

Community Information & Volunteer Centre



Bulletin November, 2012

(To view the Archives, please visit: KCR Monthly Bulletin Archives and scroll down)

This Issue:

KCR HighLights	4
Workshop: HR Practices for Nonprofit Organizations	4
2012 HOLIDAY EVENTS GUIDE	
SPONSOR A FAMILY AT CHRISTMAS – FAMILY FRIEND PROGRAM	5
THINKING ABOUT ADOPTING?	5
YOUR FREE BANNER AD IN THE EVENT SUNDAY MAGAZINE	5
SAFE HARBOUR: RESPECT FOR ALL	6
DID YOU KNOW THAT KCR JUST HAD ITS 29TH BIRTHDAY!?	
FUNDRAISE THROUGH GIFT WRAPPING	6
Awards	7
J.W. McConnell Family Foundation Announces Community Service Learning Awards	
FACTS AND TRENDS	7
SURVEY REVEALS WORKERS ARE MOST AFRAID OF MAKING A MISTAKE	7
EMPLOYEES WOULD CHOOSE NEW BOSS OVER PAY RAISE, SURVEY FINDS	
MORE THAN ONE IN FIVE CANADIAN EMPLOYEES REPORT DEPRESSION	
SALVATION ARMY SURVEY FINDS INCREASE IN FAMILIES SEEKING FOOD BANK ASSISTANCE	8
GIVING FINALLY EXCEEDS PRE-RECESSION LEVELS AT CANADIAN HOSPITALS	9

Workplace Psychological Health & Safety Still a Significant Concern for Canadian	
EMPLOYEES	9
FOOD BANKS CANADA REPORTS RECORD NUMBER OF CANADIANS USING FOOD BANKS	
WHICH CANADIAN CHARITIES HAVE THE LARGEST AMOUNT OF LONG TERM INVESTMENTS?	
INTERESTING STATS ON FOREIGN ACTIVITIES BY CANADIAN CHARITIES	
MENTAL ILLNESS IMPOSES HIGH COSTS ON THE CANADIAN ECONOMY	10
FINANCIAL	11
Youth Initiative Grants	11
AVIVA COMMUNITY FUND	11
GRANTS AVAILABLE ACROSS CANADA FOR CHILDREN'S PHYSICAL FITNESS PROGRAMS	11
Eva's Initiatives' Awards for Ending Youth Homelessness Now Accepting Applications	
NEW ONLINE CLASSIFIED WEBSITE ALLOWS DONORS TO SELL USED ITEMS FOR CHARITY	12
TD GREEN STREETS NOW ACCEPTING APPLICATIONS FOR 2013 GRANTS	
DEVON CANADA'S INVESTING IN PEOPLE GRANTS NOW ACCEPTING APPLICATIONS	
YOUTH INITIATIVE GRANTS	
TREND TRUNK	13
LOCAL	14
NATIONAL CHILD DAY 2012 STATE OF THE CHILD REPORT: CENTRAL OKANAGAN - RELEASE EVENT	
UNITED WAY'S UPCOMING EVENTS.	
VANCOUVER-BASED ARTIST RICHARD PRINCE OPENS AT THE KELOWNA ART GALLERY	
REEL CHANGE SUSTAINABILITY FILM FEST.	
PLEASE VOTE: LOCAL CHANGEMAKER FINALIST	
THERAPY SKATE TIME	
SAVE THE DATE: NATIONAL ADDICTIONS AWARENESS OPEN HOUSE	15
A COMMUNITY RESOURCE FAIR	
FREE PROMOTION IN WELCOMETOKELOWNA.COM	
ENGAGING WITH ART	
HELP PORTRAIT EVENT	17
Provincial	18
BC GETS "BARELY PASSING GRADE" ON WOMEN'S EQUALITY	18
OUR HOME, OUR FUTURE: PROJECTIONS OF RENTAL HOUSING DEMAND & CORE HOUSING NEED TO 203	
NEW REPORT: MÉTIS YOUTH HEALTH IN BC	
Public Child Care for \$10/day: New Fact Sheet to Share and Discuss	19
National	19
OTTAWA SPENDS \$3 MILLION TO BATTLE FIRST NATIONS CHILD WELFARE CASE	19
UN CHILDREN'S COMMITTEE CONCLUDING OBSERVATIONS ON CANADA'S COMPLIANCE WITH CHILD RIGHTS	200
TREATYASSEMBLY OF FIRST NATIONS CALLS FOR STABLE & EQUITABLE FUNDING FOR FIRST NATIONS CHILDREI	
GOVERNMENT OF CANADA ANNOUNCES FUNDING TO PREVENT INJURIES IN CHILDREN'S SPORTS	
New Report on Income Inequality in Canada: Towards a More Equal Canada	
DEFINITION OF HOMELESSNESS ACCEPTED ACROSS CANADA	
FIRST EVER CHIEF ECONOMIST FOR THE CHARITABLE AND NONPROFIT SECTOR	
CALL TO ACTION ON UNCRC RECOMMENDATIONS FOR CANADA	
VITAL YOUTH - VITAL SIGNS CANADA	
LATEST SECTOR MONITOR REPORT RELEASED	
WE WANT TO SHOW OFF YOUR PHOTOS!	
STANDARDS PROGRAM: NEW INTAKE NOW OPEN	
MOVEMBER FOR MEN'S MENTAL HEALTH	

RESEARCH	24
EXPLORATION OF ARREST ACTIVITY AMONG HOMELESS YOUNG ADULTS	24
MENTAL HEALTH, CONCURRENT DISORDERS, AND HEALTH CARE UTILIZATION IN HOMELESS WOMEN HOMELESSNESS INDEPENDENTLY PREDICTS INJECTION DRUG USE INITIATION AMONG STREET-INVOLVED	25
YOUTH IN A CANADIAN SETTING	
RESOURCES	25
MAJOR FINDINGS AND FIRST NATIONS CHILD WELFARE	25
HELP WANTED. APPLY WITHIN: TIPS FOR HIRING FOR DIFFICULT-TO-FILL POSITIONS DESPITE DECLINE, SPANKING & SLAPPING CHILDREN REMAINS NORMATIVE; CANADIAN REVIEW RAISES	
CONCERNS	26
ONLINE: CENTRAL OKANAGAN PARENTING RESOURCE	26
BOOK: FOSTERING NATION? CANADA CONFRONTS ITS HISTORY OF CHILDHOOD DISADVANTAGE	27
VICTORIA'S VITAL SIGNS: GREATER VICTORIA'S ANNUAL CHECK-UP	
THOSE CRAZY TEENS!	
ENABLING SUSTAINABILITY POLICY AND PLANNING AT THE LOCAL LEVEL: THE EXAMPLE OF FOOD POLICY NEW LOCAL CHILD CARE VIDEO	
NEW RESOURCE ON CHILD CARE VS EARLY LEARNING	28
IMPORTANCE OF NATURE PUBLICATION	<mark>29</mark>
TOOLS FOR A HEALTHIER WORKPLACE	
Investing in Our Youth and Children - The Business Case	
IMAGINE CANADA RELEASES SIXTH SECTOR MONITOR REPORT	
INVESTING IN OUR YOUTH AND CHILDREN—THE BUSINESS CASE	
HOUSING AND HEALTH: EXAMINING THE LINKS	30
National Research Agenda 2012: Priorities for Advancing Our Understanding of Homelessness	
NEW RESOURCE FOR BC SOCIAL WORKERS AND SOCIAL SERVICE COMMUNITY	
PUBLIC INVESTMENTS IN EARLY CHILDHOOD EDUCATION AND CARE IN CANADA 2010	
WHAT CAUSES ANXIETY DISORDERS TO DEVELOP?	
BACK FROM THE BRINK: HOW NONPROFITS BOUNCE BACK FROM CRIPPLING FUNDING CUTS	
HOUSING AND HARM REDUCTION: A POLICY FRAMEWORK FOR GREATER VICTORIA	
HARM REDUCTION THROUGH A SOCIAL JUSTICE LENS	
BOUNCE BACK: RECLAIM YOUR HEALTH SELF HELP PROGRAM THE CHILDREN'S MENTAL HEALTH RESEARCH QUARTERLY	
COMPUTER LAB	
Social Media	34
MUST HAVE MOBILE APPS FOR NONPROFIT PROFESSIONALS	
ARTEZ INTERACTIVE INTRODUCES NEW FUNDRAISING APP FOR FACEBOOK	
CANADIAN P2P FUNDRAISING PLATFORM YOYOMOLO.COM GETS AN UPDATE	
IPAD & IPHONE PEEK.	
#GIVINGTUESDAY	
Outlook.com	
Training	36
TRAUMA TO RESILIENCY: OUR ROLES IN HELPING MOVE FAMILIES FORWARD	36
FOSTERING RESILIENCY WITH ABORIGINAL CHILDREN AND FAMILIES	
BOARD VOICE CONFERENCE AND AGM FOCUSING ON ADVOCACY AND INNOVATION	
2013 INDIGENOUS WOMEN IN LEADERSHIP GATHERING - CALL FOR PRESENTERS	
OC Trades Program Profile Update	
CHILDREN, YOUTH AND ADULTS WITH DEVELOPMENTAL DISABILITIES CONFERENCE	
UNDERSTANDING AND CARING FOR ADULTS AND ADOLESCENTS WITH FASD	38

