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Alberni Clayoquot Health Network E-News March / April 2013

UPCOMING EVENTS

Who's the Man: Men's Leadership Training. Tuesday April 2nd, 1-5pm, North Island College Rm S108

Learn about what men are doing around the world to address gender based violence and what you can do to be part of that change. This is a FREE event, and open to anyone who self identifies as a MAN. Please call 250-724-7111 to register. Sponsored by: **In Safe Hands Project 'We Are All In This Together'**.

Coastal Family Resource Coalition's Coming Together Forum', Wednesday April 3rd

The ACHN is proud to be sponsoring this day long forum designed to bring stakeholders and service providers together to discuss critical and emerging issues, strengthen relationships and create innovative solutions for building healthier and more resilient communities on the West Coast. The forum will be held at the Ucluelet Hall. Registration,

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<p>refreshments & networking starts at 9am and the Forum begins at 10 with a traditional welcoming and opening prayer, finishing by 4:30 pm. Lunch and snacks will be provided</p>			
<p>for all participants. Contact Marcie Dewitt for more details. marcie_dewitt@hotmail.com (The ACHN's Shelli Lyle is making a list of folks interested in carpooling to this event from Port Alberni: syle@acrd.bc.ca)</p>			
<p><u>Community Forum on Gender Based Violence Thursday, April 4th, 8:30-5:30 & Friday, April 5th, 8:30-12:00pm at North Island College</u></p>			
<p>A forum to explore the impact of violence on our community, Participants can choose from creative and interactive workshops on what it means to be a man, race and gender, enthusiastic consent, and creating connection and meaning. This forum is FREE and open to any past, present or future NIC students and staff, educators, service providers, and any community members who are committed to eliminating violence and its negative impact in our lives. For more information, or to register, call 250-724-7111. Or register online at: elephantintheroom-efbevent.eventbrite.ca Sponsored by: In Safe Hands Project 'We Are All In This Together'.</p>			
<p><u>Presentation: The \$10/day Child Care Plan for BC April 4, 2013 7:00 p.m. North Island College Room S108</u></p>			
<p>Presented by the Coalition of Child Care Advocates in BC and the Early Childhood Educators of BC. Come and find out about the 'Community Plan for a Public System of Integrated Early Care & Learning. For Parents and Educators, anyone interested in finding out more about this public policy proposal are invited to this meeting.</p>			
<p><u>Alberni Career & Hiring Fair, April 10th 1am - 3pm at the WorkBC Employment Services Centre 4805 Mar Street in Port Alberni</u></p>			
<p>Over 20 employers & 10 schools and agencies will be there to explore career opportunities, gather information on local job openings, and submit resumes for current openings! See the list on their Home Page. Call 250-724-4560 for more information.</p>			
<p><u>KUU-US Crisis Services Saturday Night Outreach: Helping all those in need.</u></p>			
<p>There to offer coffee and light refreshments to anyone that attends. Food hampers, clothing and household items (Fresh Start/New Beginnings), educational materials and a light hot meal will be served for those that are low to no income. Appointments given to see Advocate next business day. If you would like to know more, feel free to call: 250-723-4050 Funded by Luma Native Housing in conjunction with Homeless Partnering Strategy. When: Every Saturday Where: Echofieldhouse Time: 5:45-7:30pm.</p>			
<p><u>Here We Come! To the Wild West Coast.</u></p>			
<p>Here We Come! is an interactive early years screening event for 3 to 5 year olds. Any and all pre-schoolers along with their care-givers are invited to come to Here We Come! events for fun-filled activities led by qualified leaders from community related and health</p>			

