



The CHC / CYC Mail Out January 8, 2021

[View this email in your browser](#)

Happy New Year!

1. **United Way of the Lower Mainland** is launching their new **Navigation and Peer Support (NPS) granting stream** focused specifically on the gaps in information and referral (I&R) services for low income, higher needs seniors who require one-to-one support to access needed services and government benefits.

Click [here](#) to view a **webinar recording on this grant opportunity** and for further application information.

2. Do you know of **older adults** who would enjoy a **weekly conversational chat with a youth aged 15 years to 29 years of age**? This could be where the youth would record a memoir of some favorite memories, they could compare childhood experiences, learn about the older adult's life experiences, help an older adult learn more about some software program or technology or teach the youth a craft. There are **more than 20 youth eagerly awaiting** a match with an older adult! This will take place during the winter months of mid-January to March 30.

Email or call Connie at the Compassionate Neighbourhood Health Partners Society to learn more: neighbourhealth@gmail.com or 604-798-2023. Please circulate this information and the [flyer](#).

3. **Chilliwack Community Services** is looking for an **Administrative Assistant**, Casual/On Call for vacation, sick time, and relief coverage. Posting **closes January 12**.

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

Youth in Residence.

See the [flyer](#); [register here](#) (free).

5. **You're invited to a webinar on January 15 – "Why Do They Do That?"**

– with Crystal Thompson and Scott Williams from Pivot Point Family Growth Centre. Crystal and Scott will explore the **collaboration of Mental Health and Behavioural perspectives** for supporting youth (ages 18-30) who display more difficult behaviours and complex mental health issues.

Register [here](#); see the [flyer](#).

6. The **Compassionate Neighbourhood Health Partners Society** is looking for **male volunteers to have a friendly weekly chat with older Chilliwack men** during this time of the COVID-19 pandemic. Do you know someone who may have some spare time and would be willing to volunteer?

Contact Connie for more information or to apply: neighbourhealth@gmail.com or 604-798-2023. It does require a volunteer application process with a police information check and an orientation session. Female volunteers are also welcome but there is a real shortage of male volunteers.

7. 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 to register.

8. **Housekeepers are needed** to work with **senior clients** for the **Chilliwack Community Services Better at Home** program. Candidates must provide a clean criminal record clearance, valid BC driver's license, reliable transportation as well as a positive, kind, energetic attitude. The wage is \$20.00 per hour upon completion of required training courses.

9. **Nominations are open for the Fraser Valley Cultural Diversity**

Awards! Concepts of cultural diversity include age, gender, abilities, sexual orientation, race, ethnicity, religion and socio-economic background.

See the [website](#) for categories and the online form.

10. **Building Healthy Relationships (BHR) is accepting registrations for the workshop start date of February 2.** BHR is a series of educational programs for couples, focused on developing and improving enduring skills and attitudes through break-out practice sessions. Each couple receives their own coach. It isn't therapy and couples are asked not to bring their toughest issue or conflict, but instead to focus on skills. No one is made to share in front of a group.

See the [flyer](#); register by contacting Ann Davis Transition Society at 604-792-2760 or at info@anndavis.org.

11. **[Being Mom](#)**, a 10-week online group for women experiencing problems with depression and anxiety in the perinatal period, will **start on February 24 and run until April 28, 9:30-11:30am**. Weekly attendance is expected; there is no cost to attend.

To register contact Lise McAlpine, 604-702-4860 / lise.mcalpine@fraserhealth.ca or Cristal Biela, 604-845-2406 / cristal.biela@gov.bc.ca.

12. **Youth on the Land (YOTL) bi-weekly virtual events are open to ALL Indigenous youth** aged 12-24 across **Fraser Salish region!** (From Burnaby to Boston Bar). They will occur on Zoom on every second Monday evening from 6:00-8:00pm. Each event will share cultural teachings, traditional skills-building, health and wellness tips, prizes, and more, and are being planned according to traditional seasonal activities and ceremonies in the Fraser Salish region.

Please share widely with youth, parents and caregivers in your

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

13. Here's the **2021 [Family Resource Guide](#)** from **Chilliwack's Child & Youth Committee**.
14. **Online shopping** has arrived at **Chilliwack Hospice Society's Thrifty Boutique**. You'll find antiques and collectibles, artwork, boutique clothing, footwear, games and more. Why leave your favourite chair, shop at thriftyboutique.ca!

All sales go to support Chilliwack Hospice Society.

15. **Chilliwack Community Services** is **giving away a career card set plus books on a variety of topics**, including parenting, resume building, family literacy and finding a job through social networking.

See the complete list and images [here](#). Contact Lenni at kennedyl@comserv.bc.ca if you would like any.

Have a great weekend,

Annette and Sabine

www.chilliwackhealthiercommunity.ca

<https://facebook.com/chilliwackhealthiercommunity/>

This email was sent to literacyoutreach@chilliwacklearning.com
[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)
Chilliwack Healthier Community · 46361 Yale Rd #1005 · Chilliwack, BC V2P 2P8 · Canada