Gaining the Power to Parent	38
CAREGIVING RELATIONSHIP AND INFANT MENTAL HEALTH: FREE WEBINAR	39
THE STORY BEHIND ADDICTION – THE DRUGS, THE REMEDIES, THE ISSUES	39
STRENGTHENING ORGANIZATIONS: 12 PRACTICAL WEBINARS	40
Workshops: Crisis & Trauma Resource Institute Inc.	40
THE SCIENCE OF HAPPINESS: INCREASING YOUR POSITIVE WELL-BEING	40
THE DISTINGUISHED SPEAKER SERIES	41
RAISING AWARENESS FOR DISPHOBIA	42
MENTAL HEALTH FIRST AID	42
Workplace Mental Health	42
LIVING LIFE TO THE FULL	43
Volunteerism	43
USE A TRAVEL MUG, STRENGTHEN CITIZEN ENGAGEMENT	
UBCO: OUTREACH COMMITTEE	
NATIONAL VOLUNTEER WEEK 2013: IMPORTANT INFO FOR CAMPAIGN PLANNERS	44

KCR HIGHLIGHTS

WORKSHOP: HR PRACTICES FOR NONPROFIT ORGANIZATIONS

Executive Directors and Board Executive will learn essential information when hiring executive directors and contract staff. The top 10 policies every non-profit employer needs will be shared.

Co-facilitators: Robert Smithson from Smithson Employment Law Corporation and Melodie Lind from Pushor Mitchell.

When: Wednesday, November 7, 2012:

Time: 9am – 12 noon

Where: Okanagan Regional Library

1380 Ellis Street, Kelowna

Cost: \$40

Register: www.kcr.ca or email dawn@kcr.ca

--SOURCE: KCR, Dawn Wilkinson, Community Services Manager

2012 HOLIDAY EVENTS GUIDE

Are you organizing a free or low cost activity between November 15, 2012 and January 1, 2013 in the Central Okanagan for the Christmas season?

Enter your info for the 2012 Holiday Events Guide online here, or email dawn@kcr.ca. Deadline for this year's info is November 6, 2012.

--SOURCE: KCR, Dawn Wilkinson, Community Services Manager





SPONSOR A FAMILY AT CHRISTMAS - FAMILY FRIEND PROGRAM

If you, your family, or group are looking for a special way to celebrate Christmas by providing food and / or gifts for a family, call 250.763 .8008 ext. 0 for the Sponsor a Family at Christmas Program, Kelowna Community Resources. **Deadline December 3**rd.

--SOURCE: KCR, Bev Colbow, Program Coordinator, Family Friend Program



THINKING ABOUT ADOPTING?

The next Adoption Information session is November 14, 2012 from 7pm - 9pm.

Call 250-763-8002 to register and confirm your spot!

--SOURCE: The Adoption Centre of British Columbia, Jennifer Wall, Administrator



YOUR FREE BANNER AD IN THE EVENT SUNDAY MAGAZINE

Partner with KCR to promote your event, fundraiser, program or service. It is FREE.

Each Sunday we have a banner ad space in the Daily Courier eVent Magazine, provided courtesy of Konrad Pimiskern, Financial Advisor for Edward Jones.



Tell us which Sunday you want us to reserve and submit your information online.

--SOURCE: KCR, Dawn Anthony, Assistant Coordinator, Community Information & Volunteer Centre

SAFE HARBOUR: RESPECT FOR ALL

Safe Harbour is a vision in action: creating opportunities for businesses, non-profit organizations and government departments to create respectful and welcoming workplaces across BC

To arrange a Safe Harbour interactive workshop for your organization, contact Melanie, Kelowna Community Resources Immigrant Services Department, at 250.763.8008 ext. 35 or immigrantservcies@kcr.ca.

--SOURCE: KCR, Dawn Wilkinson, Community Services Manager





DID YOU KNOW THAT KCR JUST HAD ITS 29TH BIRTHDAY!?

KCR celebrated its 29th year of service on October 25th. We would like to thank our community partners, wonderful staff—current and past—the local companies, non-profit agencies, volunteers, and the many, many members of the community who have made it such an amazing journey. We look forward to the next 29 years—and more!

--SOURCE: KCR, Dawn Wilkinson, Community Services Manager



FUNDRAISE THROUGH GIFT WRAPPING

Pick a weekend between November 24 to December 23, 2012. Provide volunteers who will gift wrap customers' packages at Orchard Park Mall and keep all of the money raised for your not-for-profit organization.

Orchard Park Mall will donate the space and all wrapping supplies.

For more information, contact Jin Park at jin@kcr.ca.

--SOURCE: Jin Park, Online Presence and Strategies Coordinator



AWARDS

J.W. McConnell Family Foundation Announces Community Service Learning Awards

The J.W. McConnell Family Foundation is now accepting submissions for the 2012 Community Service Learning (CSL) Awards competition. CSL is a model of experiential learning that combines classroom learning with volunteer work to achieve community goals and instill in students a sense of civic



engagement. The awards recognize successful community initiatives supported by robust community service-learning programs and highlight innovative approaches that have — and will continue to — transform relationships, structures, policies, and/or mainstream practices. A total of \$30,000 is available for up to four awards of \$7,500 each. Community organizations and post-secondary institutions are invited to jointly submit an application by January 31, 2013. Award winners will be announced in June 2013. For more information visit mcconnellfoundation.ca.

--SOURCE: CharityVillage.com; Village Vibes, October 3, 2012

...back to top

FACTS AND TRENDS

SURVEY REVEALS WORKERS ARE MOST AFRAID OF MAKING A MISTAKE

It's not ghosts or goblins or even public speeches that scare workers the most this Halloween: In an Accountemps survey, nearly three in 10 (29 per cent) respondents said making a mistake on the job is their biggest workplace fear. Following making a mistake was dealing with difficult customers or clients (17%); public speaking (16%); conflicts with coworkers (14%); and conflicts with managers (12%). For more information visit accountemps,rhi,mediaroom.com.



--SOURCE: CharityVillage.com; Village Vibes, Oct 25, 2012

..back to top

EMPLOYEES WOULD CHOOSE NEW BOSS OVER PAY RAISE, SURVEY FINDS

A new study conducted amongst people of all generations across the US, revealed that a majority of Americans are unhappy in the workplace – and their bosses are largely to blame. The study found that:







- Only 36% of Americans are happy at their job.
- 65% say a better boss would make them happy while 35% choose a pay raise.
- 31% of employees polled feel uninspired and unappreciated by their boss, and close to 15% feel downright miserable, bored and lonely.
- Only 38% of those polled describe their boss as "great," with 42% saying their bosses don't work very hard and close to 20% saying their boss has little or no integrity.

- Close to 60% of Americans say they would do a better job if they got along better with their boss.
- Close to 70% of those polled said they would be happier at work if they got along better with their boss, with the breakdown equal amongst men and women, but younger workers in their 20s and 30s skewed even higher (80%).

For more information visit www.tell-your-boss.com

--SOURCE: CharityVillage.com; Village Vibes, Oct 24, 2012

...back to top

MORE THAN ONE IN FIVE CANADIAN EMPLOYEES REPORT DEPRESSION

More than one in five (22%) of Canadian employees report they are currently suffering depression (14% diagnosed) while an additional 16% report having experienced depression previously, according to the latest national Ipsos Reid survey tracking depression in the workplace. Further, 84% of managers and supervisors continue to believe it is part of their job to intervene when an employee is showing signs of depression, comparable to 2007 findings. Both surveys were commissioned and funded by the Great-West Life Centre for Mental Health in the Workplace to help define and respond to mental health issues in the workplace.



For more information visit workplacestrategiesformentalhealth.com.

--SOURCE: CharityVillage.com; Village Vibes, Oct 10, 2012

...back to top

SALVATION ARMY SURVEY FINDS INCREASE IN FAMILIES SEEKING FOOD BANK ASSISTANCE

The latest report from The Salvation Army, Feeding Canada's Families: A Report on Salvation Army Food Services, revealed that approximately three-quarters of the nearly 170 food programs that responded to the annual survey of Salvation Army food programs reported seeing an increase in families seeking food services assistance year-to-year. This news comes as almost a third of Salvation Army food banks reported seeing a decrease in donations at their centres within the last 12 months, a particularly troubling statistic, especially after last year's encouraging findings that 32% of centres were seeing an increase in donations. Additional findings from this year's report include:



- 66% of food banks and soup kitchens reported that their shelves are currently half-full to completely full.
- 30% of food banks reported a decrease in donations from year-to-year with the plurality of respondents, 48 percent, noting no change.
- Approximately 62% of Salvation Army food banks reported an increase in clients.
- Year to year, more food banks, 66%, reported that their shelves were half-full to completely full in comparison to surveys conducted in 2011 (64%) and 2010 (55%).

