



Monthly Bulletin – May 2015

KCR Monthly Bulletin - Table of Contents

- [KCR Highlights](#)
- [Employment](#)
- [Financial](#)
- [Housing](#)
- [Local](#)
- [Resources](#)
- [Social Media](#)
- [Training](#)
- [Volunteerism](#)

[*Read the KCR Monthly Bulletin in Web Format Here*](#)

[SUBSCRIBE to the Monthly Bulletin for email updates](#)

KCR Highlights

- [SKILLS FOR SUCCESS EMPLOYMENT PROGRAM](#)
- [BC SENIORS GUIDES](#)
- [FREE INK](#)
- [KCR'S MAILING LIST](#)

Skills for Success Employment Program

Start date: June 22nd

Do you self-identify as having a disability, permanent injury, or chronic health issue that is a barrier to employment?

Are you:

- Unemployed and looking for work?
- Between the ages of 19 and 64 years of age?
- Legally entitled to work in Canada?
- Have not been on EI or Medical EI in the last 3 years?
- Have not been on Maternity EI in the last 5 years?

WE CAN HELP!

Program Includes:

- 3 weeks of classroom training in job search preparation
- Short term certificate training ie: First Aid, Food Safe, WHMIS
- Up to 13 weeks of paid work experience placement or wage subsidy

For more information please contact:

Christine Hawkins, Manager, Employment Services

250.763.8008 ext 134, christine@kcr.ca

Kelowna Community Resources, #120-1735 Dolphin Ave, Kelowna, BC V1Y 8A6

Funded by the Government of Canada's Opportunities Fund Program

-Source: Christine Hawkins, Manager, Employment Services, KCR, May 2015

BC Seniors Guides

Does your organization need some extra BC Seniors Guides? Due to a mis-order, KCR has some to share!

If you would like some copies, please contact Lisa at lisa@kcr.ca or 250.763.8008 ext 121.

-Source: Christine Hawkins, Employment Services Manager, KCR, February 2015

Free Ink

Model: NH-R338W/CMY

For use with: HP officejet J5700 / J5725 / J5730 / J5735 / J5738 / J5740 / J5750 / J5780 / J5783 / J5785 / J5788 / J5790 Inkjet Printers

Model: NH-R336W/BK

For use with: HP officejet J5700 / J5725 / J5730 / J5735 / J5738 / J5740 / J5750 / J5780 / J5783 / J5785 / J5788 / J5790 Inkjet Printers

If interested, please [let Kelsey know!](#)

-Source: Kelsey Grmek, IT Coordinator, KCR, May 2015

KCR's Mailing List

[Click here](#) to consent to receiving electronic messages from KCR for the Monthly Bulletin

[Click here](#) to consent to receiving electronic messages from KCR for our Publication Updates

[Click here](#) to consent to receiving electronic messages from KCR for our Upcoming Workshops

-Source: Kelsey Chmilar, IT Coordinator, KCR, June 2014

[To Top](#)

Employment

- [BC HEALTHY COMMUNITIES – COMMUNITY LIAISON JOB POSTING](#)

BC Healthy Communities – Community Liaison Job Posting

Are you a capacity builder committed to supporting communities across BC to be healthy, resilient and sustainable communities? Are you a systems thinker who can embrace complexity and experimentation? Do you love making sense of data and turning it into vivid and engaging stories?

We are seeking a Community Liaison to join our dynamic team at BCHC. The focus of this role will be two-fold: being the point person that supports communities in utilizing our capacity building grant programs as well as being the team lead for translating our evaluative data into valuable and engaging learning and outreach information.

If you think you just might be the perfect person to join our team find out more about how to apply by [clicking here](#).

-Source: BC Healthy Communities, Newsletter, 7 May 2015

[To Top](#)

Financial

- [BLUE WAVE BURSARY FOR YOUTH](#)
- [THE CASE FOR INCREASING THE MINIMUM WAGE](#)
- [VANCOUVER'S LIVING WAGE REACHES \\$20.68](#)

Blue Wave Bursary for Youth

A bursary for under 19s with experience of mental health or substance use problems who are going on to post-secondary education in BC.

Criteria

Applicants must:

- Have experienced a significant mental health or substance use problem and be accessing treatment and support
- Be able to demonstrate financial need
- Be under the age of 19 at the time they apply
- Have lived in BC for at least a year from the date of their application
- Not be enrolling in a government-sponsored job training program
- Be enrolled in first year studies at a recognized BC university, college or technical school by January 1 of the year after they are applying.

Amount: 3 bursaries, \$750 each

Deadline: May 28th, 2015

[Learn More](#)

-Source: Rachel Laird, Central Okanagan Child and Youth Mental Health and Substance Use (CYMHSU) Collaborative, 3 May 2015

The Case for Increasing the Minimum Wage



What does the academic literature tell us?

Economist David A Green, a professor and former chair of the Vancouver School of Economics at UBC and an International Fellow at the Institute for Fiscal Studies in London, conducted a thorough review of academic research on the economic impacts of minimum wages, and in this report he concludes that bold increases to the minimum wage make good economic sense.

[Read More](#)

-Source: Canadian Centre for Policy Alternatives BC Office, Newsletter, 14 April 2015

Vancouver's Living Wage Reaches \$20.68

Last week, we released the [2015 Living Wage Update](#) and newest [calculation guide for communities across BC](#). Since last year, the wage needed to cover the costs of raising a family in Metro Vancouver rose by 58 cents to a new high of \$20.68/hour.

The living wage is the hourly wage that two working parents with two young children must earn to meet their basic expenses (including rent, child care, food and transportation).

One in five children in BC lives in poverty, and the story of child poverty is very much a story of low wages. A third of children in poverty live in families where at least one adult has a full-time, full-year job and a majority live in families with some paid work. If more employers commit to paying a living wage, we could make a significant dent in those numbers.

Governments also have an important role to play. If the provincial and/or federal governments implemented a \$10/day child care plan, for example, it would reduce the Metro Vancouver living wage by \$3.93/hour. (And a cross-Canada affordable child care system would cost about the same as what the federal government is planning to spend on income splitting and the Universal Child Care Benefit, which offer little benefit to low- and middle-income families, and create no new child care spaces.)

-Source: Canadian Centre for Policy Alternatives BC Office, Newsletter, 8 May 2015

[To Top](#)

Housing

- [SENIORS ADVOCATE'S SENIORS HOUSING REPORT](#)
- [THE IMPACTS OF AFFORDABLE HOUSING ON HEALTH](#)
- [CAEH LAUNCHES FUNDERS TOGETHER TO END HOMELESSNESS CANADA](#)
- [NEW YOUTH HOUSING AND EMPLOYMENT TOOLKITS](#)
- [PERFORMANCE MANAGEMENT IN A HOUSING FIRST CONTEXT: A GUIDE FOR COMMUNITY ENTITIES](#)
- [BEYOND HOUSING FIRST](#)

Seniors Advocate's Seniors Housing Report

Date: Thursday, May 21st, 10:30 am – 11:30 am (please arrive by 10:15)
Location: Fairmont Hotel Vancouver, Saturna room, 900 West Georgia Street, Vancouver
Parking: Valet parking is available, as well as two-hour street parking around the hotel
Transit: Vancouver City Centre Skytrain Station is two blocks from hotel
By Conference call: 1.877.353.9184, participant ID: 2450202#

B.C.'s Seniors Advocate, Isobel Mackenzie, invites you to a stakeholder meeting for the release of her fourth report, Seniors Housing...Affordable. Appropriate. Available., on Thursday, May 21st at 10:30 am, at the Fairmont Hotel Vancouver, 900 West Georgia Street, in the Saturna room.

