



The CHC / CYC Mail Out April 16, 2021

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Happy sunny day to you,

1. The **BC COVID-19 SPEAK Survey** is now open. You are urged to take the survey to share how you are doing and to help BC recover. Last year, almost 400,000 British Columbians took the time to participate in a public health survey. [Take the survey here.](#)
2. 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-Management of Anger](#) 7-week program starting April 26. Contact 604-792-2760 ext 500 to register.
3. [Being Mom](#), a 10-week online group for women experiencing problems with depression and anxiety in the perinatal period, will **start on May 12 and run until July 14, 9:30-11:30am**. Weekly attendance is expected; there is no cost to attend.

Please register by May 5 with Lise McAlpine, 604-702-4860 or lise.mcalpine@fraserhealth.ca.

4. Curious about mindfulness? Consider training with Ron Plowright:
Mindfulness-Based Stress Reduction (MBSR).
Stress comes in many forms. We all get it and it takes a toll on our health and well-being. MBSR is a proven way to help create a new relationship with stressors in life.

When: May 4 to June 29, Tuesdays from 6:00-8:30pm

Where: online via Zoom (you won't be looking at the screen much)

To register, ask questions and for more information contact ron@mindfulcommunities.ca or 778-887-4534. See the [poster](#).

5. Do you need **help finding a Chilliwack resource for children and youth ages 6-12 years old**? Look no further, scan the code in this [flyer](#).

6. The **Volunteer Tutoring Program at Chilliwack Learning Society supports adults 19+ with their learning goals**. These learning goals range from improving basic reading, writing, math skills or learning to use computers or tablets. If you know someone who could benefit from one-to-one tutoring support done virtually, or looking for a volunteer opportunity, contact Corinne Vooy's at 604-701-9794 or volunteertutors@chilliwacklearning.com.

7. Check out the **Fraser Valley Aboriginal Children & Family Services Society's spring newsletter** where you will meet some of their directors and see the inspirational art work from their Gratitude Art Contest.

8. You can shop online AND support **Chilliwack Hospice Society** at the [Thrifty Boutique Online Thrift Store](#). Their low prices attract customers and their tasteful, trendy products will keep you coming back to discover what newly donated surprises they have to offer.

Have a great weekend!

Annette and Sabine

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