



## The CHC / CYC Mail Out December 18, 2020

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Happy Friday!

1. This is the **last mail out of 2020**, with a lot of great information for you. Our next mail out is January 8, 2021, bringing in the New Year.
2. The **CHC December Seniors Support Services [resources sheet](#)** is available now, which includes access to food, housing, help at home, transportation, and more! This is different from last week's resource, which focused on health & well-being.
3. The **Compassionate Neighbourhood Health Partners Society** is a partner in a multi-organizational 'intergenerational' initiative and is recruiting interested youth from age 15 years (Grade 10) to 29 years of age, to become part of this initiative. Please see the [poster](#).
4. **Kinghaven Peardonville House Society** is looking for a **permanent full-time Clinical Counsellor (Masters)**. See the [posting](#).
5. **Job Options** is now accepting applications for their January 2021 start. Email [joboptions@pcrs.ca](mailto:joboptions@pcrs.ca) for intake/interview information. This is a **no-cost virtual job training program** for people who are unemployed, not a student or on EI and are looking for work/career change.

See the [flyer](#). A program of **Pacific Community Resources Society (PCRS)**.

6. If you or someone you know needs to **make an RCMP report of domestic violence**, gender-based violence or assault in a safe, trauma-

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792-4611 and ask to make your report in The Willow Room located at **Ann Davis Transition Society**.

For more information call 604-792-3116, text 604-819-3557 or see the [flyer](#).

7. Here are two great "ads" for you to share, from **the Chilliwack Division of Family Practice and Chilliwack Community Services**.

- Are you a **senior looking for someone to check in on you today?** Need help with grocery delivery or pharmacy drop-offs? Support is available! Call 2-1-1 or visit [www.bc211.ca](http://www.bc211.ca). Isolate physically, not socially. See the ad [here](#).

- **Stay connected, virtually this season.** One of the most important things we can all do is to check in with each other. See the [ad](#).

8. The **PCRS Prevention and Health Promotion Team** is hosting a **Virtual COVID-Mas Break Hang Out on December 22, 24, 29 and 31** from 3:00-4:00pm. There will be activities, movies, games and holiday hugs.

See the [poster](#) for more information.

9. **Seabird College** is reaching out to the broader Eastern Fraser Valley community to **ask for feedback**. This survey is vitally important to them for program development; it will take only two minutes.

Please spread throughout your networks. The link is <https://seabirdcommunityplan.mysocialpinpoint.ca/peters-project>.

10. 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>.

11. **Chilliwack Learning Society** is looking for families with **children ages 3-7** to participate in [Bookworm Friends](#), where older adults read online to

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[literacyoutreach@chilliwacklearning.com](mailto:literacyoutreach@chilliwacklearning.com) or 604-392-2404. Please spread the word!

12. Discover fun with rhymes, songs and stories! **Mother Goose** is an **interactive parent/child program for kids 0-4 years AND caregivers**. Learn ways to encourage your child's language and social/emotional development. See the [flyer](#) for this virtual program. Space is limited and registration is required.
  
13. **FamilySmart's Help for the Hard Times workshop series** is for Fraser families and caregivers whose child or youth has been a patient in a psychiatric unit or has had repeated hospital emergency room visits.

#### JANUARY DATES

- 12:00-1:00pm Daytime Series: January 4, 6, 11 and 13.
- 7:00-8:00pm Evening Series: January 11, 13, 18 and 20.

There is no cost to families. See the [flyer](#) for workshop information. For questions or to register visit [familysmart.ca/workshops](http://familysmart.ca/workshops) or email [workshops@familysmart.ca](mailto:workshops@familysmart.ca).

14. **Chilliwack Hospice Society** invites you to make decisions right now about your future at their **Advance Care Planning Workshop** on **January 14 and 21**. To register contact Laurie at 604-795-4660 or [laurie@chilliwackhospice.org](mailto:laurie@chilliwackhospice.org).
  
15. Is anger affecting your work, relationships, or enjoyment of life? You're not alone. **Ann Davis Transition Society** invites you to their **Men's Self-Management of Anger** 7-week program from January 20 to March 3. Call 604-792-2760 or visit [anndavis.org](http://anndavis.org) to register.

### BC Government News Releases

### Government of Canada COVID-19 Website

The best of the season to you all, see you in 2021.

Annette and Sabine

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