This report will highlight significant research into the affordability, appropriateness and availability of housing for seniors across the continuum from independent housing, to assisted living, to residential care. The report looks at the needs of both renters and homeowners, making specific recommendations for improvement.

This stakeholder meeting will be combined with the media release of the report.

If you are not able to attend in person, the news conference will be accessible via phone and the report will be posted online.

Please RSVP by Tuesday, May 19th to ac.cb.vog@drafifiB.veB or 250.952.3033, with an indication of your attendance in person or via phone.

-Source: Isobel Mackenzie, Seniors Advocate, Province of British Columbia, 5 May 2015

The Impacts of Affordable Housing on Health

Housing is well understood to be an important social determinant of physical and mental health and well-being. Affordable housing alleviates crowding and makes more household resources available to pay for health care and healthy food, which leads to better health outcomes. High-quality housing limits exposure to environmental toxins that impact health. Stable and affordable housing also supports mental health by limiting stressors related to financial burden or frequent moves, or by offering an escape from an abusive home environment. Affordable housing can also serve as a platform for providing supportive services to improve the health of vulnerable populations, including the elderly, people with disabilities, and



homeless individuals and families. Overall, the research supports the critical link between stable, decent, and affordable housing and positive health outcomes.

[Read More](#)

-Source: Homeless Hub, Newsletter, 7 May 2015

CAEH Launches Funders Together to End Homelessness Canada

The Canadian Alliance to End Homelessness and Funders Together to End Homelessness (FTEH) are pleased to announce the launch of [Funders Together to End Homelessness Canada \(FTEHC\)](#) as a new national affiliate network of FTEH.

Funders Together Canada is a national network of funders committed to preventing and ending homelessness through: leadership, education and advocacy; strategic communication and grant making; and, effective promotion and replication of promising practices at home and across Canada. Funders Together Canada is an affiliate network of Funders Together, based in Boston, Massachusetts.

Members of the FTEHC network will get:

- Membership in an international funders' community. Funders Together boasts an international network of over 160 members from across the U.S. and Canada.
- Access to premium, members-only content, including webinars, member profiles and the Funders Together bulletin including tailored Canadian content.
- Access to funders' networking events including an annual Canadian Funders' Forum at the National Conference on Ending Homelessness.
- Reduced rates at the Funders Together to End Homelessness annual conferences and webinars and the CAEH National Conference on Ending Homelessness. The FTEH Funders Institute and Funders Forum on Family & Youth Homelessness are inspiring and unique annual conferences designed to bring funders from across the Canada and the US together to engage in discourse about catalytic, outcomes-focused philanthropy and funders' roles in systems change. This year, FTEH is launching a series of webinars as part of their Learning Series. Members of FTEHC will also be entitled to a 10% discount off registration to Canada's premier housing and homelessness conference, the National Conference on Ending Homelessness.

For more information or to join, visit the [Funders Together to End Homelessness Canada website](#).

-Source: Canadian Alliance to End Homelessness, Newsletter, 6 May 2015

New Youth Housing and Employment Toolkits

The Canadian Observatory on Homelessness and the Home Depot Canada Foundation are thrilled to launch two toolkits aimed at supporting communities working with homeless and at-risk youth.

Each toolkit includes both a PDF and online version and is supported by a number of short videos covering a wide variety of topics that present the information in an engaging format and expand on the written content. The toolkits comprise extensive research and interviews with staff, partners and



current and past youth participants in the programs.

[Youth Transitional Housing Toolkit](#)

This toolkit outlines a transitional housing model for youth that can be adapted to any community. The case studies and resource materials are based on the Rights of Passage and transitional housing programs at Covenant House Toronto and Covenant House Vancouver.

[Youth Employment Toolkit](#)

This toolkit outlines a youth employment project for at-risk youth that is flexible and adaptable. The same studies and resource materials are based on the Train for Trades program at Choices for Youth in St. John's, Newfoundland.

-Source: Homeless Hub, Newsletter, 5 May 2015

Performance Management in a Housing First Context: A Guide for Community Entities

In its renewal of the Homelessness Partnering Strategy (HPS), the Government of Canada has prioritized Housing First as a key strategy to reduce homelessness. A Housing First approach focuses on moving people who are experiencing chronic or episodic homelessness as rapidly as possible from the street or emergency shelters into permanent housing with supports to maintain housing stability.

This Guide to performance management was developed specifically for Community Entity (CE) organizations to help manage HPS funding, as performance management is essential to understand the effectiveness of interventions funded under HPS, as well as a community's overall progress towards reducing homelessness. It is important that communities develop effective performance management processes to link their efforts to national-level goals and benchmarks.



Performance management:

- Articulates what the homeless-serving system, as a whole, is trying to achieve;
- Illustrates whether progress is being made towards preventing and reducing homelessness in a particular community;
- Keeps programs accountable to funders;
- Quantifies achievements towards the goals of the Community Plan and HPS targets;
- Uses information gathered for continuous improvement;
- Aligns program-level results to client outcomes at the individual and system-levels; and
- Informs the next round of strategy review and investment planning.

[Read More](#)

-Source: Homeless Hub, Newsletter, 14 April 2015

Beyond Housing First

Recently released, *Beyond Housing First: A Holistic Response to Family Homelessness in Canada* addresses the growing trend of the Housing First model in responding to

homelessness. This supplemental report (part of the Child & Family Homelessness Initiative) represents findings from stakeholder interviews with the staff and clients of 8 different community agencies across Canada. It focuses on how improvements can be made in the delivery of Housing First strategies by using a holistic approach that includes primary prevention and systems response methods.

With its 'meet you where you're at' approach, Housing First is a means of early intervention for families who are already experiencing or are at imminent risk of homelessness. But homelessness is not an issue that occurs in a vacuum; it intersects with multiple social concerns. This includes poverty and Canada's declining social safety net. The report suggests that if we are able to address the root causes of homelessness – such as affordable housing, income, food security, discrimination, and violence – perhaps we can prevent the cycle of poverty and homelessness experienced by families and eventually eliminate the need for Housing First.