For more information visit salvationarmy.ca.

--SOURCE: CharityVillage.com; Village Vibes, Oct 3, 2012

GIVING FINALLY EXCEEDS PRE-RECESSION LEVELS AT CANADIAN HOSPITALS

Donors to Canada's health care institutions increased contributions by \$151 million last year, 12.5% more than in fiscal year 2010. Cash donations and pledges in 2011 totaled \$1.355 billion, according to the AHP Report on Giving-Canada issued by the Association for Health Care Philanthropy (AHP). The improved fundraising in 2011 primarily enabled Canadian hospitals and health care systems to pay for up-to-date equipment, which accounted for more than 53 cents of every donated dollar. Other important



purposes for which donations were expended included funding construction and renovation projects (13.3%), providing resources for research and teaching (9.8%) and general operations (8.3%). As in past years, more than 8 of every 10 donors were individual givers, who contributed almost 6 of every 10 dollars raised. Most such donors were from the health care institution's surrounding community, while persons with direct ties to the facility, such as patients, staff, physicians and board members, represented more than 37% of all individual donors. For more information visit ahp.org.

--SOURCE: CharityVillage.com; Village Vibes, Oct 3, 2012

...back to top

WORKPLACE PSYCHOLOGICAL HEALTH & SAFETY STILL A SIGNIFICANT CONCERN FOR CANADIAN EMPLOYEES

According to an Ipsos Reid survey released today, 71% of Canadian employees surveyed report some degree of concern with psychological health and safety in their workplace, including 14% who disagreed that their workplace is psychologically healthy and safe. The survev commissioned by the Great-West Life Centre for Mental Health in the Workplace to help establish a baseline for psychological health and safety on the eve of the release of the National Standard of Canada on Psychological Health and Safety in the Workplace. The survey indicated that more people feel physically safe (20% concerned) than psychologically safe (33% concerned) in their workplace. This may be because psychological health and safety has not historically received the attention, profile or resources that physical health and safety issues has had in the workplace. The Standard was developed to help provide a framework for employers who needed guidance in this important area. For more information visit workplacestrategiesformentalhealth.com.

Workplace psychological health and safety still a significant concern, but some employers are showing improvement, ipsos Reid finds

Psychological health & safety in the workplace

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--SOURCE: CharityVillage.com, Village Vibes, October 31, 2012

...back to top

FOOD BANKS CANADA REPORTS RECORD NUMBER OF CANADIANS USING FOOD BANKS

The number of Canadians turning to food banks for help is at an all-time high, according to the HungerCount 2012 national study released today by Food Banks Canada. After dipping slightly in 2011, food bank use in Canada increased by 2.4% this year, and is now a staggering 31% higher than before the 2008-2009 recession. The HungerCount 2012 report highlights that in a typical month, food banks across the country provide food to more than three quarters of a million separate individuals – 882,000 people – and more than 339,000 (38%) of those helped are children. For more information visit foodbankscanada.ca.



--SOURCE: CharityVillage.com, Village Vibes, October 31, 2012

WHICH CANADIAN CHARITIES HAVE THE LARGEST AMOUNT OF LONG TERM INVESTMENTS?

According to the T3010 for 2010, the total long term investments of Canadian registered charities (captured in line 4140) is \$14.7 Billion. This is only long term investments and does not include cash, inventory, land and buildings etc. Keep in mind the many caveats with T3010 information including that it is provided by the charity and not verified by CRA. Read more>>>



--SOURCE: Blumbergs' Canadian Charity Law List, October 2012

...back to top

INTERESTING STATS ON FOREIGN ACTIVITIES BY CANADIAN CHARITIES

I took a look at the T3010 Registered Charity Information Return statistics on foreign activities by Canadian charities for 2010. The total 2010 amount identified by all charities including gifts-in-kind (GIK) is almost \$2.7 billion. 299 charities spent more than \$1 million outside of Canada. 5355 charities

globalphilanthropy.ca

identified spending some amount outside of Canada. Some of the top GIK numbers are scams and will reduce the total. On the other hand the total will rise as a result of funds spents outside of Canada but as gifts to qualified donees which are not counted in these numbers. Read more>>>

--SOURCE: Blumbergs' Canadian Charity Law List, October 2012

...back to top

MENTAL ILLNESS IMPOSES HIGH COSTS ON THE CANADIAN ECONOMY

According to a report by the Conference Board of Canada, mental illness is costing Canada about \$20.7 billion by reducing the number of workers available in the labour force. This cost is growing at a rate of approximately 1.9% every year and is expected to rise to \$29.1 billion annually by 2030. The report, Mental Health Issues in the Labour Force: Reducing the Economic Impact on Canada, reveals the most

The Conference Board of Canada
Insights You Can Count On



common conditions impacting working-age Canadians and Canada's economy of lost labour participation as mental health problems. Poor mental health is affected by workplace conditions and practices and can be improved by creating conditions that support the participation of the worker population, and by addressing the stigma of mental illness. To read the entire article visit conferenceboard.ca>>>

--SOURCE: CMHA. Mind Matters. October 2012

FINANCIAL

YOUTH INITIATIVE GRANTS



United Way, Interior Savings and TELUS are offering grants of \$1500 to child and youth groups (to age 25) who want to make a difference in our community. For more information conact avril@unitedwaycso.com or call our office at 250-860-2356.

Interior 🤤 Savings

TELUS

Application Deadline November 30, 2012!

--SOURCE: United Way of the Central and South Okanagan/Similkameen, United Way October Newsletter AVIVA COMMUNITY FUND

Provider: Aviva

Deadline: November 26, 2012

The fund gives you the chance to share your idea to create lasting change in your community. The most popular ideas, as chosen by Canadians will have a chance to share the \$1,000,000 Aviva Community Fund. Find out more>>>



--SOURCE: BC Healthy Communities, Activity E-Brief Issue #113| October 10, 2012

...back to top

GRANTS AVAILABLE ACROSS CANADA FOR CHILDREN'S PHYSICAL FITNESS PROGRAMS

GoodLife Kids Foundation (GLKF) is a Canadian foundation with a vision for every Canadian child to have the opportunity to live a fit and healthy good life. Canadian GoodLife Fitness Clubs annually fundraise for GLKF and the top fundraisers are recognized with a grant to a local organization. Grants are currently available in the following communities, for registered charities providing physical activity opportunities for kids ages 4 to 14: London, ON (\$5,000); North York, ON (\$3,000); Woodstock, ON (\$3,000); Sault Ste. Marie, ON (\$3,000); Toronto, ON (\$3,000); Burnaby, BC (\$3,000); Saskatoon, SK (\$5,000); and St. John's, NL (\$15,000 to be shared by one or more organizations). Applications for these grants to be received by November 16, 2012. Grant criteria and the online application can be found at goodlifekids.com. For more information contact Lisa Burrows at Iburrows@goodlifekids.com.



Inspiring Kids to Get Active

--SOURCE: CharityVillage.com; Village Vibes, Oct 26, 2012

...back to top

EVA'S INITIATIVES' AWARDS FOR ENDING YOUTH HOMELESSNESS NOW ACCEPTING APPLICATIONS

Eva's Initiatives, the Sprott Foundation and Virgin Unite are pleased to offer four awards of \$25,000 each for organizations working with homeless and at-risk youth. For a second year, the awards are putting the spotlight on what works in terms of preventing and ending youth homelessness. This focus is a challenge to think beyond the emergency needs of vulnerable youth. Applicants must be Canadian incorporated nonprofit organizations; registered charities or organizations sponsored by, or affiliated with, a registered charity and the application deadline is



December 10, 2012. For more information, including full eligibility requirements, visit awards.evasinitiatives.com.

NEW ONLINE CLASSIFIED WEBSITE ALLOWS DONORS TO SELL USED ITEMS FOR CHARITY

Giftit Inc. is a new online classified start-up that has created a new twist to classified advertising, providing an avenue that not only cleans out your home or garage, but gives the revenue from the sale to charity. Giftit works on the same premise as eBay, Craigslist or Kijiji, where anyone can sell a good or service to another person, but the proceeds for any sale go to the charity of the seller's choice. Any charity can join this service for free, however they must be officially registered with Giftit to participate and must have a charitable tax number. Giftit is free for the charity, the seller/donor and the buyer to use, although, Giftit does charge a small percentage processing fee on the gross sale amount of every item "gifted". For more information visit vancouver.gift-it.com.



