



**Health Matters Newsletter**

**May 30, 2014**

**Today’s Health Matters Includes:**

* Meeting Schedules
* Community meetings and Events

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**Our Cowichan- Network Member Meetings-**

* **Next Asset Mapping and Research Committee meeting-** June 2 -12 pm CVRD Committee Room 2 ***and*** June 9 12 pm CVRD Rooms 213
* **Next Our Cowichan Network Meeting –**Thursday June 12, CVRD Board Room. Light dinner at 5:30 pm – Meeting starts at 6:00 pm
* **Next Admin Committee Meeting-** Wednesday June 18, 5:00 pm CVRD Committee Room 2
* **Next Communications Committee Meeting-** Wednesday June 25, 9:00 am CVRD Room to be announced
* **Next Grant Committee Meeting-** Wednesday October 1, 9 am to 11 am CVRD – Room to be announced

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**Upcoming Events/ Workshops/ Community Meetings**

* Please Note that the draft Communities Profile will be presented at the June 12th meeting- This is a meeting you won’t want to miss!
* Walk of the Nations May 31- Meet at VIU at 9:30 am- Wear Traditional Costumes

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**Restorative Justice Facilitation Training:**

Warmland Restorative Justice Society is hosting a two day training in restorative justice facilitation.  Do you know anyone who is interested in taking the training?  We are trying to build our volunteer base.  The first training is scheduled for Saturday 31 May and Sunday 1 June 2014.

Venue to be announced.  We will schedule a second training if we have enough participants.

There is no cost for this training.

Send an email:: [gjewsbury@shaw.ca](mailto:vc@volunteercowichan.bc.ca)

Please circulate.

Thank you,

Gail Jewsbury

Co-ordinator

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**ADVENTURE ZONE SUMMER DAYCAMPS**

**(for ages 6 – 12 yrs)\***



**Spend your summer having fun and building lasting relationships**

**at Ladysmith Adventure Zone Summer Daycamps!**

**An interactive, exciting program with daily adventures around town!**

**…join outgoing leaders for eight fun-filled weeks participating in activities**

**such as swimming, sports, arts & crafts, science,**

**nature excursions AND MORE!**

**\* (children age 5 yrs. may participate if they have attended kindergarten)**

***LOCATED AT THE FRANK JAMESON COMMUNITY CENTRE***

***IN THE REC ROOM, THE POOL, AND THE GYM!***

***…WITH NEW LONGER HOURS***

***8 am – 4 pm daily!***

**A safe, nurturing, affordable (& deductible) alternative to daycare!**

**Week 1 July 2 – 4 Week 5 July 28 – August 1**

**Week 2 July 7 – 11 Week 6 August 5 – 8**

**Week 3 July 14 – 18 Week 7 August 11 – 15**

**Week 4 July 21 – 25 Week 8 August 18 – 22**

**$149/5 days (siblings $139)**

**$119/4 days (week 6 only) (siblings $109)**

**$89/3 days (week 1 only) (siblings $79)**

**$39/1 day (siblings $29) space permitting**

***REGISTER EARLY, SPACE IS LIMITED!***

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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