



## The CHC / CYC Mail Out February 5, 2021

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Happy Friday everyone,

Today's Care Quote – *"Adopt the pace of nature: her secret is patience."*  
*Ralph Waldo Emerson*

1. Would you like to **learn to file your own income tax return** but don't know where to start? Come to an **online tutorial** where you will learn tips and receive tools, including an exercise to help when anxiety threatens to take over. After the session volunteers will be available for you to connect with as you work through your own tax return at your own pace. Hosted by **Chilliwack's Financial Literacy Committee**.

Date: February 24, 7:00-8:30pm

Where: on Zoom

See the [flyer](#) for more details; register [here](#).

2. **Every Door is the Right Door** is back on **February 24**. Hear from local youth with lived experience, learn about and connect with local agencies, and more. This initiative ensures that children, youth and their families are receiving the supports they require in a timely manner. See the [flyer](#) for registration details. Brought to you by the **Chilliwack Youth Health Centre**.
3. **Chilliwack Seniors Peer Counsellors (CSPC)** is looking for **seniors** who would like to **volunteer as peer counsellors**. People interested in more information about the organization or who wish to volunteer can contact Kay at 604-793-7204. They will connect with those interested and determine if a match can be made. They provide mentoring and other

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4. **Chilliwack Society for Community Living** is hiring for a number of **casual part-time and full-time positions**:
  - Casual [Community Living Support Workers](#), [Health Care Assistants](#) and [LPNs](#)
  - [Part-time](#) and Full-time [Community Living Support Workers](#) for their residential service, including homes for children and youth
  - Part-time [Child and Youth Support Workers](#) for their Children and Youth service.

Postings can also be found on their [website](#).
5. **Chilliwack Community Services** has the following **postings**:
  - Full-time [Human Resources Coordinator](#). Closes on February 9.
  - **Casual Residence Worker** for The Village. Closes on February 10.
  - Permanent part-time [Building Maintenance Worker](#). Closes on February 11.
  - Permanent part-time [Residence Worker](#). Closes on February 11.
6. **Family Smart's** next In the Know online session is on **February 11 at 6:30pm**, the topic is "**A Conversation about Eating Disorders**". See more details [here](#).
7. The **Child & Youth Health Centre** team is asking youth and adults of all ages to **complete this survey** to describe how porn has impacted their lives and how they view relationships. Please invite your contacts to participate and circulate widely.
8. There has been an **increase in overdoses** in Chilliwack, which 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.
9. The **Qwi:qwelstom Day Treatment program** has **ten spots** available, Tuesdays and Thursdays beginning **February 9**. See the [flyer](#); to register contact Darren Charlie at 604-824-3200.
10. Do you know of **older adult neighbourhoods** that would enjoy participating in a **recipe exchange initiative** from now until the beginning

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English Mint. Groups of three people or more are accepted. Sign up now, numbers are limited!

Contact Connie at **Compassionate Neighbourhood Health Partners Society**, 604-798-2023 or [neighbourhealth@gmail.com](mailto:neighbourhealth@gmail.com).

11. The **Fraser Valley Rent Bank** provides **one-time emergency loans and grants** for families and individuals who are at risk of losing their homes. Loans are provided to pay for security deposits, utility deposits, and arrears and rent, with a maximum loan repayment period of 24 months. Participants also have the opportunity to build knowledge and skills in effective money management. For more information please email [cindyniezen@mccbc.ca](mailto:cindyniezen@mccbc.ca).
  
12. There are three more **free webinars** left in the Mind Your Health series:
  - **February 12** – Miwa Yonezawa, a **community Occupational Therapist** at the Maple Ridge Mental Health and Substance Use Centre, will talk about early signs of escalation, crisis management, and community resources for mental health support. [Register here](#).
  - **February 26** – Alyson Seale, **Associate Professor at the University of the Fraser Valley**, will talk about Ableism. [Register here](#).
  - **March 12** – River Chandler, **Director of COVID-19 Response and Dr. Naomi Dove from the Office of the Provincial Health Officer** will present on the impact of COVID-19 and the public health response on the mental health and wellbeing of youth. **This is a must-see event for all communities!** [Register here](#).Brought to you by **Focus Disability Network Society**.
  
13. **Fraser Health's South Asian Health Institute (SAHI)** is currently exploring ways to **connect with the South Asian community** to share COVID-19 information and also to gain more insight into the attitudes and practices amongst the South Asian community during this difficult time. This would help them develop strategies, resources and messages to effectively support the community in staying healthy and safe during the COVID-19 pandemic.

The SAHI team has created a **15 minute online COVID-19 survey in four languages**.

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- Urdu: <https://www.surveymonkey.com/r/COVID19Urdu>
- <https://www.surveymonkey.com/r/COVID19HindiHindi>.

Staff and volunteers are available to help community members complete the survey by phone, in a number of different languages (e.g. Punjabi, Hindi, Gujarati, Urdu). Call 604-953-5130 Ext 768408 or email [southasianhealth@fraserhealth.ca](mailto:southasianhealth@fraserhealth.ca) if someone needs help completing the survey.

14. **Fraser Valley Aboriginal Children & Family Services Society** is hosting a **Gratitude Art Contest for all Indigenous children and youth in BC** (ages 3-19). Express in a drawing or a painting what you are thankful for. The deadline for submissions is February 12 at 4:30pm. See the [flyer](#).
15. **Choose to Move!** This **YMCA** program is for anyone 65+ who wants to become active, regardless of ability. It begins on February 18. For more information contact [ChooseToMove@gv.ymca.ca](mailto:ChooseToMove@gv.ymca.ca); see the [flyer](#).
16. **Chartwell Retirement Residences** is offering a series of **free webinars** featuring knowledgeable presenters discussing a variety of topics important to Canadian seniors and caregivers in today's climate of uncertainty. Sign up for any of the presentations to get your questions answered, or call 1-855-461-0685. See the details [here](#).

Thanks for reading to the end, talk to you again next week!

Annette and Sabine

[www.chilliwackhealthiercommunity.ca](http://www.chilliwackhealthiercommunity.ca)

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