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<p>organizations. Research shows that over 75% of a child's brain actually develops after his/her birth - most of that in the first five years. The early years are critical in shaping a</p>			
<p>child's ability to think, to love, to trust, and to develop a strong and positive sense of themselves. The first five years have a profound impact on a child's emotional, social and intellectual development. Early identification means that potential issues can be caught before they have a chance to create larger problems, and, in many cases, can prevent problems from ever developing. Contact Tracy at 250-731-6241</p>			
<ul style="list-style-type: none"> • Monday April 8th - Maquinna 3:30 - 5:00pm (with Bamfield friends attending!) • Tuesday April 16th - Ucluelet Elementary School (5 to 8pm) • Wednesday April 17th - Wickaninnish Community School 3:30 - 5:00pm • Monday May 6th - Eighth Avenue 3:30 - 5:00pm • Monday May 27th - Wood Elementary 3:30 - 5:00pm 			
<p><u>April 11th: HELP (Human Early Learning Partnership @ UBC) Spring Research Seminar Series in Nanaimo</u></p>			
<p>Hear from lead researchers and participate in workshops highlighting HELP's most recent research, including: Early Child Development Trends; The Middle Years Development Instrument (MDI); Community Tools for Action. The full day event will comprise morning keynotes with HELP's Deputy Director, Joanne Schroeder presenting on what we have learned about children's development in Vancouver Island and the impact that knowledge has had at local, provincial and national levels followed by Dr. Martin Guhn, one of HELP's Assistant Professors who will focus on the results from the Middle Years Development Instrument (MDI), illustrating several emerging trends. Afternoon workshops topics include: <i>How Do Community Systems Influence Child Development?</i> and <i>What Does the MDI Tell Us?</i> To register online: http://www.surveyfeedback.ca/surveys/wsb.dll/s/1q2423</p>			
<p><u>April 12th: HELP (Human Early Learning Partnership @ UBC) Towards Aboriginal Children & Families Thriving Event</u></p>			
<p>An invitation to all Aboriginal community members from around Vancouver Island: Parents, Grandparents, Teachers, Representatives from Aboriginal organizations, Chiefs & Council members. Come eat, learn about their research, share your stories and discuss:</p> <ul style="list-style-type: none"> • Why is early childhood important? • How is research helping us understand what our children need? • What can we do to help our children succeed? 			
<p>RSVP with HELP's Aboriginal Community Liaison Coordinator by April 9th: Elsie Kipp, 604 -827-5081 or elsie.kipp@ubc.ca</p>			
<p><u>Alberni Clayoquot Health Network Meeting, Thursday April 18th, 9 to noon at the ACRD Board Room</u></p>			
<p>Join us for nutritious snacks, networking, updates and lively discussion as we work together to improve the health and well-being of this amazing region through a population</p>			

health promotion approach. The first half of the meeting is all about networking & updates and the second half is when the ACHN Planning Committee gets down to business. Kindly r.s.v.p. to Shelli Lyle at sstyle@acrd.bc.ca

Workshop: The Importance of Childhood & What's Going On? April 20th, 9-3pm

Led by Fresh Steps Behavior Consultant Janis Joseph. An in depth look at how we are raising our children and how 'Generation Tech' is affecting behaviors. At John Paul Catholic School Gym. \$60pp Reduced rates for Pacific Care members. Call 250.731.8281 or freshsteps.jj@telus.net

Aboriginal Health Care Assistant Certificate Program at the Port Alberni Friendship Centre - Starts April 29th!

This is a 40 part-time certificate program in partnership with North Island College and the BC Jobs Plan that includes upgrading, skills development and First Nations cultural components. Participants may be eligible for a Living Allowance through NETP (must complete a TOWES Assessment at least 3 weeks prior to the program - scheduled for April 8th). For more information please contact Shelley Poole or Jeff Jeffries at the Friendship Centre 250-723-8281

Mark Your Calendars! Friday May 3rd, The Alberni Valley Social Planning Council Networking & Community Forum Followed by an AGM!

The focus of the forum is on 'social planning'. Come to learn, share, discuss and set priorities for social planning action in the Alberni Valley. The networking and community forum will run from 9 to 2:30, followed by an AGM. Stay tuned for more details.

Walk With Your Doc Event: May 9th in Port Alberni at Bob Daley Stadium

This BC Medical Association initiative is an annual event celebrating World Health Organization's Move for Health Day. Last year Port Alberni hosted the largest event in the province with 18 physicians and 591 patients walking around a large track. Stay tuned for more details on the Port Alberni event and/or encourage your Doc to host one in your community: [website](#).

OTHER OPPORTUNITIES & RESOURCES


The Alberni Valley Social Services Online

The Alberni Valley Social Planning Council is almost ready to publicly launch it's online directory but would like local agencies to check for accuracy and fill in gaps.

Please take a few minutes to go to the directory site at www.avsocialplanning.org search for your service agency and carefully check the information on your posting. Send updates to resourcedirectory.avspc@gmail.com as soon as possible.

