



The CHC / CYC Mail Out March 5, 2021

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Happy Friday!,

Today's Care Quote – *“Sometimes the most important thing in a whole day is the rest we take between two deep breaths.”*

- ETTY HILLESUM

1. Here are the first week's tips from **Chilliwack's Financial Literacy Committee** to share with people in your life for **Fraud Prevention Month: Find out how to spot scams** - an engaging, light and informative [video](#) and an [infographic](#).
2. Giveaway time! This week **Ann Davis Transition Society** will be featuring eight women who are important historical figures in British Columbia's history. They are talking about **HERstory!** Like/share the [linked post](#) and like Ann Davis Transition Society's Facebook page to be entered for a chance to win this AMAZING giveaway.
3. Do you know people who enjoy supporting older adults in their neighbourhood? The **Compassionate Neighbourhood Health Partners Society (CNHPS)** will be providing a 1.5-hour free **introductory, no obligation virtual workshop** on **March 11**. Attendees can participate by Zoom or telephone. All ages from 15 years to 100 years old are welcome. To attend or to find out more contact Connie Stam at neighbourhealth@gmail.com or 604-798-2023. See the [poster](#).
4. The **Local Immigration Partnership (LIP)** is conducting a [survey](#) to gather input from the whole community about how to make settlement and integration easier for Newcomers in our city. This information will be

For more information, please contact Ronda Cushnie at cushnier@comserv.bc.ca or call 604-701-9276.

5. Don't miss out on an **important presentation from the Office of the Provincial Health Officer!**

River Chandler and Dr. Naomi Dove will provide a presentation on the impact of COVID-19 and the public health response on the mental health and wellbeing of youth.

River Chandler is Director, COVID-19 Response. She leads work to identify, monitor and report on the unintended consequences of the public health response to COVID-19. River's public health policy experience spans mental health, substance use and gambling. Dr. Naomi Dove's career achievements include: Clinical Assistant Professor at the School of Population and Public Health, and Director of Health Promotion and Prevention for the First Nations Health Authority.

Date: **March 12**, 9:00-10:00am PST

Register [here](#). This **free webinar** is open to everyone.

6. **Ann Davis Transition Society** will be running a new group, **Male Youth Anger Management**, on **March 22-25**. Call 604-792-2760 ext 500 or email info@anndavis.org to register.

7. The **Federation of Community Social Services** has announced the launch of applications for the [Community Social Services Training Fund](#) (CSSTF). There are two funding streams with applications open now - the [Support for Certification/Education Individual Grant](#), with funding of up to \$1,500, and the [Support for Organizational Training Grant](#), with funding of up to \$10,000 - as well as a series of workshops and seminars to complement the training and certification supported by the main funding streams. See more details [here](#).

8. **Chilliwack Community Services** job posting:

- [Program Development Researcher](#), part-time term position. Closes March 21.

9. The **United Way of the Lower Mainland** has a posting for the regular, full-time position of [United Way Community Engagement Specialist for the](#)

engagement opportunities in local communities as a mechanism of furthering the strategic mission of United Way of the Lower Mainland (UWLM).

10. The **BC Association of Community Response Networks** is presenting a special virtual presentation on the topic of fraud.
 - **March 16: *The Fraud Double Feature***, co-presented by Corporal Vinh Ngo, Federal Policing Prevention and Engagement Unit – BC, RCMP and Farid Salji, Analyst, Currency Awareness and Education Team, Bank of Canada – BC and Yukon Regional Office. In **part one** of the session, Corporal Ngo presents **Top Frauds Affecting Seniors**. In **part two**, Mr. Salji presents **Counterfeit Money: How to Know if You've Received a Fake Bank Note**.
[Register online now](#).

11. The following **free parenting workshops** are available beginning in March.
 - **Bringing Baby Home (BBH)** equips families with the knowledge and skills needed to cope with the various changes that typically occur during the first three years after a baby is born. This program is perfect for those who are interested in having a baby; expecting a baby; already parenting an infant or toddler (age 0-3). The 3-session course begins on **March 16**. See the [flyer](#) for more details.

 - **[Right from the Start](#)** is for parents of babies under 2 years of age. Parents will have the opportunity to develop their skills in interacting with their child, see video segments of common experiences and problem solve with other parents, and foster parent-infant attachment security. See the [poster](#) for dates and registration info. The next series of eight workshops begins on **March 15**.

12. More **Sto:lo Aboriginal Skills & Employment Training (SASET) training programs** are available in March:
 - [Online Certificate Training](#), perfect for anyone (of any age) looking to get a couple of certificates to add to their resume
 - [Basic Security Training](#), March 22 to 26
 - [Building Service Worker](#), March 29 to April 15

13. The **Chilliwack YMCA** had added another virtual Y program to their menu: [Youth Leadership Development](#). Learn from great facilitators and a diverse group of peers in a program that provides opportunity to discuss important topics and become a strong leader in your community. Open to anyone in **grades 5-12!** The cost is free. Runs on Thursdays (**April 1 to June 13**) from 6:00-7:00pm.
For more information or to register call (778) 986-6584 or email yld@gv.ymca.ca.
14. Chilliwack has been provided with a second round of **Chilliwack Action Team Funds (CATT)** with the specific purpose of funding projects that have a positive impact on **reducing overdose fatalities** in Chilliwack. See the [package framework of core interventions](#), [Overdose Microgrant Guidelines](#) and [application](#). The application deadline is **March 19**.
15. The [Living Out Visibly & Engaged \(LOVE\) CRN](#) focuses on reducing the risk of abuse, neglect, and self-neglect of lesbian, gay, bisexual, transgender, two-spirited, and queer adults. At present, LOVE LM CRN has no representation from affiliate organizations east of Coquitlam. They would very much **welcome voices from all parts of the Lower Mainland**; particularly those which are under-served and in which LGBT2Q+ are at heightened risk due to lack of services or overt community support. Contact Neil Fernyhough at communityprograms@alexhouse.net or 604-535-0015 to join in or find out more.
16. **Extra F.A.R.E. (Food Access for Restricted Eaters) hamper program** is accepting referrals for people with dietary requirements. Please **refer clients by connecting them with** extrafarechwkw@gmail.com rather giving them the intake form link.
17. Be a part of the largest food security initiative in Chilliwack! **Volunteer** with the **Chilliwack Salvation Army** in their **Pantry program** to help end hunger by providing fresh groceries to low income individuals and families. Morning and afternoon shifts are available, contact volunteer@salvationarmychilliwack.ca for more information.

Please place orders four weeks in advance of your event. Be sure to add all of your favourite World Elder Abuse Awareness Day (WEAAD) materials to your cart as well - the deadline for WEAAD orders is May 15.

Wishing you a wonderful weekend,

Annette and Sabine

www.chilliwackhealthiercommunity.ca

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

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