



The CHC / CYC Mail Out December 4, 2020

[View this email in your browser](#)

Hello on this sunny day,

1. Eggnog, twinkle lights and holiday scams! It's important to protect against fraud and keep your money and personal information safe this holiday season. Here are some great resources brought to you by **Chilliwack's Financial Literacy Committee**. Please share.
 - [12 Scams of the Holidays](#) to watch out for from the Canadian Bankers Association,
 - [How to avoid becoming the victim of an online shopping scam](#), from Get Cyber Safe (an initiative of Public Safety Canada).
2. **Chilliwack Community Services** is looking for the following. Both postings close on December 11.
 - [Residence Worker](#), casual/on-call
 - [Better at Home Coordinator](#), temporary casual / 24 hours per week, until April 15.
3. **Chilliwack Society for Community Living** has the following postings:
 - [Licensed Practical Nurse](#) (Casual)
 - **Community Living Support Worker** ([Casual](#); Full-time [#20-116](#), [#20-150](#); Part-time ([#20-146](#), [#20-151](#), [#20-153](#)))
 - [Health Care Assistant](#) (On Call/Casual).
4. **Fraser Health** is now **accepting applications** for the **community development position** in Chilliwack related to **Adverse Childhood Experiences**: <https://careers.fraserhealth.ca/search-jobs/posting-details/?posting=1298162E>.

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

5. **Self-Management BC's** programs for people living with **diabetes, chronic pain and chronic conditions** are available in [these formats](#):
- **Small Group Conference** – max 4 persons over teleconference or computer audio. Workshops run 30-45 minutes once per week for 6 weeks.
 - **Independent** – a one time-mailing of a kit, with guide book for the independent, self-starter.
 - **Online** – Chronic Conditions Online program, 6 weeks, log on at own convenience with new topics posted each week.
 - **One-to-One** – the Health Coach Program provides one-to-one peer support by way of a telephone call for 30 minutes, once per week for 3 months.

For more details about any of the above call 604-940-1273, 1-866-902-3767 or visit www.selfmanagementbc.ca.

6. **FamilySmart's local Parent in Residence** continues to work with parents online, or by phone or email. In the Know sessions are also online. In January a new video series will begin. Their **Help for the Hard Time Workshop** has been moved online. It provides help for parents whose children have been to CAPSU and APU in Surrey, and now they also offer this workshop to parents whose children had frequent visits to the ER. Info about this can be found here: [Help for the Hard Times](#).

BC Government News Releases

Government of Canada COVID-19 Website

We hope you have an enjoyable weekend,

Annette Williams, Executive Assistant and Sabine Mendez, Coordinator

www.chilliwackhealthiercommunity.ca

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

[Subscribe](#)

[Past Issues](#)

[Translate](#) ▼

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