[Read More](#)

-Source: Raising the Roof, Newsletter, 20 April 2015

[To Top](#)

Local

- [THE BEAT GOES ON- WORKSHOPS](#)
- [RUTLAND MAY DAYS – WRISTBAND LOCATIONS](#)
- [PEACHLAND WELLNESS CIRCLE – HEALTHY EATING](#)
- [KELOWNA ARTHRITIS CENTRE – 2015 SPRING PROGRAMS](#)
- [HELP VISITS KELOWNA – MAY 14-15](#)
- [PLAN OKANAGAN – 7TH ANNUAL PLAN RUN FOR FRIENDS](#)
- [HOST FAMILIES WANTED](#)
- [MADD – DRY GRAD CAR WASH & BBQ](#)
- [WALK OF MEMORIES](#)
- [TREASURES FROM THE ATTIC](#)
- [GIVE KIDS A SAFE PLACE TO BELONG, MAY 6TH – JUNE 6TH](#)
- [BECOME AN ADVOCATE FOR YOUR OWN FUTURE](#)
- [THE INTERNET AGE, MEDITATION AND OUR TEENS](#)
- [KELOWNA WOMEN’S SHELTER – PARTY IN PINK](#)
- [CMHA’S RIDE DON’T HIDE – JUNE 21ST](#)

The Beat Goes On - Workshops

Date: Monday, May 11th, 11:30 am – 12:30 pm / Tuesday, May 12th, 11:30 am – 12:30 pm / Wednesday, May 13th, 11:30 am – 12:30 pm

Location: 702 Bernard Avenue, Kelowna

Cost: 2 toonies & a loonie (includes lunch)

Don't want to work? Come and bang on a drum.

The Intercultural Society of the Central Okanagan (ISCO) is inviting the business community to join in on one of three workshops offered to explore heritage through the use of percussion. The Beat Goes On, is a one hour workshop featuring a different cultural lens demonstrated through the use of drumming. Participants will have the opportunity to have an active hands on musical experience during their lunch hour at the French Cultural Centre May 11, 12, and 13. For the registration price of 2 toonies and a loonie, attendees will also enjoy a culturally inspired lunch and time to network with other community and business members. Each day features a different culture and accompanying lunch offering, along with the chance to do something different, – bang on a drum.

“We want to develop community through the recognition of our common means of communication, music. The artists conducting the workshops will teach about the use of their drum in their culture, demonstrate its use and provide instruments for learning how to play.” Says Victoria Oppertshauer, President of ISCO. “Our mandate at ISCO is to provide fun opportunities for people in Kelowna to come together and celebrate the cultural differences that combine in the shared experience of being Canadian.”

Attendees are then invited to come back for a finale concert on May 16 featuring Okanagan's own Barefoot Caravan & a variety of drum styles, like Taiko, Middle Eastern & more. The concert is open to the public to attend for \$10 donation, and will also be held at the French Cultural Centre at 7:00 pm.

Pre-registration for the workshops is necessary, and can be done on the [Eventbrite site](#)

-Source: Rawle James, Director, The Intercultural Society of the Central Okanagan, 30 April 2015

Rutland May Days – Wristband Locations

Shooting Star Amusements

ALL NEW MIDWAY!
AT THE 56TH ANNUAL
RUTLAND MAY DAYS
MAY 15 - 17, 2015

Buy in Advance
April 28 - May 12
Save \$10

www.shootingstar.ca

SAVE \$10 WHEN YOU BUY YOUR RIDE ALL DAY WRISTBANDS IN AVANCE! AT THESE OUTLETS - ONLY WHILE THEY LAST!

Cooper's Foods liquor store Hwy 33 - Rutland

HOLLYWOOD Shoes At Hollywood Station

URBAN FARE In the Mission **Uptown Rutland** 158 Valleyview Road

WRISTBANDS AVAILABLE
EVERYDAY ON SITE \$40 (Per Day)
\$30 WHEN YOU BUY IN ADVANCE
SPECIAL PRICING ONLY WHILE THEY LAST

MIDWAY HOURS

Friday
Open 3:00 pm

Saturday
Open at 11:00 pm

Sunday
Open at Noon

Midway Closes Sunday
At Approximately 5:00

-Source: Laurel D'Andrea, Executive Director, Uptown Rutland Business Association, 23 April 2015

Peachland Wellness Circle – HEALTHY EATING

The Wellness Circle presentation for Wednesday, May 13th will be “HEALTHY EATING” with Ron McMullen (Canadian Diabetes Association).

Come and join us at the Peachland Wellness Centre at 10:00 am to learn about the nutritional value of the food you purchase along with tips and techniques for healthy meal planning and preparation.

For more information please contact the PWC at 250.767.0141

-Source: Peachland Wellness Centre, Newsletter, 1 May 2015

Kelowna Arthritis Centre – 2015 Spring Programs

At the Heart of it – Arthritis Hurts More than your Joints

Presenter: Dr. Anick Godin, Rheumatologist

Date: Wednesday, May 13th, 6:30 pm – 8:30 pm

Location: Ramada Hotel, 2170 Harvey Ave, Kelowna

Cost: Free

Register: Call 1.866.414.7766

Living with arthritis puts you at greater risk of heart disease including heart attacks and stroke. Learn what current research shows about your risks, and how you can better manage pain, protect your joints and protect your heart health.

Aching Knees?

Presenter: Stuart Kircher, Physiotherapist

Date: Tuesday, May 26th, 6:30 pm

Location: Kelowna Arthritis Centre, #150A – 1855 Kirschner Road, Kelowna

Cost: Free

Register: Call 250.868.8643

Learn about what problems may develop in your knee because of arthritis, what might be aggravating your knee pain, how to change your pain and increase the strength and function in your knee by using well established arthritis management techniques.

Walk to Fight Arthritis

Date: Sunday, June 7th, Registration opens 8:45 am, Event starts at 9:30 am

Location: Rotary Centre for the Arts, 421 Cawston Avenue, Kelowna

Join us for this fun, family and pet friendly event. Our 6th annual event will include entertainment, laughter yoga warm up; prizes, refreshments and a 1 or 5 k walk along the beautiful Kelowna Waterfront. For more information or to register, see www.walktofightarthritis.ca. Select the Kelowna Walk.

-Source: Trudy Battaglio, The Arthritis Society, 2 April 2015

HELP Visits Kelowna – May 14-15

“What are the differences that make a difference in childhood development?” Researchers from UBC’s Human Early Learning Partnership (HELP) have been exploring this question in BC communities for more than 12 years. We are pleased to be bringing faculty and staff from HELP to the Central Okanagan to share their knowledge of childhood development trends in the region.

The Human Early Learning Partnership (HELP) will be visiting Kelowna on May 14 and 15, 2015. This Spring Roadshow continues the legacy of HELP’s founding director, Dr. Clyde Hertzman, who focused on working with BC communities to increase collaborative efforts toward positive change for children and families.

Come hear from UBC’s researchers and staff, and participate in workshops that will take an in depth look at HELP’s work exploring ‘the differences that make a difference’ in children’s development. Learn more about population-level data collection in BC using both the Early and Middle Years Development Instruments (EDI and MDI). The presentations will focus on what we

have learned about children's development and the impacts this knowledge has had. The Roadshow is being coordinated in partnership with Success By 6 BC.

[Register Now](#)

-Source: Community Action Toward Children's Health, 28 April 2015

PLAN Okanagan – 7th Annual Plan Run for Friends

Date: Sunday, May 24th, 9:00 am

Location: EECO Centre, 2360-A Springfield Road, Kelowna (Intersection of Durnin and Springfield)

Cost: \$45 / person, \$100 / team

[Register Now](#)

Whether you are just starting training or are looking to beat your personal best, join us as we run, walk and wheel in 1km, 5km, 10km or 21.1 Km (half marathon) races.

Enjoy the morning with your friends and family and raise money for PLAN Okanagan as you run through the beautiful Mission Creek Greenway. The course begins and ends near the EECO Centre at 9:00am. All proceeds go towards PLAN Okanagan, a local organization committed to assisting in creating safe and secure futures for people with disabilities and their families in our community.

