



The CHC / CYC Mail Out November 20, 2020

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Hello to you all!

1. Phase 2 of the [CHC Elements of Mental Wellness](#) is finally complete and set for distribution through the **Chilliwack Progress** on **December 3**. Meanwhile check out the online [article](#) about the guide and our [Facebook post](#). ***Please share it on all of your social media platforms.*** Modeled after the Canada Food Guide, [The Elements of Mental Wellness](#) is colourful, easy to understand, and simple to follow.
2. **Every Door is the Right Door is back.** This **free training for any service provider** in the Fraser Valley ensures that children, youth and their families are receiving the supports they require in a timely manner. No matter which agency door a client may knock on, they will be directed to the services that best meet their needs. The initiative reminds us that seeking help is vulnerable.

Date: **November 25** from 9:00-10:45am online. See the [flyer](#); register [here](#).
3. **Chilliwack Community Services** is looking for a [Residence Worker](#) (Casual). The position assists both adult and youth, clients to live successfully in The Village Olympic Legacy Housing Project. Ensures clients' physical, emotional, social, educational, and medical needs are met. Assists clients to enhance quality of life with activities of daily living as appropriate and the developments of life skills.
Closes on November 26.

clients. A special project of the **Soroptimist International Club of Chilliwack**, it's a free store for women and girls who are starting out on their own, transitioning out of foster care, out of an abusive relationship, etc. and who need household items. See the [brochure](#) for more details.

5. **Donate a children's book** to participating **Starbucks** locations in Chilliwack, Abbotsford and Mission and receive a **free child's hot chocolate**.
Chilliwack's books will be received and given out by Chilliwack Learning Society; they've **given out more than 5,000 books** in the past 6 months! Click [here](#) for more info.

6. There's one more week left in **Financial Literacy Month**. Take a look at these great **Indigenous resources**:

- [First Nations Financial Fitness](#) is a made-in-BC website, developed by the Indigenous Financial Literacy Committee in BC. Much of the website is based on information from the [First Nations Financial Fitness Handbook](#) developed by the Aboriginal Financial Officers Association of BC.

- [Financial Health and Wealth](#), from the Native Women's Association of Canada, recognizes that the financial wellness of all Indigenous peoples is essential to achieving an independent and healthy life. This toolkit is intended for all Indigenous peoples.

- [It's All About the Money](#) is a student workbook from a financial literacy pilot project developed by the Native Women's Association of Canada. It covers personal relationship to money, credit, managing money, savings and investment, application of learning, and reflection. Interesting ideas for interactive learning activities are included.

- [The Game Plan](#) is a graphic novel from Indigenous Story Studio that tells the story of Jake who runs into financial problems when he uses a payday loan to pay off his credit card. He learns about budgets, interest, fees and penalties.

- [Managing your money: Tools and tips to help you meet your](#)

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Each financial topic and activity is paired with a teaching from the animal world that draws on their skills, strengths and experiences in managing resources. These worksheets are designed to facilitate one-on-one conversations or to be used in financial education workshops.

BC Government News Releases

Government of Canada COVID-19 Website

Have a great weekend,

Annette Williams, Executive Assistant and Sabine Mendez, Coordinator

www.chilliwackhealthiercommunity.ca

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