--SOURCE: CharityVillage.com; Village Vibes, Oct 12, 2012

...back to top

TD GREEN STREETS NOW ACCEPTING APPLICATIONS FOR 2013 GRANTS

Tree Canada and TD Friends of the Environment Foundation (TD FEF) are now accepting applications for the 2013 TD Green Streets grants. Municipalities, Aboriginal communities and business improvement associations (BIAs) in Montreal, Toronto and Vancouver are encouraged to apply for grants of up to \$15,000 to help green their local communities through tree planting, maintenance and educational activities, inventory and innovative approaches to municipal forestry. The application deadline is December 7, 2012. For more information visit treecanada.ca.



--SOURCE: CharityVillage.com; Village Vibes, Oct 10, 2012

...back to top

DEVON CANADA'S INVESTING IN PEOPLE GRANTS NOW ACCEPTING APPLICATIONS

Devon Canada Corporation is currently accepting applications for their Investing In People grants. The grant program is intended to reflect the company's commitment to the development of people and their support for programs that create healthy and respectful workplaces. The grant encourages innovative projects and activities that help to build organizational, rather



than individual capacity. The maximum allowable grant to an organization is \$5,000 in a calendar year and may be used for organizational improvement projects for either employees and/or volunteers. The organization must have an impact in one or more of the communities in which Devon operates. The application deadline is November 30, 2012. For more information visit investinginpeople.ca.

--SOURCE: CharityVillage.com, Village Vibes, October 31, 2012

YOUTH INITIATIVE GRANTS

United Way offers grants of up to \$1500 for social projects led by young people, in partnership with non-profitorganizations. **The application deadline is November 30**.

This is perfect for your young volunteers and practicum students who want to support the work of your organization, and need resources to do so.

It does not involve very much work for the partner organization – just supporting them, and being the umbrella for the funds.



We've funded all kinds of projects in the past 2 years – self-esteem workshops, a wheelchair basketball tournament, vegetable gardens, film screenings, conferences, art projects, environmental projects, charity service days – if young people care about it, it qualifies! For more info, visit unitedwaycso.com.

This program is proudly supported by TELUS and Interior Savings.

--SOURCE: United Way, Avril Paice, Director of Community Investment - Central Okanagan

...back to top

TREND TRUNK

Our company, which has launched great brands such as Swapopolis, Giftcards for Causes and GIFTLUXE, has recently introduced Trend Trunk; a trusted social marketplace which allows consumers to buy and sell their fashionable and pre-loved clothing and accessories. We also enable consumers to donate all or a portion of the proceeds from the sale to their favourite non-profit organization or charity. You can see what the buzz is about at tendtrunk.com!



--SOURCE: Trend Trunk, Sean Snyder, Founder

LOCAL

NATIONAL CHILD DAY 2012 STATE OF THE CHILD REPORT: CENTRAL OKANAGAN - RELEASE EVENT

Join us on November 20th, 2012 as we release the 5th Annual Community Action Toward Children's Health State of the Child Report: Central Okanagan. This year the release event is being held at the French Cultural Centre.



Highlights include:

- Release of the report by Central Okanagan Mayors,
- Lunch (French Canadian) and Networking,
- Kelowna Bilingual Preschool Children singing

Date: November 20, 2012, 11:30am – 1pm

Location: The French Cultural Centre, 702 Bernard Ave

--SOURCE: Community Action Toward Children's Health, CATCH Network Newsletter October 22, 2012

..back to top

UNITED WAY'S UPCOMING EVENTS

November 15th - Dinner of Distinction Honouring Paul Demay, Regional Director of Investors Group. Don't miss out, <u>buy tickets here!</u>

November 16th - United Way's GenNext presents El Masquerado at the Hotel Eldorado. Tickets are going fast, buy them here!



--SOURCE: United Way of the Central and South Okanagan/Similkameen, United Way October Newsletter



...back to top

VANCOUVER-BASED ARTIST RICHARD PRINCE OPENS AT THE KELOWNA ART GALLERY

The Kelowna Art Gallery is pleased to announce an exhibition of works by Vancouver-based artist, Richard Prince. Opening November 10, 2012, Richard Prince: Telling Stories (with digressions) features sculptures that will intrigue Kelowna audiences. Some people may feel his works looks like real-life versions of devices seen on The Jetsons or like experimental scientific equipment transplanted directly from a lab in a movie from the fifties. The pieces range from tall and spindly contraptions on wheels to complex set-ups involving multiple objects which appear to project, measure or perform some other esoteric function.



The Kelowna Art Gallery is located at 1315 Water Street in downtown Kelowna. For more information about current exhibitions, public programming or special events, please visit the Kelowna Art Gallery online at kelownaartgallery.com.

--SOURCE: Kelowna Art Gallery, Joshua Desnoyers, Marketing and Events Coordinator

REEL CHANGE SUSTAINABILITY FILM FEST

You are invited to take in the Fresh Outlook Foundation's REEL CHANGE SustainAbility Film Fest November 2-25, 2012 in the Central Okanagan. The festival features 19 films on 18 days in 17 locations, and covers a wide range of community sustainability topics. This hugely popular event also features a panel discussion following each film with local experts talking about local solutions.

Fresh

For more information, go to freshoutlookfoundation.org.

--SOURCE: Fresh Outlook Foundation, SustainAbility Support Services Inc., Joanne de Vriesm, Founder & CEO

...back to top

PLEASE VOTE: LOCAL CHANGEMAKER FINALIST

Inn from the Cold-Kelowna has been declared a finalist in the Changemaker search for innovative social endeavours! From 466 entries across BC, the Inn-Home Support program is now among the eleven finalists. Of these, three will be chosen to receive funding of \$15,000 to further their programs. The finalists were declared on Friday, October 26, 2012.

Vote! Anyone wishing to vote for Inn Home Support to be one of the three winners of the \$15,000 award from Changemakers, just has to go to our website: innfromthecoldkelowna.org and click on the "vote" button.



The competition closes on November 10th.

--SOURCE: Inn from the Cold - Kelowna, Tara Tschritter, Coordinator

THERAPY SKATE TIME

There is a Therapy Skate Time at the Jim Lind Arena on the Westside every Tuesday from 9:45am – 10:45am. It is for

wheelchair and people with mobility issues, caregivers are free. It is only \$2.50 a person. For more information, contact Alana Biggs at 250-491-2211.

--SOURCE: Families in Touch, October 30, 2012



...back to top

SAVE THE DATE: NATIONAL ADDICTIONS AWARENESS OPEN HOUSE

4th Annual Community Open House Event highlighting loal recovery and wellness resources that promote optional mental, physical, social and spiritual health. This year's theme is "Healthy Choices for Healthy Community".

Date: Thursday, November 22, 2012

Times: 2:30 - 5:30 pm

Location: Trinity Church, 1905 Springfield Road, Kelowna

--SOURCE: Regional District of the Central Okanagan, Christene Walsh. Social Development Coordinator



A COMMUNITY RESOURCE FAIR

Community Living BC would like to invite you to a FREE resource fair for families and individuals with differing abilities

When: November 14th, 2012

Where: Best Western, 2402 Hwy 97N

Time: 5pm - 7:30pm

Local community agencies, resources and organizations located in the Kelowna area will be sharing information and examples of the supports, programs and services that are available in the community. This is a great way to make connections, plan for the future and learn about all the wonderful work that takes place in our community. There will be free raffle prizes, free refreshments, and over 20 resource information booths.



For more information contact Lisa Bourget at 250.712 3610

--SOURCE: CLBC, Lisa Bourget, Manager

...back to top

FREE PROMOTION IN WELCOMETOKELOWNA.COM

Here is your opportunity to feature someone in your organization and gain some FREE extra exposure.... <u>Click here</u> and have them fill out out....then we will take care of the rest...:)

--SOURCE: Beyond 50, Laurel D'Andrea



...back to top

ENGAGING WITH ART

Until November 21st, on Wednesdays from 2:30pm to 4pm you can enjoy FREE multi-media presentations on the fundamentals of art: a half-hour introduction to the week's theme, followed by a twenty-minute tour that will complement that theme, and a discussion over coffee. Series led by Kelowna Art Gallery Education Coordinator, Brenda Feist.

<u>View a schedule of classes and themes for Fall 2012</u>. Register by calling Brenda Feist at 250-762-2226 ext. 312.

--SOURCE: Kelowna Art Gallery E-Newsletter, October 31, 2012



HELP PORTRAIT EVENT

Now that we have all the details figured out, I wanted to officially invite your organization to be a part of the Help Portrait Event again this year. Please let all those you reach out to (individuals and families) know when and where we'll be and what it is we'll be doing! Here are the details...

This December a group of local photographers in the community will be using their time, gear and expertise to give back to those in need. People are invited to come and enjoy the experience. They come, we take their photos and we deliver a professional 8x10 print back to them within 10 days. No charge. It's free!

Date: Saturday December 1st

Time: 10am - 4pm

Where: French Cultural Centre

702 Bernard Avenue, Kelowna

Contact: Jessica Balfour, Help Portrait Kelowna, 250.212.3383 or jessicabalfour@qmail.com

There are many of us excited to be doing it all again this year. It was such an incredible experience for all involved, on both sides of the camera! The only thing we ask is that you please get back to us as soon as you can with an estimate of how many people will be coming from your organization.

