



## The CHC / CYC Mail Out April 23, 2021

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It's Friday!

1. You won't want to miss **Elemental of Mental Wellness - Wellness in the Workplace and Life**. This four part Lunch & Learn series is designed to elevate and enhance overall mental wellness. Dates: **May 18, 20, 25 and 27**. Hosted by **Community Futures South Fraser**. Register [here](#).
2. **Chilliwack Hospice Society** is hosting a [free virtual session](#) on **April 29**, about information & support programs for people living with advanced cancer and their caregivers. The presenter is Jenni Haggie from the **Canadian Cancer Society**. Register for this free event by emailing [laurie@chilliwackhospice.org](mailto:laurie@chilliwackhospice.org).
3. You're invited to a virtual **Cultural Series Sharing** on **April 30** with Gracie Kelly and Patti Scott. Presented by the **Chilliwack Division of Family Practice**, in cooperation with **Fraser Health** to integrate the Cultural Safety & Humility Framework. See the [flyer](#) for more details and contact information.
4. **BC211** is hosting a **one-day workshop on Social Media & Blogging for Non-profits** on **April 29**. The registration deadline is April 27. See more information [here](#).
5. **Job Options** is a **Pacific Community Resources** province-wide, **no-cost, 8 week Virtual Skills Training and Employment Program**, which is currently accepting applications for their upcoming May cohort. Clients receive individualized planning, assessments and support in a virtual environment. Contact [joboptions@pcrs.ca](mailto:joboptions@pcrs.ca) or 778-239-7495 to find out

6. The **UFV TASK Program** is **on for Fall 2021** and their intake process is underway! Apply [here](#) or contact them at [task@ufv.ca](mailto:task@ufv.ca) or 604-702-2621. Get to know the program and meet Alyson Seale, the instructor, in this [video](#). See the [infosheet](#) and [flyer](#).

They are holding two online meetings to **introduce the TASK program**, on **May 3 and 4**. RSVP at [task@ufv.ca](mailto:task@ufv.ca).

7. The **Chilliwack Early Years Committee** and the **Human Early Learning Partnership (HELP, UBC)** are pleased to offer an **engagement session**, [Exploring Early Years Research & Data in Chilliwack](#). This online workshop is for early years professionals, health partners, municipal leaders, and those working with children and families. Explore [Early Development Instrument \(EDI\)](#) data for Chilliwack, learn about current research on the impacts of COVID-19 on children and families, and participate in discussions about supporting Chilliwack's young families. Date: **May 6**. Cost: Free. Register [here](#).

8. **FamilySmart** is hosting a live event on **May 7**, which is Child & Youth Mental Health Day. "[Conversations About Mental Health: What it Sounds Like at Different Ages](#)" is a conversation about how to connect with our kids between the ages of 0 to 18 years. Register [here](#).

They have also:

- launched a National Child & Youth Mental Health Day [website](#) with great resources (live today)
- released information about their May and June [Help for the Hard Times workshops](#).

9. **Frauds and scams** are active now more than ever! Find out how you can avoid them at a **free interactive webinar** with presenters Scott Henderson, CPA, CMA and Constable Tracey Abrahamson. Hosted by the **Chilliwack Financial Literacy Community on May 19**. Register [here](#); see the [flyer](#). Please share with your contacts.

10. **Chilliwack Community Services** has the following job postings:
- [Youth Engagement Worker](#), 35 hours per week. Closes on May 6.
  - [Residence Worker](#), Permanent Part-time. Closes on May 21.

11. [Generation Health](#) is a **FREE and VIRTUAL 10-week healthy lifestyle program** for children and their families, delivered through the **YMCA of Greater Vancouver** and in partnership with the **Childhood Obesity Foundation**. Program participants will meet online once a week to learn about healthy eating, physical activity, goal setting, body image, self-esteem and more! This program requires prior registration and screening through these details: phone 1-888-650-3141 or send an e-mail to [info@generationhealth.ca](mailto:info@generationhealth.ca).
  
12. Save the dates of **June 3-4** for **Strengthening the Circle, a Fraser Salish Indigenous Health Research Symposium**. This free online event will gather members of the Fraser Salish Indigenous health research community to learn and share knowledge. This event is organized by a committee of Fraser Salish community and academic representatives. See the [flyer](#); click [here](#) to register.
  
13. Camp out for a cause! Join **Ruth and Naomi's fundraiser, [Roughing it 4 RAN](#)**, on **June 19** to help raise funds for Chilliwack's homeless and Ruth and Naomi's programs.
  
14. The **Canada Service Corps (CSC)** has launched a **pilot project** to offer young Canadians (18-30 years old) a volunteer service learning experience. The Civic Participation Pilot – a **Youth Leadership Initiative** – will be accepting **applications until April 28, 2021** and programming will be offered virtually from June 2021 to early September 2021. Participants will gain experience in areas such as identifying and designing a response to community needs; project design and management; applying for and managing funds; as well as marketing and fundraising.

Please share this information and visit their [website](#) for more details. If you have any questions, contact the CSC Youth Leadership team at [ESDC.CSC.Youth.Leadership-Leadership.Jeunes.SJC.EDSC@hrsdc-rhdcc.gc.ca](mailto:ESDC.CSC.Youth.Leadership-Leadership.Jeunes.SJC.EDSC@hrsdc-rhdcc.gc.ca).

Talk to you again next week,

Annette and Sabine

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