Early registration (before April 30th) is only \$35 per person and include a t-shirt, snacks, and drinks. Prizes to be won by the top 3 competitors in each length category.

[Facebook Event Information](#)

-Source: Aimee Jensen, PLAN Okanagan, 28 April 2015

Host Families Wanted

Be a part of a multicultural event this summer and experience a different culture – in your own home!

We are expecting several groups this summer coming for short term stays. Our students come to Kelowna to learn English and participate in Canadian summer activities. Payment will be provided to the caring families who host them.

Group A, July 22 – 29

- Japanese children – placed 2 to a home (shared room ok)
- Need transportation to and from school – we will pay extra

Group B, July 14 – 31

- Japanese female teenagers
- Private room required

Group C, July 26 – August 9

- Japanese / Korean teenagers
- Some will be placed 2 to a home (shared room ok) and others will require private rooms

Group D, Aug 24 – Sept 14

- Japanese university students
- Private room required

If you would like to be part of this exciting opportunity and want more information, please contact:

Sue Granados or Cahrei Foster, Homestay Coordinators, International Gateway Kelowna
#101 – 565 Bernard Avenue
homestay@igcanada.com, 250.868.4827

-Source: Sue Granados, Homestay Coordinator, International Gateway Kelowna, 1 May 2015

MADD – Dry Grad Car Wash & BBQ

Date: Saturday, May 23rd, 10:00 am – 4:00 pm

Location: Save-On-Foods, 2475 Dobbin Road, Westbank

Help raise funds for Mt. Boucherie Secondary School dry grad celebrations. Come on out to have your vehicle washed while enjoying a burger or hot dog. By donation, with proceeds going to MBSS Dry Grad and MADD Central Okanagan.

-Source: Carol Fazekas, President, MADD Central Okanagan Chapter, 20 April 2015

Walk of Memories

Date: Sunday, May 24th, Start walk between 2:00 – 2:45 pm, Closing ceremony at 3:30 pm

Location: The Dolphins, Waterfront Park, Kelowna

Accessibility: This event is free and wheelchair accessible. Volunteers will be available as walking partners.

For those who have experienced the loss of someone close, you are invited to participate in the An interactive, healthy, and family-friendly way for bereaved individuals, families, and the community to acknowledge their loss and remember together.

An interactive and ceremonial walk (about 1 km) with 4 stations at which participants can stop and reflect on the life of their loved one. The event will conclude with a ceremony and refreshments.

For more information contact KGH Spiritual Care at 250.862.4114

-Source: Derek Koch, Spiritual Health Practitioner, Kelowna General Hospital, 5 May 2015

Treasures from the Attic

Date: Friday, May 29th, 10:00 am – 5:00 pm

Location: Kelowna Art Gallery, 1315 Water Street

Cost: \$40 for members, \$50 for non-members

Learn the value of your art, antiques, and collectibles from a professional. Fifteen-minute-long

appointments will be held throughout the day during which Peter Blundell will be giving opinions on values of antiques, collectibles, original art, and prints or reproductions. Each session allows for him to view up to three items, subject to the time constraint.

To make an appointment, call the Kelowna Art Gallery at 250.762.2226.

[Learn More](#)

-Source: Kelowna Art Gallery, Newsletter, 1 May 2015

Give Kids a Safe Place to Belong, May 6th – June 6th

Okanagan Boys and Girls Clubs believes all children, youth and families deserve a “Safe Place to Belong”.

We give young people a chance to experience new opportunities, overcome barriers, build positive relationships and develop confidence and skills for life. They are given the opportunity to discover, dream and grow to be successful and active participants in society.

May 6, 2015 is the launch of the Okanagan Boys and Girls Clubs “Safe Place to Belong” Campaign. Together with the support of McHappy Day and McDonalds Restaurants throughout the Central Okanagan we will be sharing our message and inviting people to support our efforts to provide a “Safe Place to Belong” for all young people and their families.

Help us give the children, youth and families in our communities a safe place where they can feel valued, cared for and respected.

It's time for young people to feel safe in a place where they can:

- Participate in healthy, active programs;
- Learn leadership skills and feel empowered;
- Develop a desire to learn, grow and plan for their future; and
- Experience the value of families and community

Together we can make our community a “Safe Place to Belong” for everyone, and especially for those who need us most.

For more information contact 250.762.3914.

[Donate Now](#)

-Source: Okanagan Boys and Girls Clubs, Newsletter, 5 May 2015

Become an Advocate for your own Future

Date: Saturday, June 6th, 10:00 am – 12 Noon

Location: Pathways Abilities Society, 123 Franklyn Rd, Kelowna
Free and open to the public. Space is limited.

[Register Now](#)

This 2 hour workshop on personal planning will help you:

- Understand your options on how to manage your affairs during your lifetime
- How to plan for illness, injury, or disability
- Understand the difference between personal planning and estate planning
- Ensure that your choices are heard and respected
- Learn what planning tools you can use to provide for your own stability and security

This workshop will include:

- Presentation by Daniel Shea, Lawyer, FH&P Lawyers LLP
- Presentation by Marilyn Craig, Coordinator, Volunteer Legal Advocacy Program, MS Society of Canada
- Community information tables
- Complimentary refreshments

For more information call the MS Society of Canada 250.762.5850 and Pathways Abilities Society 250.763.4837.

-Source: Sherry Wezner, Community Services Coordinator, Okanagan Chapter MS Society of Canada, 4 May 2015

The Internet Age, Meditation and our Teens

Join us for a weekend of events with Michael Stone this June. June 5th, 6th, 7th Pre-registered events.

Returning to practice again and again – Building practice and community.

Mediation Retreat – Embodied Awakening

Date: Saturday, June 6th, 8:30 am – 3:30 pm / Sunday, June 7th, 8:30 am – 11:30 am

Location: COSA, 4220 Hobson Rd, Kelowna

Cost: \$180

[Register Now](#)

The internet and smart phones are incredibly useful. They also have negative effects on our attention span memory and relationships. It's getting harder to be still and connect. Are we trading our imagination for the frantic overload of the internet? And why in an age when everything is available are we mostly reading the same things? Our brains can change, but are they changing for the better? Drawing on research from neuroscience as well as his own experience as a meditation teacher, thinker, psychotherapist and father, Michael Stone will offer some observations and practical solutions for using technology at work and at home.

Meditation for Teens – Chill Out & Wake Up!

Date: Sunday, June 8th, 1:30 pm – 4:00 pm

Location: COSA, 4220 Hobson Rd, Kelowna

Cost: \$50 or by donation

[Register Now](#)

An afternoon of meditation practices for teens (age 13 to 19). We will learn simple meditation techniques to settle the mind, balance attention and develop positive self esteem. In addition to meditation practices there will be time for exploring how to live with more authenticity, how to navigate tensions in family, in school, and how to avoid the traps of consumerism and live life creatively. Highly recommended for returning teens from this past November's retreat. NO

PARENTS ALLOWED!