I understand this could be difficult to know, but it will help us as we organize the volunteers for the day. Thank you so much. i look forward to hearing back from you and seeing you in December! Please feel free to email me with any details or questions you may have. You can always call me as well.

--SOURCE: Help Portrait Kelowna, Jessica Balfour



PROVINCIAL

BC GETS "BARELY PASSING GRADE" ON WOMEN'S EQUALITY

A Vancouver non-profit legal organization has assigned what it describes as a "barely passing grade" to B.C. in its annual evaluation of women's rights in the province.

In a report released today (October 18), the West Coast Women's Legal Education and Action Fund gave a score of C- in its assessment of how B.C. is measuring up to obligations under the United Nations Convention on the Elimination of all Forms of Discrimination Against Women.

The organization argues that B.C. is falling particularly behind in the areas of women's access to justice, social assistance and poverty, and missing and murdered aboriginal women and girls.

According to West Coast LEAF legal director Laura Track, the issue of poverty is a common theme identified across all categories evaluated. Read the article>>>

--SOURCE: The Federation of Community Social Services of BC, Federation Weekly News Items - October 19th, 2012



...back to top

OUR HOME, OUR FUTURE: PROJECTIONS OF RENTAL HOUSING DEMAND & CORE HOUSING NEED TO 2036

In September, the <u>BC Non-Profit Housing Association</u> (BCNPHA) released Our Home, Our Future: Projections of Rental Housing Demand and Core Housing Need to 2036. The release comprises a report for all of BC and individual reports for 28 regional districts in BC. This is the first time that such projections are publicly available in BC and will assist the non-profit sector, housing planners and policy makers in planning for the future of housing BC. This is a significant



milestone for BCNPHA as we are seeking to build a non-profit housing strategy for the province so that all British Columbians have access to safe, secure and affordable housing.

- You can find the provincial report here.
- You can find all 29 reports here.

--SOURCE: First Call: BC Child and Youth Advocacy Coalition, The Child and Youth Advocate Newsletter, October 9, 2012

...back to top

NEW REPORT: MÉTIS YOUTH HEALTH IN BC

The McCreary Center Society's first ever BC Métis youth health report is now available and can be <u>downloaded here.</u>

This brief report explores the health picture of Métis youth in British Columbia. It is based on data from the 2008 BC Adolescent Health Survey (AHS).

The data presented here is about Métis youth in the mainstream public school system, and includes youth who were present on the day the survey was administered. It therefore may not be representative of all Métis youth in the province.



This report shows that the majority of Métis youth aged 12 to 19 years are doing well, and also highlights the protective factors which are associated with reduced risk behaviours and improved health outcomes.

--SOURCE: First Call: BC Child and Youth Advocacy Coalition, The Child and Youth Advocate Newsletter, October 9, 2012

...back to top

PUBLIC CHILD CARE FOR \$10/DAY: NEW FACT SHEET TO SHARE AND DISCUSS

There's a great new fact sheet available to help raise awareness of and increase support for the Community Plan for a Public System of Integrated Early Care and Learning. The fourth in a series of fact sheets on different aspects of the plan, \$10 A Day Childcare: A Key to Ending Family Poverty explains how affordable, high quality child care is key to an effective poverty reduction strategy, and the impact of poverty on healthy child development. The fact sheet points out that child care fees for children are the second highest family expense (after housing), and that government and business also benefit from public investments in child care. Click here to download the fact sheet.



--SOURCE: The Federation of Community Social Services of BC, Federation Weekly News Items - October 19th, 2012

...back to top

NATIONAL

OTTAWA SPENDS \$3 MILLION TO BATTLE FIRST NATIONS CHILD WELFARE CASE

OTTAWA -- The federal government has been billed more than \$3 million for its unsuccessful attempts to keep a high-stakes battle over First Nations child welfare out of the courts.



Invoices obtained through Access to Information show the Justice Department, acting on behalf of Aboriginal Affairs, paid out at least \$3.1 million for legal services between 2007 and June 2012.

Government lawyers were trying to quash claims from First Nations child rights advocates that Ottawa is short-changing native communities by funding child welfare services at 22 per cent below provincial levels.

The First Nations Child and Family Caring Society and the Assembly of First Nations launched a human rights challenge that dates back to 2007. Read more>>>

--SOURCE: The Federation of Community Social Services of BC, Federation Weekly News Items - October 2nd, 2012

UN CHILDREN'S COMMITTEE CONCLUDING OBSERVATIONS ON CANADA'S COMPLIANCE WITH CHILD RIGHTS TREATY

The Concluding Observations from the UN Committee on the Rights of the Child's third review of Canada's compliance with the UN Convention on the Rights of the Child are now available and include recommendations for action that would greatly improve conditions for children in Canada.

You can see the UN's recommendations here.

You can see First Call's previous newsletter article about this topic here.

<u>The Canadian Coalition for the Rights of Children</u> will be pursuing implementation of these recommendations. Check out their website in the coming weeks for a user-friendly summary and a more detailed analysis.

--SOURCE: First Call: BC Child and Youth Advocacy Coalition, The Child and Youth Advocate Newsletter, October 18, 2012

...back to top

ASSEMBLY OF FIRST NATIONS CALLS FOR STABLE & EQUITABLE FUNDING FOR FIRST NATIONS CHILDREN

The Assembly of First Nations (AFN) continues to press for real change for First Nations children in this country. On Sept 27thCanadian officials presented a report at the United Nations Committee on the Rights of the Child regarding policies and measures including their efforts in addressing the gaps between Aboriginal and non-Aboriginal children in the fulfillment of their rights to health and education.

The Assembly of First Nations also submitted a report to the United Nations Committee on the Rights of the Child. Here is one excerpt:

"The Government of Canada must address funding disparities (including eliminating an arbitrary 2% cap on funding that has been in place for over a decade) which negatively impact education, health and all areas of well-being. A fair and equitable funding formula must be immediately implemented for Funding Year 2012-2013 to provide children living on reserve with equity of opportunities that all children deserve."



You can view the full submission here.

--SOURCE: First Call: BC Child and Youth Advocacy Coalition, The Child and Youth Advocate Newsletter, October 9, 2012

..back to top

GOVERNMENT OF CANADA ANNOUNCES FUNDING TO PREVENT INJURIES IN CHILDREN'S SPORTS

Health Canada and the Public Health Agency of Canada announced investments in two projects to reduce the number of sports and recreation-related injuries among Canadian children and youth. Active and Safe Kids Manitoba, led by Recreation Connections Manitoba, will decrease sports and recreation-related injuries



in children and youth 19 and under through community level action and partnerships by developing two tool-kits for use by community organizations and families. Safety Guidelines for Physical Activity and Sport, led by Alberta Schools' Athletic Association, will decrease sports-related injuries by creating an online training tool for teachers and coaches. For more information visit phac-aspc.gc.ca.

--SOURCE: CharityVillage.com; Village Vibes, Oct 12, 2012

NEW REPORT ON INCOME INEQUALITY IN CANADA: TOWARDS A MORE EQUAL CANADA

Launching the next phase of its Equality Project, the Broadbent Institute has released a new discussion paper, "Towards a More Equal Canada", which analyses the causes of, and proposes solutions to, income inequality. The paper follows the springtime publication of a Broadbent Institute-commissioned Environics poll on income inequality that shows Canadians overwhelmingly support taking action to alleviate our growing inequality problem.



Through this paper, the Broadbent Institute hopes to further stimulate the national discussion on income inequality, and urges Canadians to ask their governments to take action.

Towards a More Equal Canada is freely available for <u>download on their website</u>.

To help get the word out, they have also enlisted the help of "Ed Broadbent" to make a video explaining their argument. You can watch it here.

In the coming weeks, the Broadbent Institute will be releasing a series of responses to this paper written by a number of prominent Canadians from across the political spectrum.

--SOURCE: First Call: BC Child and Youth Advocacy Coalition, The Child and Youth Advocate Newsletter, October 18, 2012

...back to top

DEFINITION OF HOMELESSNESS ACCEPTED ACROSS CANADA

by Ele Pawelski, Raising the Roof Volunteer

This month, the <u>Canadian Homelessness Research Network</u> introduced a <u>definition of homelessness</u> for Canada: "Homelessness describes the situation of an individual or family without stable, permanent, appropriate housing, or the immediate prospect, means and ability of acquiring it."

Created through a collaborative approach, the definition provides a common understanding of homelessness, and will assist in measuring the problem of homelessness and evaluating responses.

It is the first formal Canada-wide definition we've had. Policy-makers, researchers and practitioners across Canada have endorsed it.

The reason a definition is necessary is that without one, numbers of those considered to be homeless could radically go up or down, and it would be possible for a city to report an increase or decrease simply depending on who happened to be counted. More importantly, this could skew how programs or solutions to homelessness were presented.

