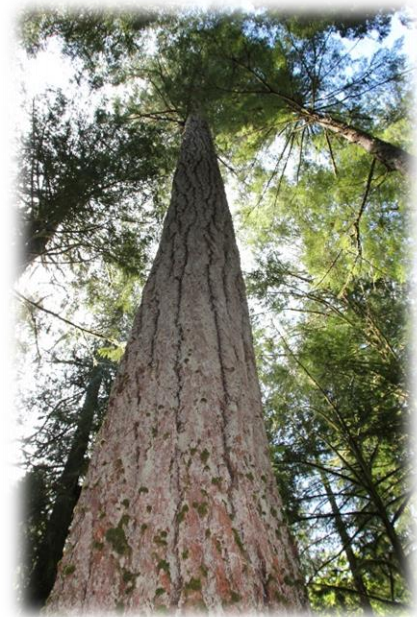




## Health Matters Newsletter April 20, 2017

### Today's Health Matters Includes:

- Meeting Schedule
- Community Meetings and Events
- Data/ Research
- Premier's Awards for Excellence in Education
- Funding opportunities for Aboriginal Head Start programming
- Health and Sciences Career Fair
- Caring on Empathy- Creative Tools for Compassion Fatigue Resilience workshop



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### Our Cowichan- Network Member Meetings-

- ✓ **Next Admin Committee Meeting- May 3, 4:30-6:30** CVRD Committee Room 2
- ✓ **Next Our Cowichan Network Meeting at May 10 Ramada Silver Bridge** Light dinner at 5:15 pm  
Meeting starts at 5:45 pm.

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### Community Events- Meetings

- **Community Response Team Meeting** May 17, 9 am-11am Meeting Room 213 at the CVRD
- **EPIC-Community Steering Committee** May 17, 1:30 -3:30 pm Ts'i'ts'uwalul' Lelum

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### Local Data and or Research-

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## Premier's Awards for Excellence in Education

[The Premier's Awards for Excellence in Education](#) were created to recognize the enormous contributions of B.C.'s exceptional teachers, administrators and support staff that are vital to the cultural, economic and social well-being of the province. There are nine categories to nominate an educator, including community engagement, diversity and inclusion, and Indigenous education. **Deadline is June 18, 2018.**

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## Funding opportunities for Aboriginal Head Start programming

The First Nations Health Authority has secured \$10.5M of funding from the province of BC to invest in the expansion of Aboriginal Head Start On-Reserve programming. Communities seeking to initiate or expand their programs can now [access a Frequently Asked Questions sheet](#). **Deadline is June 18, 2018.**

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### Cowichan Tribes

5760 Allenby Road Duncan, BC V9L 5J1  
Telephone (250) 748-3196 Fax: (250) 748-1233

April 27, 2018

## Health and Sciences Career Fair –Thursday, May 17, 2018

Cowichan Tribes is proud to host our fourth annual Health and Sciences Career Fair. The event will be held at the Siem Lelum Gym, 5574 River Road, in Duncan.

Our main audience is youth in grades eight through 12, and young adults. Our goal is to encourage them to consider a rewarding career in the fields of Health or Sciences.

Considering our youthful audience, your display will be engaging and interactive, with activities, prizes or take-home items that encourage youth to visit your table and talk with you. This fun event features interactive science demonstrations from Science World, guest speakers and door prizes for students!

You are invited to showcase your field of work, explain the level of education needed, share your passion for your career and describe the places it can take you. Please note that we are unable to financially compensate you for your participation or travel to the event.

The agenda is as follows:

Set up: 9:30 a.m.  
Morning session: 10:00 a.m. -12:00 p.m.  
Break: 12:00 p.m. - 1:00 p.m.  
Afternoon session: 1:00 p.m. - 3:00 p.m.  
Take down: 3:00 p.m. – 4:00 p.m.

Light snacks will be served throughout the morning and afternoon; however, please note that vendors are responsible for their own meals. The site will be secured should you wish to leave for the lunch hour.

As electrical outlets are limited, please indicate if you will require access to an electrical outlet, and bring your own extension cords and power bars. We will follow up with more detailed information for confirmed participants.

Please RSVP to [Diana.Brooke-Webster@cowichantribes.com](mailto:Diana.Brooke-Webster@cowichantribes.com) prior to Thursday, May 3, 2018. Feel free to contact me by phone at 250.715.1022 ext. 287 for more information.

Thank you for hosting a table at our event!

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## **Caring on Empathy- Creative Tools for Compassion Fatigue Resilience workshop**

During the Victims and Survivors of Crime Awareness Week we are hosting, "*Caring on Empty - Creative Tools for Compassion Fatigue Resilience*" to support the tireless efforts of our Cowichan Valley social responders :-)

Many social responders are at risk for developing Compassion Fatigue (CF), **a natural consequence** of working empathically with the suffering or traumatized. As we hear stories of others' trauma, we can become secondarily traumatized, developing our own symptoms of post-traumatic stress, diminished empathy and emotional disengagement. Recognition of CF warning signs can provide a turning point - a chance to heal, learn new skills and make the simple but profound life changes that can build resilience to traumatic stress.

*Caring on Empty* uses discussion, film, self reflection through individual artistic exercises, and group interaction to help participants recognize their current level of CF risk and to begin a personalized resilience plan. The energy is relaxed, positive, and discovery-based.

Seating is limited and lunch is included! :-) Please feel free to circulate the attached poster and/or share the attached jpeg on your social media networks.

Please RSVP Kendra Thomas, [kthomas@warmlandwomen.org](mailto:kthomas@warmlandwomen.org)


We look forward to supporting our dedicated team of professionals who care for the vulnerable community members of the Cowichan Valley.

[Poster for sharing BELOW](#)

Do you have a resource, event or information you would like to share?

Send it to [cindylisecchn@shaw.ca](mailto:cindylisecchn@shaw.ca) and it will be included in the weekly

**Health Matters Newsletter**




*Caring on Empty*

*Find your Zen!*

*creative tools for*  
**Compassion Fatigue Resilience**


**June 1st 9:00-4:30**  
**Sands Reception Centre**  
**187 Trunk Rd, Duncan**  
**\$25 RSVP 250-710-8177**



**Jan Spilman, MEd**  
BC Registered  
Clinical Counselor  
Compassion Fatigue  
and Chronic Sorrow  
Specialist  
[caregiverwellness.ca](http://caregiverwellness.ca)


*an interactive wellness  
workshop for social  
responders exposed to the  
'cost of caring'*

**Victims and Survivors of Crime Week**  
**"Transforming the Culture Together"**



Department of Justice  
Canada

Ministère de la Justice  
Canada



**Warmland Women's  
Support Services Society**  
[warmlandwomen.org](http://warmlandwomen.org) FB [warmlandwomen](https://www.facebook.com/warmlandwomen)  
250-710-8177 [kthomas@warmlandwomen.org](mailto:kthomas@warmlandwomen.org)