An Evening Lecture

Date: Friday, June 5th, 7:00 pm

Location: COSA, 4220 Hobson Rd, Kelowna

Cost: \$25 or by donation

[Register Now](#)

Mindfulness Meditation is a practice of paying attention to present moment experiences with openness curiosity and a willingness to be with what is. It's an excellent antidote to stress, anxiety and distraction. Where can we turn to for the safety, nurturing and support that we long for? In this retreat, Michael will highlight how to work with craving, how easily we make war on ourselves and explore how the practices of mindfulness and self compassion can carry us home to our own awakened heart. Highly recommended for returning participants in this past November's retreat.

Hosted by Enso Foundation for Contemplative Engagement

-Source: Melissa Berry Appleton, Enso Foundation for Contemplative Engagement, 20 April 2015

Kelowna Women's Shelter – Party in Pink

Date: Friday, June 12th, 7:00 pm – 10:00 pm

Location: Sandhill Winery, 1125 Richter St, Kelowna BC

Cost: \$50

[Buy Tickets](#)

Our fabulous 35th anniversary celebration gala, Party in Pink, coming up on June 12th at Sandhill Winery's wonderful tasting room downtown, and if you plan to attend you should order tickets soon. This pink tie themed event includes a welcome glass of wine, five gourmet food stations, entertainment, chances to win prizes and the opportunity to bid on some great silent and live auction items. Pink ties and feather boas will be available to purchase at the door to jazz up your outfit even more! Come out and celebrate with us!

-Source: The Kelowna Women's Shelter, 4 May 2015

CMHA's Ride Don't Hide – June 21st

Date: Fathers Day – Sunday, June 21st, 8:00 am

Location: The Kelowna Ride will be starting and finishing at the Rotary Centre for the Arts at 421 Cawston Avenue. We will have two cycling routes available. A 7km family ride along the downtown corridor and a 40km ride through picturesque Mission Kelowna.

Cost: May 1st: \$35.00 including t-shirt – (registrants after Mon Jun 1st are not guaranteed rider shirt day of event) / Kids 12 and under are free: T-shirt may be purchased for \$12.00 each

Registration: 8:00 am

40km Route: 8:30 am

7km Family ride: 9:00 am

This Fathers Day grab dad, your family and friends and bring your bike for a celebration to remember. Cyclists of all levels are invited to ride! Join the CMHA Kelowna Branch and our

fabulous community sponsors as we gear up for a critical mass ride through Kelowna to benefit CMHA's mental health programs and services. It will be a fun time for all. If you cant drag dad out come as an individual, bring a friend or even better encourage your co-workers to get involved and make a corporate team.

What can you expect?

- A sports wicking fabric rider shirt – (registrants after Mon Jun 1st are not guaranteed rider shirt day of event)
- Bike inspection services (pre and post-ride)
- Food services
- Fun, entertaining activities for friends, families and riders during and after the ride
- Onsite community resources and tables to visit
- The chance to win one of many exciting prizes!

The Ride

Choose between 2 different rides: 7km course, 40km course

[More Information](#)

-Source: CMHA BC Division, Mind Matters Newsletter, 4 May 2015

[To Top](#)

Resources

- [CHILD AND YOUTH MENTAL HEALTH INTAKE CLINICS FOR FAMILIES CENTRAL OKANAGAN – NEW WALK-IN CLINIC](#)
- [GET PREPARED AND GET PET-PARED](#)
- [GET OUTSIDE BC PROJECT](#)
- [UBC MGMT CO-OP STUDENTS AVAILABLE FOR MAY WORK TERM & BEYOND](#)
- [OKANAGAN PARENT CONFERENCE – BACK TO BASICS: CALL FOR PRESENTERS](#)
- [VIDEA INTERNATIONAL ABORIGINAL YOUTH INTERNSHIP PROGRAMME](#)

Child and Youth Mental Health Intake Clinics for Families Central Okanagan – New Walk-In Clinic

Location: #204 – 260 Harvey Avenue, Kelowna

Hours: Tuesdays, 9:00 am – 11:00 am and 1:00 pm – 3:00 pm

Who We Are:

Our publicly-funded Child and Youth Mental Health teams provide a range of assessment and treatment options for children, youth (0-18 years) and their families.

Our programs are designed to support children and youth who are experiencing significant difficulties related to their thoughts, feelings and behaviours.

What We Do:

Services include:

- Intake and referral
- Consultations
- Various assessments
- Treatment and referrals where appropriate

Concerns most commonly addressed by our centres:

- Feelings of anxiety
- Low or cycling moods
- Experiences of trauma
- Behaviour difficulties
- Suicidal thinking

How it works:

Children, youth and families can begin a referral by attending the CYMH Intake Clinic for a Screening Interview. This initial meeting will typically be 30 – 90 minutes in length. Upon completion of this interview, a CYMH clinician will provide you with information and details on the next steps in the process. In the Central Okanagan area, the Intake Clinic is provided each week. No appointment is necessary. Please refer to the back pages of this pamphlet for details.

For your first visit:

No appointments are required for first-time visitors – simply walk-in during the hours listed on this pamphlet. Please note that there may be a wait for your interview as the Intake Clinic is for drop-ins only. Priority may also be given to individuals who are in urgent need.

Parents/caregivers are encouraged to only bring the child/youth who is seeking services with them to the Intake Clinic, as childminding is not provided on-site. Older children and youth are

encouraged to attend the Intake Clinic with their parent. Youth have the option of attending the clinic on their own as a private self-referral.

In case of an emergency after hours, please visit your local hospital or call 9-1-1.

-Source: Sheila Brad, Child and Youth Mental Health, Ministry of Children and Family Development, 23 April 2015

Get Prepared and Get Pet-pared

May 3rd – 9th is set aside nationally to encourage your family to update or make a plan for how you'd deal with a large scale emergency.

Over the past 12 years, thousands of Central Okanagan residents have learned first-hand what they should have done, before they got a knock on their door, recommending they leave their home because of a threatening wildfire. Should they have prepared in advance? Hind-sight is 20-20!

Bruce Smith, an Information Officer with the Central Okanagan Emergency Operations Centre (EOC) says "Now's the opportunity for your family to talk about what you'll do if you're affected by the next emergency. Know the Risks, Make a Plan and Get a Kit. Determine how you'll communicate with each other should you be in different locations." Emergency Preparedness Week is a good time to make a family plan or review, revise and refresh your existing family emergency plan and Grab and Go kit.

"You should be prepared to cope on your own for at least the first 72 hours of an emergency, while first responders and rescue workers fight the immediate threats and help those in urgent need. By taking a few simple steps, you can become better prepared to face a range of emergencies, anytime, anywhere."

[Read More](#)

-Source: CORD Emergency, Central Okanagan Emergency Operations Newsletter, 4 May 2015

Get Outside BC Project

Are you passionate about the outdoors and leadership? Apply for the Get Outside BC Project!

Applications Due May 20th!

If you:

1. Are in high school
2. Have a passion for the outdoors and getting more youth outside...

then you are invited to apply to this outdoor leadership program.

July 12-17: Youth Leadership Summit in Squamish

Build outdoor leadership skills, go camping, network with 30 other youth from across BC, meet inspiring mentors and learn about cool green jobs.

August – September: Community Action

Plan and organize your own outdoor event or community project.

October: Reunion with Leadership Summit Participants

Share your successes and make plans for future events.

November – May 2016: Monthly Meetings with your Regional Group

Work together to continue to get more youth in your community outside.