--SOURCE: Raising the Roof, Housing Again Bulletin #155 October 2012



FIRST EVER CHIEF ECONOMIST FOR THE CHARITABLE AND NONPROFIT SECTOR

Imagine Canada has recently secured funds from the Muttart Foundation, the Ontario Trillium Foundation, the Vancouver Foundation, and an anonymous donor, to hire the first ever Chief Economist for the Charitable and Nonprofit Sector. This is a very exciting opportunity for a seasoned economist who is well-respected among his or her peers or for a highly-skilled young economist who is a recognized up-and-coming leader. Please help us identify potential candidates who would be particularly well suited for this position. Contact Michelle Gauthier, Vice President of Public Policy and Community Engagement, if you know of anyone who may be interested and please share this opportunity with your networks. Learn more here>>>



--SOURCE: Imagine Canada, Imagine Matters, October 30, 2012

...back to top

CALL TO ACTION ON UNCRC RECOMMENDATIONS FOR CANADA

The recent review of Canada's record on children's rights resulted in a large number of recommendations for Canada. <u>Here</u> is a call to action on those recommendations, prepared by the Canadian Coalition for the Rights of Children.



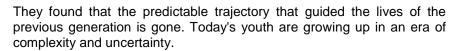
We invite you to share this with others. If you have comments or suggestions, please contact the CCRC.

--SOURCE: First Call: BC Child and Youth Advocacy Coalition, The Child and Youth Advocate Newsletter, October 29, 2012

...back to top

VITAL YOUTH - VITAL SIGNS CANADA

Every year, through Canada's Vital Signs, issues concerning youth rise to the top of the agenda: unemployment, high school completion rates and the challenges posed by record levels of inactivity and obesity. Consequently, this year Community Foundations of Canada decided to concentrate on youth issues – collecting disparate research from many sources to create a more complete picture of Canada's young people.





Current challenges for youth include:

- Education: the lag time between high school and post-secondary is increasing.
- Employment: 1 out of 3 25 to 29-year-olds with a post-secondary diploma moved into low-skilled occupations after graduation.
- Health: 3.2 million Canadian 12-19 year olds are at risk for developing depression. Yet, 3 out of 4 children and youth who need specialized treatment services do not receive them.
- Engagement: in the 1960s, about 70% of the members of a new cohort would vote in the first election in which they were eligible to participate; by 2004 it was only slightly over 30%.

You can read the full report, download the fact sheet and watch the video >>

--SOURCE: The Child and Youth Advocate Newsletter, First Call: BC Child and Youth Advocacy Coalition, October 29, 2012

LATEST SECTOR MONITOR REPORT RELEASED

Responses to the most recent edition of the Sector Monitor indicate a decrease in confidence among charity leaders over the past year. More leaders are predicting their charity will be weaker, in terms of its ability to carry out its mission in the near-and medium-term and that the financial and human resources of their organization will decrease over the near-term. In terms of recent experiences, more leaders are reporting their organizations currently face increased demand but stagnant revenues, compared to a year ago and they are less likely to report increased expenditures.

For complete data describing the state of the charitable and nonprofit sector, please download the full report and accompanying highlights report from the Sector Monitor section of the Imagine Canada website. This edition of the Sector Monitor is the sixth since the program began late 2009. The goal of the program is to provide regular, ongoing insight into the health and vitality of the sector.

--SOURCE: Imagine Canada, Imagine Matters, October 23, 2012



...back to top

WE WANT TO SHOW OFF YOUR PHOTOS!

Send us your photos by November 8 for upcoming Imagine Canada publications including our Trust in the Giving Season supplement.

Imagine Canada is currently working on a number of public-facing projects which includes our Trust in the Giving Season supplement in Maclean's (see above) and the redevelopment of web properties. If your organization has photos that convey the essence of your work and/or its impact in your community, we'd love to see them and show them to everyone else! If we use your photos in our publications or on our web properties, we'll give credit to the organization or company. Your photos may be used in general Imagine Canada materials or for other Imagine Canada products and programs. To see a collection of the great work happening in communities, visit our Imagine Canada Members and Caring Company Program photo albums on Flickr. Submission instructions and guidelines>>>



--SOURCE: Imagine Canada, Imagine Matters, October 23, 2012

STANDARDS PROGRAM: NEW INTAKE NOW OPEN

Imagine Canada is currently accepting applications for the Spring 2013 intake of our Standards Program. Final applications and supporting materials must be submitted through our online application by May 31, 2013. Organizations wishing to participate in this intake must submit their Participation Agreement and application fee before December 15, 2012. You are then given access to the following resources, tools, and support:



Strengthening Public Confidence in Canada's Charitable Sector: Overview of Imagine Canada's New Standards Program

- · web-based application software;
- an online community of practice where you can collaborate with other applicants;
- tailored support from staff including sample policies and procedures; and,
- staff support to prepare for accreditation (e.g., feedback on your application, etc.).

--SOURCE: Imagine Canada, Imagine Matters, October 9, 2012

MOVEMBER FOR MEN'S MENTAL HEALTH

The mustache-growing charity fundraiser, Movember Canada will be including men's mental health as part of this year's campaign. Movember Canada aims to reduce stigma and increase awareness and understand around men's health issues, including mental health. Mental health issues affect over 3.4 million Canadian men and boys each year. 1 in 4 cancer patients experience clinical depression and the risk of suicide in men with prostate cancer a similarly aged man without cancer. Movember Canada has and mental illness resource on their website. Get involved this

is over 4 times that of listed CMHA as a mental health Movember and support men's mental health

initiatives by signing up to be a Movember member, forming fundraising teams and rallying friends and family to get involved. For more information, go to <u>ca.movember.com</u>.

--SOURCE: CMHA, Mind Matters, October 2012

...back to top

RESEARCH

EXPLORATION OF ARREST ACTIVITY AMONG HOMELESS YOUNG ADULTS by Ferguson, KM; Bender, K; Thompson, SJ; Xie, B; Pollio, D.

Research suggests that in comparison with their housed peers, homeless young adults have disproportionately greater involvement in criminal activity, including theft, property offenses, and illicit substance use (Baer, Peterson, & Wells, 2004; Thompson, Jun, Bender, Ferguson, & Pollio, 2010). Because 20% to 30% of the nearly 2 million homeless young people have arrest histories (O'Grady & Gaetz, 2004; Whitbeck, 2009), a conservative estimate translates to 150,000 homeless young people encountering the criminal justice system each year. These estimates are



cause for societal and economic concern because criminal involvement among homeless young adults is associated with unemployment and labor market exclusion (O'Grady & Gaetz, 2004) and chronic adult homelessness (Tyler & Johnson, 2006).

Previous studies have suggested that homeless young people become more estranged from conventional institutions and prosocial groups the longer they remain on the streets (Thompson & Pollio, 2006). Those who have been homeless longer are also more likely than those who have been homeless for shorter durations to experience greater transience (Ferguson, Jun, Bender, Thompson, & Pollio, 2010). Geographic mobility prohibits bonding to prosocial institutions, such as family, school, and employment, and encourages interactions with....Read more>>>

--SOURCE: The Canadian Homelessness Research Network York University, Homeless Hub, October 16, 2012

MENTAL HEALTH, CONCURRENT DISORDERS, AND HEALTH CARE UTILIZATION IN HOMELESS WOMEN

by Strehlau, V; Torchalla, I; Kathy, L; Schuetz, C; Krausz, M.

This study assessed lifetime and current prevalence rates of mental disorders and concurrent mental and substance use disorders in a sample of homeless women. Current suicide risk and recent health service utilization were also examined in order to understand the complex mental health issues of this population and to inform the development of new treatment strategies that better meet their specific needs.

A cross-sectional survey of 196 adult homeless women in three different Canadian cities was done. Participants were assessed using DSM-IV-based structured clinical interviews. Current diagnoses were compared to available mental health prevalence rates in the Canadian female general population.



Current prevalence rates were 63% for any mental disorder, excluding substance use disorders; 17% for depressive episode; 10% for manic episode; 7% for psychotic disorder; 39% for anxiety disorders, 28% for posttraumatic stress disorder; and 19% for obsessive-compulsive disorder; 58% had concurrent substance dependence and mental disorders. Lifetime prevalence rates were notably higher.

--SOURCE: First Call: BC Child and Youth Advocacy Coalition, The Child and Youth Advocate Newsletter, October 18, 2012

...back to top

HOMELESSNESS INDEPENDENTLY PREDICTS INJECTION DRUG USE INITIATION AMONG STREET-INVOLVED YOUTH IN A CANADIAN SETTING

by Feng, C; DeBeck, K; Kerr, T; Mathias, S; et al.

This study examines the association between homelessness and injection drug use initiation among a cohort of street-involved youth in a setting of high-prevalence crystal methamphetamine use.