Subscribe	Share	Past Issues	<u>Call for Workshop Proposals for the Cities Fit for Children Conference, November 21-22, 2013 in Surrey, BC</u>	Trans
			<p>This event will bring together local, municipal, and regional leaders involved in policy decisions and designing and building safe, healthy communities for children and families. Past forums have drawn an interdisciplinary group of participants; including staff from municipalities, non-profits, recreation programmers, social and community planning, ECE practitioners, youth workers, engineers, and policy makers. The theme for this year's conference is the Rights of the Child and the streams relate to:</p> <ol style="list-style-type: none"> 1. Healthy Built Environments 2. Programs and Services 3. Meaningful Civic Engagement <p>Contact drsadler@surrey.ca for more detailed info on submitting a conference workshop proposal.</p> <p><u>Family Child Care and Early Childhood Education Bursaries</u></p> <p>The BC Family Child Care Association is proud to be administering bursary funds to assist qualifying family child care providers and early childhood educators taking quality training. Programs are eligible under this bursary include: One Year Family Child Care Certificate Program and the Good Beginnings: Professional Development for Family Child Care Providers.</p> <p><u>Online Chronic Disease Self-Management Program</u></p> <p>The Online Chronic Disease Self-Management Program is a fun and practical online workshop which can help people with chronic conditions overcome daily challenges and maintain an active, fulfilling life. Participants learn about healthier ways to live, gain confidence and motivation to manage their health, and feel more positive about their lives. They are provided with information, strategies and techniques so they will have the tools they need to help themselves. The program is FREE for BC residents with all levels of computer skills, who are experiencing chronic conditions. Caregivers, friends and family members. For more info and to register click here!</p> <p><u>Shapedown BC Program</u></p> <p>This is a 10 week program designed for children/adolescents between 6-16 years of age with a BMI (Body Mass Index) greater than 95%. Physician referral is required and at least one parent/ guardian must attend the twice weekly sessions with their child. Shapedown BC supports families in creating healthy eating habits and an active lifestyle. Families learn to set goals that target positive lifestyle changes and also look at the issues that may block positive change. Children and teens improve self-esteem and peer relationships and adopt healthier habits. Parents will learn to sharpen their nurturing and limit setting skills which will help them feel better about their relationship with their child. The whole family becomes healthier and closer. Contact the Central Island Healthy Weights Program in Nanaimo at 250.755-7955 for more info.</p>	

Subscribe Healthy	Share ▼ Communities	Past Issues Capacity Building Grants	Trans
<p>The Healthy Communities Capacity Building Fund provides small grants (up to maximum \$5000 per community) to support local governments to engage in the development of healthy community partnerships and to build their capacity for healthy community leadership and action. Funding permitting, applications will be accepted and reviewed on a continuous intake basis up until June 30, 2013 & Eligible activities must take place before March 31, 2014. Check the BC Healthy Communities website for application forms: http://bchealthycommunities.ca/localgovernmentfunding</p>			
<p><u>Report: “Promote, Protect, Prevent: Our Health Begins Here”. BC’s Guiding Framework for Public Health</u></p>			
<p>The Ministry of Health recently published this new guiding document for the public health system. The Guiding Framework unifies resources and strategies that are in place to support public health and address key public health challenges. It defines a collaborative process to identify and set new priorities, make strategic investments and increase focus in areas that contribute to a strong, effective public health system. Furthermore, the Guiding Framework reinforces the importance of effective partnerships and strategic connections within the health system (particularly with the primary and community care sectors) and with external partners to support the broader population health approach. Download the report Here.</p>			
<p><u>Document: Northern Health Guiding Document on Healthy Schools, July 25, 2012</u></p>			
<p>Outlines the current evidence and best practices regarding healthy schools using a comprehensive school health approach, healthy schools provide students with positive experiences and structures that promote long term health outcomes. "In the context of a population health approach, we will engage with partners and communities to move towards increased health and wellness. This may be accomplished by promoting and supporting a comprehensive school health approach. This work should involve community partners to improve the health, well being and quality of life of those living, working, learning, playing and being cared for in Northern BC." Download Here.</p>			
<p><u>Premier Unveils B.C. Early Years Strategy</u></p>			
<p>A provincial early years office, a province wide network of local early years centres, a new child tax benefit and more child-care spaces are all part of a provincial plan Premier Christy Clark unveiled today to offer B.C. families with young children more accessible, affordable and high-quality services. Read the full Strategy Here.</p>			
<p><i>Join the network and be a part of healthy change!</i></p>			

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<p>The Alberni Clayoquot Health Network is a mechanism for citizens working and living in the regional district to come together and speak with a collective voice on health issues</p>			
<p>and share ideas and resources to build healthy sustainable communities. Everyone is Welcome! How can you participate? It's simple!</p>			
<p>Email and ask to join our network list: slyle@acrd.bc.ca 'Like' us on Facebook  & receive on our ongoing newsfeed. Attend our meetings and regional sponsored events. Join our sub-committees. Send us your news & we'll share it! Contact Us! Tanis Dagert, Network Coordinator tanisd@live.ca (250) 668-5159 or Shelli Lyle, Admin Assistant, slyle@acrd.bc.ca (250) 720-2700</p>			
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