[Apply Now](#)

-Source: Nicole Kittmer, Park Interpreter, Regional District of Central Okanagan, 12 April 2015

UBC MGMT Co-op Students Available for May Work Term & Beyond

Students from UBC's Faculty of Management Co-op Program are looking to add value to your organization in May 2015, in September 2015, and in January 2016 for 4-, 8-, or 12-month work terms. (The window for May starts is nearly closed, so get in touch if you need some support.)

Gain access to third- and fourth-year students that are bright, skilled, open-minded, and eager to apply their academic insight and experience to solve real-world problems. Here are some ways hiring Co-op can benefit your organization:

- Hiring Co-op can help reduce recruitment costs and aids in the vetting of students for potential future positions
- Co-op allows the employer to “test drive” new employees on a low-cost basis before committing to long-term employment
- Co-op employment allows you, the employer, to mentor bright and enthusiastic students
- Co-op students can fill temporary human resource needs for staff leaves or short-term projects

Management Co-op students are analytical and resourceful, and can support you in many different areas: marketing strategy, including social media; customer service and support; sales and client service; business process management; event development, coordination, and implementation; project planning; accounting and finance; human resources support; and so on.

Hiring Co-op is straight-forward:

- Submit a short job description, including qualifications and desired term length (4, 8, or 12 months)
- We'll review it and contact you with any questions / concerns
- We'll post it on the UBC job board, CareerConnect, and pro-actively advertise to Co-op students; we can also send you resumes of Co-op students that we think fit what you're looking for (based on the job description)

If you have any questions about Co-op, contact Jamie Snow at jamie.snow@ubc.ca or Rhys Mahannah at rhys.mahannah@ubc.ca.

-Source: Rhys Mahannah, Experiential Learning Administrator, The University of British Columbia, 4 May 2015

Okanagan Parent Conference – Back to Basics: Call for Presenters

Date: October 17th, 2015

Location: Sensisyusten School, Westbank

Success by 6 is proud to announce an opportunity to share your expertise with parents at the Okanagan Parent Conference. This one-day event endeavors to provide all families with children from birth to age 12 with information, tools, and resources to support their journey through parenthood.

Our theme this year is “Back to Basics”. Reconnecting with root family values, meeting the essential needs of children, providing tried and true strategies for parents, as well as discussing simple everyday ways to support their family life.

If you are interested in sharing your knowledge and presenting a workshop at Parent Conference, please complete the attached application and return it prior to May 31, 2015.

Broad Themes for Workshop Ideas Include:

- Relationships in Families
- The Importance of Play
- Child Development
- Health and Safety
- Social and Emotional Connection
- Cultural Diversity in Parenting
- Family Management
- Other relevant workshop topics welcome

If your submission is successful, you will be contacted in June. A contract will be negotiated and specified when your workshop is scheduled. Presenters will be asked to indicate whether their presentations will be provided in-kind or whether a \$100/workshop fee will be requested.

Additionally, if you have seen a presentation/workshop/speaker that relates to our theme that you think would be a valuable addition to the conference, please forward this application to them or send their name and contact info to us, and we will contact them.

Please contact Amanda Turner, Early Years Community Developer at amanda@unitedwaycso.com or 250.860.2356 ext 106 with any questions.

-Source: Eve Layman, Community Support Coordinator, Community Action Toward Children's Health, 15 April 2015

VIDEA International Aboriginal Youth Internship Programme

Interested in international development? Social Justice? Passionate about sharing Indigenous knowledge and learning from other cultures? Looking to use your leadership skills to represent Aboriginal youth? If you have experience working with children, in traditional crafts, games, drama, sport, agriculture, carpentry or community groups – these opportunities could be for YOU!!!

VIDEA is pleased to offer 10 International Aboriginal Youth Internships beginning in July 2015 and ending in January 2016. The program will consist of a 3-week comprehensive VIDEA briefing period in Canada, in partnership with the T'Sou-ke Nation, a four-month period spent in

Uganda or Zambia (August – December), a 1-week reintegration briefing overseas, and public engagement activities in Canada.

Working in pairs at organisations, interns will focus on issues such as environment sustainability, early childhood education, small business development, craft production, and agriculture. Interns are supported by VIDEA throughout the internship both by staff in country and in Canada. All costs are covered, and interns receive a modest stipend to cover expenses.

Available Internships:

- Youth Education Assistant, YWCA, Zambia
- Youth Facility Officer, YWCA, Zambia
- Youth and Child Development Assistant, Women for Change, Zambia
- Information and Communication Assistant, Women for Change, Zambia
- Vocational Program Assistant – Tailoring, Women First, Uganda
- Vocational Program Assistant – Carpentry, Women First, Uganda
- Children’s Care Home Creative Assistant, Arise & Shine Uganda, Uganda
- Children’s Care Home Recreation Assistant, Arise & Shine Uganda, Uganda
- Community Outreach Agriculture Assistant, Arise & Shine Uganda, Uganda
- Community Outreach Craft Assistant, Arise & Shine Uganda, Uganda

VIDEA’s International Aboriginal Youth Internship program provides opportunities for Aboriginal young adults to participate in international internships in developing countries. The program aims to:

- Improve the skills of Aboriginal women and men (ages 18 – 35) to engage in international development in the field;
- Enhance the awareness and understanding of international development issues among Aboriginal women and men;
- Increase the capacity of Aboriginal women and men interns to promote international development work in Canada;
- Develop the essential skills for employment of young Aboriginal women and men;

The placements include rural and urban settings, and successful applicants are closely matched in relation to their skills and experience. Interns will live in new and unfamiliar environments, where their comfort levels will be pushed, and where they will be required to work full days in under-resourced offices and homes. Among other criteria, applicants will be assessed on their ability to work well with others, their capacity to mediate conflict, and evidence of the maturity they bring to the group. As all positions work with children, all applicants will be required to provide a criminal record check.

The internships offer Aboriginal young adults, with a high school diploma, the opportunity to gain key employment and international development skills through pre-departure training in gender and environmental sustainability, and on-the-ground experience taking part in youth and development programming. This program is for young adults who are passionate about global and/or local social justice, interested in learning more about international development, keen to connect with diverse communities, committed to responsible experiential learning, and enthusiastic about sharing their Aboriginal culture with those from different backgrounds, environments, and socio-economic conditions.

Interns must be able to commit to a five month absence from home (including one month of predeparture in Victoria BC, and four months overseas). Applicants should have a valid passport, or be willing to work quickly to gain a valid passport. Additionally, all VIDEA internships are drug and alcohol free and interns should be able to abstain for the duration of the internships.

If you believe you, or someone you know fits this description, [further details can be found at our website.](#)

-Source: Mary Weston, Kelowna Zambia Partnership, 7 May 2015

[To Top](#)

Social Media

- [ELEVEN FACEBOOK UPDATES NONPROFITS SHOULD STOP POSTING](#)
- [INTRO TO GRAPHIC DESIGN HACKS FOR NONPROFITS](#)
- [INTRO TO PHOTOSHOP FOR NONPROFITS: PART 1](#)
- [KEEP CALM & MOBILE FRIENDLY](#)

Eleven Facebook Updates Nonprofits Should Stop Posting

Facebook isn't just a place for engagement photos and political arguments. It can be a powerful marketing tool for brands and individuals alike.

