



The CHC / CYC Mail Out January 22, 2021

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Good day everyone!

- 1. Overdose Alert!** In the last week there has been an increase in overdoses in Chilliwack. These overdoses appear to be associated with a greeny-blue/turquoise down substance. This substance is suspected to contain Carfentanil. See the **Fraser Health flyer** with the information and ways we can all look out for each other.
- 2. So many people are missing out on benefits because they have not yet filed their 2019 (and prior) taxes. Chilliwack's Financial Literacy Committee** is hosting an **interactive webinar** where participants will **learn to file their own basic income tax returns**. After the session volunteers will be available to connect with participants as they work through their own tax returns at their own pace.
Date: February 24, 7:00-8:30pm
Where: on Zoom

See the [flyer](#) for more details; register [here](#).
- 3. Reminder: 3-part Series of Plain Language online Workshops**
Plain Language helps you create documents that are easy to read and understand. Join these 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**.

4. This is the end of **Switch Week**, a campaign to get more Canadians to stop overpaying and start switching by taking advantage of competition between service providers. The **Competition Bureau** recently surveyed Canadians who made the switch or renegotiated their contract to estimate their annual yearly savings and found that Canadians could be overpaying around \$1,860 a year by sticking with their telecom, banking and insurance plan. However, only 1 in 4 Canadians renegotiated their contracts or switched providers in the past year to take advantage of better deals and services.

Check out the [website](#). Even if the week is over, it can always be switch week for you!

5. **Ann Davis Transition Society** is hiring for a **Children's Counsellor** position. See the description at anndavis.org/careers/. Please email your cover letter and resume to Tyler at hr@anndavis.org.
6. **Chilliwack Community Services** is looking for a **Residence Worker**, Permanent Part-time. The posting closes on January 25.
7. All **FVRL libraries** are now **offering adult and youth programs and events on Zoom!** All programs are free, registration is required. See the [poster](#) for more details and examples of upcoming programs. More programs can be found at this [link](#).
8. Generation Health is a **FREE and VIRTUAL 10-week healthy lifestyle program** for children and their families, delivered through the **YMCA of Greater Vancouver**. Program participants will meet once a week to learn about healthy eating, physical activity, goal setting, body image, self-esteem and more! There will be three programs days to choose from: Mondays, Tuesdays or Fridays from 6:30-8:30pm.

This program requires prior registration and screening, phone 1-888-650-3141 or email info@generationhealth.ca.

9. Is anger affecting your work, relationships, or enjoyment of life? You're not alone. **Ann Davis Transition Society** invites you to their **Men's Self-**

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10. **Building Healthy Relationships (BHR)** is accepting registrations for the **workshop start date of February 2**. BHR is a series of educational programs for couples, focused on developing and improving enduring skills and attitudes through break-out practice sessions. Each couple receives their own coach. It isn't therapy and couples are asked not to bring their toughest issue or conflict, but instead to focus on skills. No one is made to share in front of a group.

See the [flyer](#); register by contacting Ann Davis Transition Society at 604-792-2760 or at info@anndavis.org.

11. **Chilliwack Hospice Society** is hosting a two-session [Advance Care Planning workshop](#) on **February 18 and 25** to help participants develop their Advance Care Plan, including Beliefs, Values and Wishes, Temporary Substitute Decision Maker, Representation Agreement, and Advance Directive.

Space is limited! Call 604-845-6900 or email laurie@chilliwackhospice.org to register.

12. **Being Mom**, a 10-week online group for women experiencing problems with depression and anxiety in the perinatal period, will **start on February 24 and run until April 28, 9:30-11:30am**. Weekly attendance is expected; there is no cost to attend.

To register contact Lise McAlpine, 604-702-4860 / lise.mcalpine@fraserhealth.ca or Cristal Biela, 604-845-2406 / cristal.biela@gov.bc.ca by February 5.

We hope you enjoy your weekend,

Annette and Sabine

www.chilliwackhealthiercommunity.ca

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

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