--SOURCE: The Canadian Homelessness Research Network, York University, Homeless Hub Newsletter, October 30, 2012 (Journal of Adolescent Health)

RESOURCES

MAJOR FINDINGS AND FIRST NATIONS CHILD WELFARE

New Information Sheets on the CIS-2008 Major Findings and First Nations Child Welfare

The Canadian Child Welfare Research Portal (CWRP) just released two new series of Information Sheets. Please be aware that more Information Sheets will be published over the next few weeks.

--SOURCE: The Federation of Community Social Services of BC, Federation Weekly News Items - October 26th. 2012



HELP WANTED. APPLY WITHIN: TIPS FOR HIRING FOR DIFFICULT-TO-FILL POSITIONS

"When you can't afford the talent you need, you have to be creative. We don't have the luxury of finance and we need our staff to push hard, so we have to recognize that."

Free the Children's Rann Sharma is talking about the challenge of finding and keeping staff. While you might think that an organization with tons of media coverage, youthful employees and a global profile would be a stranger to the hiring and retention dilemmas that face your nonprofit, you'd be mistaken. It's not just you: nonprofit hiring is a tough gig.

A highly informal qualitative survey recently asked professionals in the nonprofit sector which nonprofit staff positions are the most difficult to fill. Read more>>>

--SOURCE: CharityVillage.com; Village Vibes, Oct 15, 2012



...back to top

DESPITE DECLINE, SPANKING & SLAPPING CHILDREN REMAINS NORMATIVE; CANADIAN REVIEW RAISES CONCERNS

Analysis of results from four surveys using a standardized measure conducted between 1975 and 2002 in the Unites States (three national samples, and one conducted across the Carolina states) shows a moderate decrease in parent-reported use of spanking and slapping. Across all four surveys rates of spanking or slapping dropped most rapidly for six to eight year olds, from 80% in 1975 to 60% in 2002, while remaining high for children in the three to five year old range (over 80%). While the authors note that the decline in self-reported rates of spanking or slapping may reflect the beginning in an encouraging trend, they note, however, that nearly a third of parents reported using an object to hit and discipline their children.



--SOURCE: The Federation of Community Social Services of BC, Federation Weekly News Items - October 5th, 2012

...back to top

ONLINE: CENTRAL OKANAGAN PARENTING RESOURCE

'Parenting with Pizzazz' Online (PwP Online) launches in November of this year. The website and e-newsletter is for parents and families in the Central Okanagan looking for parenting information. For Service providers PwP Online will be a great opportunity for you to promote your program and services. Some features are: a blog, an events calendar, Aboriginal parenting information, a quarterly e-newsletter, feature articles from local educators, and a searchable data base of program and services.



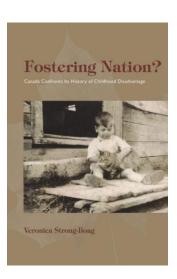
Please help us create the best possible resource by providing us with the name of a contact person in your agency who will provide us with updated information. http://parentingwithpizzazz.kcr.ca/?page_id=150 Helen Mills, PwP Online Coordinato, will be collecting and entering the data you provide.Please email her at helen.mills@thebridgeservices.caor or call 250 763-0456 ext. 231.

--SOURCE: Community Action Toward Children's Health, CATCH Network Newsletter October 22, 2012

BOOK: FOSTERING NATION? CANADA CONFRONTS ITS HISTORY OF CHILDHOOD DISADVANTAGE

Veronica Strong-Boag, a professor of Women's and Gender Studies and of Educational Studies at the University of British Columbia, is the winner of this year's Canadian Federation for the Humanities and Social Sciences Canada Prize for Social Sciences. She received the prize for her recently-published book: Fostering Nation? Canada Confronts Its History of Childhood Disadvantage.

Fostering Nation? Canada Confronts Its History of Childhood Disadvantage explores the missteps and the promise of a century and more of child protection efforts by Canadians and their governments. It is the first volume to offer a comprehensive history of what life has meant for North America's most disadvantaged Aboriginal and newcomer girls and boys. Fostering Nation? breaks much new ground for those interested in social welfare, history, and the family. It offers the first comprehensive perspective on Canada's provision for marginalized youngsters from the nineteenth to the twenty-first century. Its examination of kin care, institutions, state policies, birth parents, foster parents, and foster youngsters provides ample reminder that children's welfare cannot be divorced from that of their parents and communities, and reinforces what it means when women bear disproportionate responsibility for caregiving.



- purchase a copy of the book from the Wilfred Laurier University Press here.
- read about and watch a short interview with Veronica about her book and her recommendations for solutions here>>>

--SOURCE: Community Action Toward Children's Health, CATCH Network Newsletter October 22, 2012 (First Call)

...back to top

VICTORIA'S VITAL SIGNS: GREATER VICTORIA'S ANNUAL CHECK-UP

The Victoria Foundation recently release their annual Victoria's Vital Signs Report, a community check-up that evaluates the Capital Region as a place to live, learn, work and grow. It measures the health of Victoria and assigns grades in a number of areas that are critical to Victoria's vitality. You can read the full report here.

Also check out the Special Feature on Physical Literacy and Children: Do our children have a healthy future?

The Foundation explained that some worrying trends in past Vital Signs reports concerning physical activity rates and obesity caused them to turn their attention to the children in their community. You can <u>read the full special feature here.</u>



CONNECTING PEOPLE WHO CARE WITH CAUSES THAT MATTER®

--SOURCE: First Call: BC Child and Youth Advocacy Coalition, The Child and Youth Advocate Newsletter, October 18, 2012

...back to top

THOSE CRAZY TEENS!

We have all found ourselves wondering why teens do the things that they do. Where do they get such hair-brained ideas and why do they follow through with risky behaviours? Reflecting back on my teenage years, there are definitely a few things that in hindsight I wonder why I thought they were good ideas. But are those years of teenage risk actually necessary? Do we need to always protect our children from taking risks?



New research published in <u>The Proceedings of the National Academy of Sciences</u> is starting to give a clearer understanding of how the minds of teenagers work and why. Lead author of the study, Agnieszka Tymula, explains:

"Relative to adults, adolescents engage more in unknown risks than they do in known risks." Could this type of engagement in risk-taking behaviour actually be a part of the evolutionary process?

In the study, researchers examined the differences in risk-taking behaviours amongst a group of 33 teens, aged 12 to 17, and compared their responses to those of a group of 30 adults, aged 30 to 50. The study was based around a gambling game: participants could choose between a guaranteed \$5.00 reward or they could try to win a larger payout at the risk receiving no money at all. Throughout rounds of the game participants were lead to believe that their chances of winning ranged from 25% to 75%, when in reality there was always a 50% chance of winning. This setup allowed researchers to examine participants' thoughts about ambiguity in addition to observing their risk-taking behaviours. Read More>>>

--SOURCE: BC Coundil for Families, HealthyFamilies, October 15, 2012

...back to top

ENABLING SUSTAINABILITY POLICY AND PLANNING AT THE LOCAL LEVEL: THE EXAMPLE OF FOOD POLICY

This paper, by Wendy Mendes of the University of British Columbia, is intended to familiarize the reader with a sustainability approach to the implementation of healthy food policies. The paper is now available for download here.



Centre de collaboration nationale sur les politiques publiques et la santé

National Collaborating Centre for Healthy Public Policy

--SOURCE: BC Healthy Communities, Activity E-Brief Issue #113| October 10, 2012

...back to top

NEW LOCAL CHILD CARE VIDEO

<u>Check out this great local video</u> on the value of child care for all of BC's families and communities by Gen Why Media (4 mins long). Let's work together to make child care work for everyone!

--SOURCE: First Call: BC Child and Youth Advocacy Coalition, The Child and Youth Advocate Newsletter, October 9, 2012



...back to top

NEW RESOURCE ON CHILD CARE VS EARLY LEARNING

This <u>new resource</u> produced by the North Shore Community Resources Society gets to the bottom of three common myths about Child Care and Early Learning:

Myth #1 Child care and early learning are two different things.

Myth #2 Child care is mainly custodial care.