According to a study by social@Olgivy, the top reason why a social media user shares content is to "promote a cause." This gives nonprofits an almost unfair advantage to get their content seen and shared.

Unfortunately, nonprofits can fall into the habit of creating and sharing unappealing content, even with the best intentions at heart.

Here are 11 Facebook status updates (in no particular order) that nonprofits should stop posting:

1. Posts Written in the First Person

This is always a bit jarring. If you're a one-person operation or a small shop with one Facebook admin (perhaps the founder or ED) it can be tempting to write your posts in the first person. However, since the post is coming from your brand name and a logo, it looks kind of weird. Some people may not know who is behind the curtain.

2. Fan Milestone Requests

"We only need 34 new followers to get to 500! Can you help?"

Don't chase the vanity metric of fan count. Instead, focus on creating engaging content that your current fans love. As they like, comment and share that content, new fans will come naturally.

Besides, it is better to have a small quantity of highly-engaged fans than a lot of fans who don't interact with you.

Adding social media calls-to-action on your website and emails can help generate new fans and followers. Donation acknowledgement emails are a great place for these CTAs! Why? 78% of fans use a brand before they like its page.

"Thanks for donating! Be sure to like us on Facebook to keep the conversation going."

[Read More](#)

-Source: Charity Village, Village Vibes, Newsletter, 4 May 2015

Intro to Graphic Design Hacks for Nonprofits

When people have limited resources, they need to become resourceful and creative. No one knows that better than the folks who work at scrappy nonprofits that can't afford state-of-the-art design software (or aren't eligible for our Adobe donations program) or do not have admin privileges to download and install open-source programs on their computers.

This blog posts summarizes the key design concepts covered in our event, Graphic Design Hacks for Nonprofits, that can be used to improve your graphic design skills. You can view a copy of the presentation on SlideShare or watch the event recording on our YouTube channel.

Common Graphic Design Myths

Before we dive in, we want to address a couple of common misconceptions that often prevent nonprofits from investing in good graphic design:

#1 – Graphic design must be done by a pro. While it is ideal to hire a professional, this doesn't mean your nonprofit can't get by without one. Anyone can create beautiful graphics when you're equipped with the right tools and know which basic principles to apply!

[Read More](#)

-Source: Tech Soup Canada, By the Cup Newsletter, 30 April 2015

Intro to Photoshop for Nonprofits: Part 1

Photoshop is the ultimate tool for enhancing photos, designing creative assets, and even cutting exes out of old photos. With Photoshop, you can do everything from quickly tuning up photos to controlling every detail of your digital vision in one powerful application.

Of course, this kind of description can make learning Photoshop a bit daunting if you haven't used it much before. That's why TechSoup wants to help you learn the basics for cleaning up photos and creating images that you can use in print and online, including on social media.

To do that, we've created a five-part series of blog posts to help you learn how to gather the materials you'll need, make basic photo adjustments, lay out the different pieces, and create a final product.

[Read More](#)

-Source: Tech Soup Canada, By the Cup Newsletter, 30 April 2015

Keep Calm & Mobile Friendly

Is your web site mobile friendly? Starting April 21, dubbed "Mobilegeddon", Google changed the search results and will show mobile friendly sites in search results (while using your mobile phone). You can [test your web site here](#) and find out if you passed the test and if you flunked it, there is some advice on what and how to fix it. My colleague Amy Gahran, a mobile expert, has an analysis here.

My blog passed the test! For years, I have been monitoring my mobile traffic numbers, asking myself that dreaded question – is it time to include mobile in my next site upgrade. By 2012, about 20% of my audience was reading my blog through a mobile interface, either tablet or smartphone. I had started to receive emails from readers complaining that my blog did not look

good on this mobile device or that mobile device. So, that's why in 2012 I opted to invest in the programming time for responsive design. What that means is that my blog is now smart enough to figure out what type of browser you're using to read and then serve it up in a format that looks good on your device.

I didn't do it myself — the credit goes to web developers, Rad Campaign and their team for doing the heavy lifting. Any web development company working with your nonprofit should be talking to you about mobile design and incorporating that into your design upgrades. Those of you have sites that have not been overhauled for awhile (and you know who you are), you are over due! Start planning for your web design.

[Read More](#)

-Source: Beth's Blog, Newsletter, 22 April 2015

[To Top](#)

Training

- [PREVENT IT! TAKING ACTION TO STOP CHILD SEXUAL ABUSE WORKSHOP](#)
- [LET'S GET SOCIAL: DEVELOPING YOUR NONPROFIT'S MULTICHANNEL ONLINE FUNDRAISING PLAN – WEBINAR](#)
- [INTRODUCTION TO MOTIVATIONAL INTERVIEWING](#)
- [2015 BUILDING OPPORTUNITIES CONFERENCE](#)
- [VITALIZE 2015 CONFERENCE](#)

Prevent It! Taking Action to Stop Child Sexual Abuse Workshop

Location: Capri Community Health Centre, #200-1835 Gordon Drive

Cost: No charge to attend the workshops. Donations to Little Warriors are gladly accepted, [online donations can be made here](#). All donations over \$25 receive a tax receipt.

Available Dates:

- Saturday, May 9th, 10:00 am – 1:00 pm
- Saturday, June 13th, 10:00 am – 1:00 pm

Who should take this workshop? ALL parents, professionals and volunteers that work or interact with children.

Little Warriors is launching our *NEW* workshop! We are pleased to invite you to Take Action and register for our Canadian child sexual abuse prevention workshop aimed at educating adults to prevent child sexual abuse. We are offering workshops in Kelowna, read below for more information.

Developed by researchers at the University of Alberta, this revolutionary Canadian prevention workshop will educate adults to TAKE ACTION through gaining knowledge to help prevent and respond to child sexual abuse. Experts estimate 1 in 3 girls and 1 in 6 boys will experience sexual abuse; 95% of those children know their perpetrator. 95% of cases go unreported. Little Warriors is a national, charitable organization committed to the awareness, prevention and treatment of child sexual abuse.

[Watch the 2 minute trailer](#) and take a sneak peak of the informative and empowering Prevent It! workshop.

[More Information](#)

If you have any questions or require more information about Little Warriors or the Prevent It! Workshop please visit the [Little Warriors website](#) or email ac.sroirraweltil@titneverp.

-Source: Shannon Phelan, Little Warriors, 16 March 2015

Let's Get Social: Developing Your Nonprofit's Multichannel Online Fundraising Plan – Webinar

Date: Thursday, May 21st, 2:00 pm ET

Cost: Free [Register Now](#)

Does online fundraising have your head spinning? Join Joe Garecht, founder of the Fundraising

Authority, as he reveals the secrets of a successful multichannel online fundraising strategy. During this webinar, you'll learn:

- How to set up your website to raise money more effectively
- Ten strategies for using social networks to attract more attention from your supporters
- How to integrate online fundraising with your offline development efforts

Nonprofits worldwide raise billions of dollars each year using email, social networks, and their own websites. Join this webinar to make sure you don't miss out on a huge source of revenue for your organization!

