

The CHC / CYC Mail Out January 15, 2021

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Hello on this sunny day,

1. **Plain Language** helps you create documents that are easy to read and understand. Join a **3-part series of online workshops** to learn about Plain Language and put it into practice. Learning sessions will be March 4 and 11, 3:00-4:30pm. The guided practice will be on March 18 from 3:00-4:00pm. Sessions are facilitated by Marci Bulloch, Kathy Ball and Debbie Denault, provided in partnership by **Chilliwack Healthier Community, Chilliwack Learning Society, and Decoda Literacy Solutions**.

Register by February 22 with Debbie Denault, ddassociates@telus.net.
Maximum # of registrants: 12.

2. **Pacific Community Resources Society (PCRS)** is hosting a **vaping focus group for youth ages 12-18** on Zoom the **week of January 18** in response to National non-smoking week. Contact rbassi@pcrs.ca for the Zoom link.
3. Beware of **Coronavirus-themed and COVID-19 vaccination themed scams** in the form of emails or text messages, or telephone calls offering home vaccinations kits for an up-front fee. See the **Canadian Anti-Fraud Centre [Bulletin](#)** for more information and self-protection tips.
4. Is someone you know **looking for a LOCAL Family Doctor or Nurse Practitioner?** The **[PAM \(Patient Attachment Mechanism\)](#)** can help you get connected; the wait list has been reduced to 3-4 weeks. Sign up at their [website](#) or call 604-795-0034.

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recent episode of the Around Chilliwack podcast. Tune in and listen to two local physicians, Dr. Alison Henry and Dr. Shari Sajjadi, speak about COVID-19 in our communities: <http://bit.ly/aroundchilliwack-podcast-COVID>.

6. The **Chilliwack Youth Health Centre (CYHC)** has returned to face-to-face counselling at the **Tzeachten First Nation, Lands and Governance Office. Hours are 3:00-7:00pm on Tuesdays.** Service at this site was interrupted by the pandemic. Thanks to a grant from the United Way, the Government of Canada and the gracious spirit of Chief Derek Epp and the Tzeachten First Nation, there are now processes in place to provide safety.

CYHC is a low barrier, on demand, walk-in service for young people ages 12 to 26. Online or on-phone services continue to be available as well as in-person counselling and mental health care on Tuesdays, Wednesdays, Thursdays from 1:00-5:30pm (last intake) at the Neighbourhood Learning Centre (NLC). They're also available at the Sto:lo Health Building on Thursdays from 2:00-6:00pm (last intake). Medical services continue to be available on Tuesdays at the NLC and Thursdays at Sto:lo.

7. **Theo Fleury**, elite NHL player and Olympic gold medal winner, presents **"The Power of Me Too"** in a **FREE webinar on January 29.** Theo will talk about the early years when he first discovered and fell in love with the game of hockey and the sport from the first moment he stepped on the ice. He will talk about the issues he faced as a survivor of abuse. And finally, how he overcame his painful past, alcoholism and drug addiction to become an inspirational Victor over life's obstacles. "Me Too" is an uplifting talk about hope. It is a reminder that we are never alone in our struggles because we have all faced adversity in our lives.

Date: **January 29** from 10:00-11:30am. Register [here](#); see the [flyer](#). Please circulate widely.

8. [Registration is now open](#) for the first event in HELP's Winter 2021 Expo series, Exploring 'What is' and 'What could be' for BC's Children & Families. You're invited to join via Zoom on **February 8** for a morning dedicated to honouring the life and work of HELP's co-founder, Dr. Clyde

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friends and colleagues to share how Clyde's legacy continues to influence child development in Canada. Join HELP as they reflect on the role Clyde played in creating a framework that links population health to human development, emphasizing the special role of early child development as a determinant of health. This session, a first in a series, will create **an opportunity to connect and contemplate together a better, post-COVID world.**

9. **Chilliwack Community Services** has the following **job postings**:
 - [Emergency Support Administrator](#), Temporary Casual / 20 hours per week until March 31. Closes January 19.
 - [Facilities Coordinator](#), Permanent Part-Time / 25 hours per week. Closes January 19.
 - [Residence Worker](#), Casual. Closes January 19.
 - [Administrative Assistance](#), Temporary Casual. Closes January 22.
10. The **Fraser Health Family Support Services Team** is offering **virtual education sessions for families and friends who are supporting adults with mental health/substance use concerns**. The sessions are open to the public and no referral is required to register. See the [schedule](#) and their [infographic](#) of services.
11. Check out "**The Family Huddle**" [Newsletter](#) for **Mental Health and Substance Use Family Support Services**. You can sign up for the newsletter [here](#).
12. [Sashbear Family Connections](#) is a **free 12-week program for families and friends who have a loved one with Mental Health or substance use concerns**. It is a skill-building program, basically DBT for families. For more information about accessing Sashbear Family Connections visit [Sashbear.org](#). For webinars from Family Connections/NEABPD (Borderline Personality Disorder/Emotional Dysregulation) see <https://www.borderlinepersonalitydisorder.org/webinars/>.
13. **UBC's Study of Emotional Responsiveness** is seeking to understand the **impact of the COVID-19 pandemic** on adolescents' psychological wellbeing and friendships. It includes a **brief survey** that will ask

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pandemic. More information can be found [here](#).

If you are interested in helping to advertise the study and recruit adolescents, see the ads for [parents](#) and [adolescents](#). Contact covidresponse@psych.ubc.ca if you have questions.

See you next week,

Annette and Sabine

www.chilliwackhealthiercommunity.ca

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