



The CHC / CYC Mail Out November 13, 2020

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Happy Friday everyone,

1. The November [Seniors Health & Well-being Opportunities](#) sheet and the [Seniors Support Services](#) resources are now available! Please circulate widely. Made for you by the CHC Healthier Seniors Task Team.
2. Date/time correction: **Fraser Valley Child Development Centre's Online Journey Through Parent Education Program online session** will be on the topic of **Environmental Accommodations**. Date: **November 17** from 6:30-8:30pm and **November 18** from 9:00-11:00am. The registration deadline is November 14; see the [flyer](#) for more details.
3. Are you interested in learning more about how you can volunteer in your own Neighbourhood? Join in on **November 17 from 10:00-11:30am** for an **introductory Neighbourhood Connector online workshop** and learn more about what this type of volunteering would look like. Email or call Connie: neighbourhealth@gmail.com or 604-798-2023 for more details and the Zoom link. You can also join by telephone. If the date/time is not convenient still contact Connie to find out what other date it might be offered. Please pass this on to your networks.
4. Are you a post-secondary student? Just entering the workforce from high-school, college or university? Come to a **free webinar** to get tips and tools to help you manage your money!
The Financial Consumer Agency of Canada and the Canadian Bankers Association present **IT'S YOUR MONEY – MAKE IT COUNT!** on Thursday, **November 19 at 2:00 PM (EST)**.

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and will feature tips on budgeting, savings, investing, fraud prevention and how to avoid debt and build a strong credit history. The content will also be valuable for parents, teachers and anyone working with youth.

[Register Today.](#)

5. The **Canada Recovery Caregiving Benefit (CRCB)** gives **income support** to employed and self-employed individuals who are unable to work because they must care for their child under 12 years old or a family member who needs supervised care. This applies if their school, regular program or facility is closed or unavailable to them due to COVID-19, or because they are sick, self-isolating, or at risk of serious health complications due to COVID-19. [Find out more.](#)
6. Chilliwack & District Seniors Resources Society's **Seniors Housing Support Program** provides **short-term housing supplements** to support low-income seniors who are 60 yrs plus in order to maintain housing. This includes seniors who are: awaiting affordable housing option; faced with eviction; struggling each month to pay bills. Funding is available to assist 10 seniors a month. The program may be used as a one-time use or a continued need for up to six months – to be determined at time of intake. \$200 a month is available for seniors who are finding it difficult during the pandemic to afford housing, food and essentials.

An intake is necessary. Qualifications: single income - \$29,000.00 or less; couple \$45,600.00. Proof of income is required. The program runs from October 2020 to March 2021.

7. **Capilano University** is hosting a **virtual Explore Night** from November 19-20. Join in to learn about the **Community Capacity Building Citation**. This program provides applied community development training. Courses start in September 2021.

See details about Explore Night on Capilano U's [website](#). Here's a [link](#) to the event website where you can find the schedule and also register.

Tuition and fees for the Community Capacity Building Citation total \$1,220 for both courses. If you have any other questions please contact Marci

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8. **Win up to \$10,000 in holiday spending money** by participating in **Chilliwack Hospice Society's 50/50 draw**. The more tickets sold the bigger the jackpot, and the greater the funds raised to provide free grief support programs and services.
Purchase tickets at thriftyboutique.ca or in-person at Chilliwack Hospice Society or Thrifty Boutique. the winning ticket will be drawn on December 18. See the [flyer](#).

9. Although feelings of **isolation, loneliness and loss** are part of the human experience, in this year of the pandemic and specifically during Christmas, they **can be very tough to handle**. Find out how we can combat them with our mind, feelings and behaviour.
[Register](#) for a [FREE online workshop](#) for youth (18-30) with disabilities, their caregivers and service providers. Hosted by Focus Disability Network Society. Date/Time: **December 11 at 10:00am**.

10. Put life back in your life NOW! Take a FREE evidence-based, self-management program from home, online and by phone. **Self-Management BC** offers programs to adults of any age living in BC with one or multiple **ongoing health conditions**. See the [flyer](#) for details and options.

11. **Fraser Health's Aboriginal Health** program is **hiring**. Please see the listings [here](#) and [here](#). Positions included: Indigenous Community Health Nurse, Indigenous Cultural Safety Consultant, Indigenous Cultural Safety Educator, Aboriginal Health Liaison Nurse, Aboriginal Health Liaison Social Worker, and more.

12. **Chilliwack Community Services** has the following **job postings**:
 - [Residence Worker](#) (Permanent / Part-Time), closing on November 17
 - [Youth Support Worker](#) (Casual), closing on November 18.
 - [Outreach Family Therapist](#) (Temporary / Full-Time), closing on November 19.

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