-Source: Blackbaud, Newsletter, 7 May 2015

Introduction to Motivational Interviewing

Date: Friday May 22 & Saturday May 23rd

Location: Vineyard Church (parking and entrance at back of building), 102-1825 Main Street, Penticton

Cost: \$300 per participant (register prior to midnight May 7/15), \$325 per participant (registration May 8th or later)

Group Discounts: \$10 per participant to a max discount of \$50/person (ie. group of 2 = \$290/participant, group of 5 = \$250/participant)

Register Now: Contact Jerome at 250.462.1388 Take advantage of this exciting training opportunity! Learn to use these powerful interviewing skills and techniques designed to assist you in your counseling and human service practice.

This collaborative, client centered approach to counseling is a particularly effective, proven method for establishing trust and rapport when working with ambivalent, pre-contemplative, or resistant clients. Not only will this course offer insight into the Motivational Interviewing best practice approach to meeting your clients needs, there will be plenty of opportunity for you to practice with other participants throughout the workshop.

This course is highly recommended to anyone who is dealing with clients, patients, family or friends who are resistant, ambivalent or hostile toward making positive changes in their lives. Since taking this course last October, participants have noted a shift in how they are able to communicate with clients and to help them to find their own motivation for creating positive change in their life.

LUNCH & REFRESHMENTS INCLUDED: Includes course cost plus lunch, coffee, tea & snacks each day.

The Job Grant Canada program through Work BC is currently offering grants of up to 60% rebate on this course. For more information please call Jerome at 250.462.1388.

Coming from out of town? We've got great hotel rates!

Crown Resort on Okanagan Lake

1.866.447.9610, <http://www.crownmotel.ca/>

1 Bdrm Suite with Kitchen only \$79/nt, Studio \$69/nt

To reserve at these rates call the Crown Resort and ask for the Discovery House Motivational Interviewing rate!

-Source: Jerome Abraham, Discovery House, Executive Director, 1 May 2015

2015 Building Opportunities Conference

Date: June 1 – 3

Location: Vancouver

[Register Now](#)

Advance your shared space at the 2015 Building Opportunities conference. Looking for inspiration, insights, resources, and contacts to improve your shared space?

At this year's Building Opportunities conference, co-presented by NCN and the Social Purpose Real Estate collaborative, speakers from across North America will present over 40 sessions in seven tracks:

- Nuts & Bolts for Shared Space (recruitment and retention, business modeling, leasing, operations)
- Show Us the Money (funding and financing of real estate projects)
- The Land (developing existing community assets for increased impact and benefits)
- Nitty Gritty of Social Purpose Real Estate (developing partnerships across sectors)
- ChangeLab (innovation in design, real estate development, and tenant engagement)
- So What? (measuring successes to maximize impact)
- Showcase of Model Projects (in-depth case studies)

Highlighted sessions include:

Nuts & Bolts

Community Animation: Why and How of Sparking Connections

A group of community building experts who work at coworking/shared spaces will demonstrate how to increase collaboration amongst tenants, how the design of the space enables animation, and how they leverage software solutions to enhance face-to-face interactions.

Show Us The Money

Making the Case: Capital Campaigns for Shared Spaces

Ideal for those anticipating a capital campaign or interested in fundraising, this session will highlight three successful capital grant projects so participants can learn about campaign goal setting, planning techniques, and the experience of devising and implementing a campaign.

[Read More](#)

-Source: The Nonprofit Centers Network, Newsletter, 2 April 2015

Vitalize 2015 Conference

This year Vitalize workshops are centered on six themes: Communications; Creating Community; Human Resources; Leadership; Organizational Development; and Recharging Your Power.

Each theme has a purpose in the overall success of your organization. New to the line-up of workshops this year is the Leadership Institute. This concentrated stream offers six workshops examining the many facets of leadership. Delegates who attend all six workshops will be awarded a leadership certificate signed by the instructors.

Vitalize [speakers](#) confront current issues and topics important to organizations. The topics deal with the challenges faced by the sector, from engagement, to building

vibrant organizations and communities.

Join Andrew Phung and his team for “youth only” workshops. Through a variety of learning opportunities including games, interactive discussions and team activities youth will learn about creating change in your community.

Join us June 18 to 20 at the Shaw Conference Centre in Edmonton. Browse the [Program Guide](#) for details on workshops and speakers.

[Register today](#) as the discounted rooms are only available until May 18. Visit the accommodations section on our website for details.

-Source: Vitalize Conference, Newsletter, 5 May 2015

[To Top](#)

Volunteerism

- [BC COUNCIL FOR FAMILIES – GET INVOLVED](#)
- [3 BENEFITS OF VOLUNTEERING AS A COMPANY](#)
- [HELP YOUR VOLUNTEERS GAIN SKILLS THEY CAN USE](#)

BC Council for Families – Get Involved

Do you know someone who is passionate about improving the quality of life for families in BC?

We are looking for individuals to join our Board of Directors, that is committed to strengthening families and overseeing the continued strategic growth of the BC Council for Families.

If you know someone who has experience serving on a board, or is looking to gain experience and make a difference in the province, then forward them this info. Our deadline is Monday May 25, 2015.

[Read More](#)

-Source: BC Council for Families, Newsletter, 6 May 2015

3 Benefits of Volunteering As a Company

Picking up garbage. Growing mustaches. Cycling for a cure. Selling baked goods. Rocking out for a cause. And that's just the beginning! There are all kinds of things that you can do to give back to the community and raise awareness or money for an issue you care about.

Increasingly, regular businesses are incorporating volunteering activities like the above into their company culture – and seeing some pretty amazing benefits!

1. Happier & Healthier Employees

There's a growing body of research suggesting that those who regularly volunteer experience a wide variety of physical, mental and emotional health benefits.

For example, volunteering has been shown to lessen symptoms of chronic pain, heart disease and depression, while also reducing stress and improving overall mental health. One 2013 study reported that 76% of U.S. adults who volunteer say that volunteering has made them feel physically healthier, while 78% say that volunteering lowers their levels of stress.

[Read More](#)

-Source: Volunteer Canada, Media Monitoring, 7 May 2015

Help Your Volunteers Gain Skills They Can Use

According to LinkedIn, 41% of hiring managers say volunteer work is just as valuable as paid work on a CV. Therefore, as an organization that engages volunteers, it's important to make sure the skills they gain through your organization are meaningful.

Many volunteers are young adults or students who are specifically looking to gain work experience while in school. Even if your volunteers are not currently furthering their education, they may still want to list their volunteer work on their CV.

So, what skills can you teach your volunteers that will help them on their career paths?

Note: It's important to ask your volunteers what they hope to get out of their volunteer experience. These suggestions are not one size fits all!

Leadership and Management Skills

People learn leadership and management skills both by doing and observing. Every organization operates under some type of management structure, and your volunteers can gain experience by working within this structure. One idea is asking them if they would like to manage a team of other volunteers. The ability to lead a group, and lead by example is invaluable to future employers.

Time Management Skills

Whatever your volunteers have going on outside of their volunteer work, they will have to negotiate their daily schedules to fit volunteering in. Volunteers that arrive late or frequently cancel volunteer commitments might be the ones in need of extra time management mentoring. Time management is a skill that all employers look for.

[Read More](#)

-Source: Volunteer Canada, Media Monitoring, 7 May 2015

[To Top](#)