



The CHC / CYC Mail Out February 26, 2021

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Hi everyone,

Today's Care Quote – *“How we care for ourselves gives our brain messages that shape our self-worth so we must care for ourselves in every way, every day.”*

- Sam Owen

- 1. March is Fraud Prevention Month. Chilliwack's Financial Literacy Committee** will share each week in March through this mail out, resources that you can use to help educate your clients, coworkers, families and yourself. Fraud hits close to home, most of us know someone who has experienced it. Watch for the information to share.
- 2. Bringing Tradition Home** is an 8-week **supportive parenting group** that is guided by traditional values and cultural practices, to help parents/caregivers raise healthy children in today's urban Canadian context. **For parents and caregivers with Aboriginal children birth to six years of age.**
Facilitators: Gary Robinson and Cheryl Gabriel
Knowledge Keepers: Josette Dandurand and Lekeyten, Kwantlen First Nation Elders.
Sessions are occurring now. Registration is required, see the [flyer](#) for details.
- 3. Chilliwack Hospice Society** is hosting a two-session [Advance Care Planning workshop](#) on **March 4 and 11** to help participants develop their Advance Care Plan, including Beliefs, Values and Wishes, Temporary

laurie@chilliwackhospice.org.

4. **Chilliwack Community Services** job posting:
 - [Director](#), **full-time**. The position will initially be responsible for portfolios of Early Years, Family Services and Outreach Therapy Services. Closes March 10.

5. **Pearl Life Society** is looking for an **Administrative Assistant**, part-time, leading to potential full-time. See details [here](#).

6. Two **StoryWalks®** will take place from **March 6 to 21** at two locations, **Rotary Trail at the Vedder River** and **Downtown Chilliwack**. Combine reading with movement in the outdoors! Laminated pages from a children's book are posted in store windows or attached to wooden stakes which are installed along an outdoor path. It's open to everyone, from the very young to the young at heart. See details [here](#). Hosted by **Chilliwack Learning Society**.

7. The **Local Immigration Partnership** is **celebrating International Women's Day** on **March 8** with a **virtual event**. Included will be presentations from Chilliwack Community Services, Chilliwack Museum and Archives, Community Futures South Fraser and Float Therapy Wellness Centre. RSVP to Chandra at 604-378-188 or deoc@comserv.bc.ca. See the [flyer](#).

8. On **March 8 Family Smart** is hosting an **In the Know session about Substance Use**, which includes a video conversation between their CEO Keli Anderson, Dan Reist Director of the Canadian Institute on Substance Use Research and a Mom with lived experience. Find out more [here](#); register at <https://familysmart.ca/program/itk/>.

9. 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](#) before March 15. See the [poster](#).

the [Pre-apprentice Arborist Training](#), from March 1-19 and [Online Certificate Training](#) from March 15-19.

Stay tuned for more in the next mail out or contact SASET at 604-858-3691. See their [poster](#).

11. **Job Options** is a **Pacific Community Resources** no-cost **virtual job training program**. Their next cohort begins on March 8, please spread the word. Contact joboptions@pcrs.ca or 778-239-7495 to find out more.
12. **Family Smart's [Help for the Hard Times](#)** workshops are facilitated by parents with lived experience. The workshops are hosted online and include a one-on-one video conference or phone call with a Facilitator. There is no cost to families. See the upcoming [dates and topics](#). Registration is required: www.familysmart.ca/workshops.
13. **Chilliwack Community Services** offers the [Pathways To Education](#) program which provides support for those individuals wanting to **upgrade or complete their Adult Dogwood through UFV. Classes are tuition-free and grants are possible to cover fees.** The program provides supports such as childcare for qualified applicants while in program, parenting education/support, tutoring, and more. Intakes are happening now and will be ongoing with every new semester.

Contact Jocelyn Thomas, the Pathways to Education Family Support Worker, at thomasj@comserv.bc.ca or 604-793-5684 for help with the registration process.

14. **Community Futures** is considering offering a **professional development forum and peer supported network** just for EDs and Managers in the South Fraser Area, the anticipated start up is in April or May. There will be no cost to participants for the first year.

Please complete this [survey](#) to help Community Futures gauge interest and learn how to customize the forum for you. Contact Ingrid Sterling at ibsterling1@gmail.com if you have questions, comments, ideas, or want to be kept up to date on the project's development.

submit art for display inside of the new Chilliwack Primary Care Centre which will open in Fall 2021. More details can be found [here](#). Submissions be received by March 12.

16. [Heathers Hope Chest](#) is accepting clients and has strict COVID protocols in place. Clients who need their support can fill out a “shopping list” of house hold items they need, Heathers Hope Chest will do the shopping. This under-utilized service is ready to help any Woman or Girl who is setting up their home after fleeing abuse, coming out of Foster Care, completing recovery, and in other situations.

Starting on March 1 as a countdown to International Women’s Day they are challenging women in the community to donate specific items each day. Email heathershopechest44@gmail.com for contactless pickup.

17. **Chilliwack & District Seniors Resources Society** is starting their **CVITP Volunteer Income Tax Preparation** for low income seniors and persons with disabilities. This program will be done **by appointment only**. More details can be found [here](#).

Until next time,

Annette and Sabine

www.chilliwackhealthiercommunity.ca

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



