiekoyara@gmail.com. Questions can be directed to Janet Les at esl@chilliwacklearning.com. See the flyer ([French/English](#)).
8. **UVic Self-Management BC** is accepting orders for their new **FREE Toolkit for Active Living One-Time Mailout packages**. There are three new Toolkits to choose from - Chronic Conditions, Chronic Pain or Diabetes. For ordering details contact John Alex Murphy at jamurphy@uvic.ca.
9. The next [Culinary Arts Pre-Trade Program](#) class starts **January 11** at UFV Chilliwack, hosted by **Sto:lo Aboriginal Skills & Employment Training**. There are limited seats due to COVID-19 protocols; contact 604-858-3691, 1-888-845-4455 or info@saset.ca to register today.
10. **Rural, Remote & Indigenous Overdose Grant Opportunity - Request for Proposals**

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recommendations made during the October 2019 [Rural and Indigenous Overdose Action Exchange](#). Applicants can apply for up to \$50,000 in one-time-only funding.

[For additional information, visit the CAI website.](#)

Applications must be completed as described in the guidelines and are due by **January 22, 2021**.

11. **Chilliwack Community Services** has the following **items available for donation to non-profit organizations**.

- LED projectors x 2
- Binders, various colours and sizes, excellent to good condition
- Hanging file folders, various colours, legal (tons) and letter
- Desk trays for accessories
- Multiple Two hole punches
- Dish basins x 4
- Several sets of bowls, small plates, and mugs from a breakfast program, comes in a rubber maid tote.

Contact kennedyj@comserv.bc.ca for more information.

12. The **Chilliwack Community Services "Did You Know" infosheet** is running again. See [December's](#) about the Winter Solstice traditions of various cultures.

BC Government News Releases

Government of Canada COVID-19 Website

See you again next week!

Annette Williams, Executive Assistant and Sabine Mendez, Coordinator

www.chilliwackhealthiercommunity.ca

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