Myth #3 Only early learning programs/preschool programs prepare

children for school

--SOURCE: First Call: BC Child and Youth Advocacy Coalition, The Child and Youth Advocate Newsletter, October 9, 2012



IMPORTANCE OF NATURE PUBLICATION

Exchange Everyday - "A growing body of research attests to the importance of access to nature -- even if only a small patch of trees on marginal urban land -- for human health and well-being,"writes Louise Chawla in the Bernard van Leer publication, Living Conditions: The Influence on Young Children's Health (bernardvanleer.org). Some research findings cited by Chawla: Studies show links between access



to nature and ability to sustain concentration, delay gratification and cope with stressors. Ethnographic observations of children's play show that games are more imaginative and creative in natural habitats. Play in nature has been found to promote physical agility and social confidence. Natural environments tend to encourage play that is gender-neutral or that brings boys and girls together. Natural play fosters a deep sense of connectedness to the larger universe of living things. Read more>>>

--SOURCE: Community Action Toward Children's Health, CATCH Network Newsletter October 8, 2012

...back to top

TOOLS FOR A HEALTHIER WORKPLACE

We are excited to introduce <u>WellnessFits</u>, a partnership between the Canadian Cancer Society BC and Yukon and the province of British Columbia's Healthy Families BC. WellnessFits provides employers with free tools to create healthy, active workplaces. By encouraging healthy living at work, employees can reduce their risk of cancer and other chronic diseases. To learn more about WellnessFits and the flexible program options for businesses of any size, visit wellnessfits.ca



--SOURCE: Canadian Cancer Society, Fall 2012 eNewsletter

...back to top

INVESTING IN OUR YOUTH AND CHILDREN - THE BUSINESS CASE

The <u>Conference Board of Canada</u> recently launched a new report, <u>Employer Involvement in the Health and Well-Being of Children and Youth</u>. The report highlights the benefits all Canadian employers stand to gain by investing in workplace initiatives or community-based programs that support the health and socio-economic well-being of children and youth. The Board also released another report, <u>Healthy Youth: Why Employers Should Care and What They Can Do—The Case for Business Action</u>, which presents the business case for why employers and organizations should invest in the health of youth and the communities in which they operate. The reports make reference to the work of <u>Raising the Roof</u>.

The Conference Board of Canada Insights You Can Count On

--SOURCE: Raising the Roof, Housing Again Bulletin #155 October 2012

IMAGINE CANADA RELEASES SIXTH SECTOR MONITOR REPORT

Imagine Canada published their sixth Sector Monitor Report this week. Here are a few key highlights.

First, sector leaders are predicting that their organizations will be weaker in terms of their ability to perform their mission over the near- and mid-term. The percentages of leaders forecasting increased revenues, paid staff, and expenditures are at record lows. This all adds up to a continued decrease in confidence.



Leaders surveyed for the report also reported that revenues are remaining fairly stagnant, as are expenditures. This could indicate that charities are being extra careful in how they spend their funds during these uncertain times.

Additionally, charities are increasingly reporting a higher demand for their services. At the same time, the number of charity leaders who predict having difficulty covering their charity's expenses sometime between three months and a year from now is rising.

The good news? There has been no increase in the number of charities reporting high stress levels or difficulty in fulfilling their mission. It appears that, at least for the time being, organizations are managing to handle these increased pressures.

For more information, and to read the full report, visit <u>imaginecanada.ca</u>.

--SOURCE: CharityVillage.com; Village Vibes, Oct 24, 2012

...back to top

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--SOURCE: Raising the Roof, Housing Again Bulletin #155 October 2012

..back to top

HOUSING AND HEALTH: EXAMINING THE LINKS

The aim of this paper is to provide an overview of effective interventions for housing and homelessness that are linked to positive health outcomes in vulnerable populations in order to facilitate the design and implementation of health-supportive housing policies and to offer recommendations on directions forward in research and practice. Continue reading>>>



--SOURCE: The Canadian Homelessness Research Network, York University, Homeless Hub Newsletter, October 30, 2012

NATIONAL RESEARCH AGENDA 2012: PRIORITIES FOR ADVANCING OUR UNDERSTANDING OF HOMELESSNESS

Research-based solutions are critical to progress: Homelessness Research Agenda in the US outlines where more valuable work can be done to solidify best practices U.S. Interagency Council on Homelessness. Read more>>>

--SOURCE: The Canadian Homelessness Research Network, York University, Homeless Hub Newsletter, 2012 October 30



NEW RESOURCE FOR BC SOCIAL WORKERS AND SOCIAL SERVICE COMMUNITY

This new blog was created as a way of supporting the social workers and the social service community within B.C. to share information, resources, news, and events. It includes many resource links that are used in day-to-day work. The site also features media, research, educational information and campaigns of interest.

BC Social Workers

Information, Employment opportunities, Resources, News and Events

It can be viewed here: bcsocialworkers.blogspot.ca/

--SOURCE: First Call: BC Child and Youth Advocacy Coalition, The Child and Youth Advocate Newsletter, October 29, 2012

...back to top

PUBLIC INVESTMENTS IN EARLY CHILDHOOD EDUCATION AND CARE IN CANADA 2010

This report, published by Human Resources and Skills Development Canada, is similar in format and information to Early Childhood Education and Care in Canada (1992, 1995, 1998, 2001, 2004, 2006, 2008) developed and published by the Childcare Resource and Research Unit. Data is provided for each province and territory as well as for the federal government. Comparative and longitudinal tables are included. You can download the full report in pdf (English) (French) or read the report chapters online (English) (French) here>>>

--SOURCE: The Child and Youth Advocate Newsletter, First Call: BC Child and Youth Advocacy Coalition, October 29, 2012



...back to top

WHAT CAUSES ANXIETY DISORDERS TO DEVELOP?

The specific causes of anxiety disorders are unknown, in spite of one-in-eight Americans being affected by them. Aswith most mental illnesses, anxiety disorders are thought to be caused by a combination of factors. It's likely genetic, psychological and environmental factors come together to cause anxiety disorders. Medical conditions are also known to cause an anxiety disorder. Read more>>>

--SOURCE: BC Schizophrenia Society - Kelowna Branch, Isabelle Eini, Office Coordinator



BACK FROM THE BRINK: HOW NONPROFITS BOUNCE BACK FROM CRIPPLING FUNDING CUTS

Nestled amongst the lush greenery of Langley, British Columbia, the Langley Senior Resources Society has spent the last 30 years offering services that help the elderly maintain their independence. Then, in 2009, the centre's contract for outreach programs – which included transportation assistance, home visits, information and referrals, telephone buddies and more – was abruptly terminated by the Fraser Health Authority.



Without the bulk of their funding, the outreach program was forced to cut staff and services. Read more>>>

--SOURCE: Imagine Canada, Imagine Matters, October 23, 2012

...back to top

HOUSING AND HARM REDUCTION: A POLICY FRAMEWORK FOR GREATER VICTORIA

Prepared by the University of Victoria Centre for Addictions Research BC, Housing and Harm Reduction: A Policy Framework for Greater Victoria, is a guide for the successful integration of harm reduction practices and philosophy into housing first strategies as they are implemented in our community. Read the policy here>>>

--SOURCE: The Canadian Homelessness Research Network, York University, Homeless Hub Newsletter, October 23, 2012 (Pauly, Bernie; Reist, Dan; Schactman, Chuck; Belle-Isle, Lynne)



...back to top

HARM REDUCTION THROUGH A SOCIAL JUSTICE LENS

Unequal health outcomes and unfair access to health care has been identified as a major problem in Canada, even though publically health care is available for all residents. People who use drugs and are street involved face major barriers to health care and their life expectancy is lower than those of the general public. A person's social position is strongly tied to his/her quality of life and those at the bottom of the social ladder generally have the poorest health. The individual values of health care staff often get in the way of those that need health care the most. Read the research summary>>>

--SOURCE: The Canadian Homelessness Research Network, York University, Homeless Hub Newsletter, October 23, 2012



BOUNCE BACK: RECLAIM YOUR HEALTH SELF HELP PROGRAM

Stressed? Depressed? and want skills...not just pills? Bounce Back is an evidence-based, supported self-management program led by CMHA BC and designed to help adults experiencing symptoms of mild to moderate depression, low mood or stress with or without anxiety. There are two services available with Bounce Back: a self-help DVD, and workbooks with telephone coaching. The Bounce Back program is offered across BC



in English, Mandarin and Cantonese. Talk to your doctor about a referral to Bounce Back™ –a free skills-building program to help adults feel better. For more information call 1-866-639-0522 or visit bouncebackbc.ca.

--SOURCE: CMHA, Mind Matters, October 2012

THE CHILDREN'S MENTAL HEALTH RESEARCH QUARTERLY

Our theme for this issue is: Intervening after intimate partner violence

Articles include:

- Intimate Partner Violence and its impact on children
- How helping women helps their children
- What are the origins of evidence-based practices?

Click here to read this issue>>>

--SOURCE: Children's Health Policy Centre



...back to top

COMPUTER LAB

Frustrated with your computer? Afraid to use your computer? Cone and join us and have some fun learning basic computer skills.

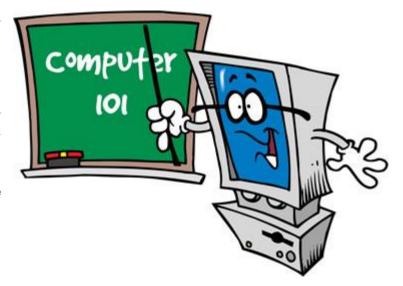
We will be offering basic computer training to all individuals who would be interested in learning basic word, how to set up email accounts, internet searches, learn how to use the keyboard and typing skills. You can also work with Mavis Beacon Teaches Typing to learn typing skills.

We have 10 computers in our lab and if you are interested, you may drop in at the following times for one-on-one instruction:

Monday: 12pm – 4pm Wednesday: 9am – 1pm Thursday: 2:30 – 4:30pm

Location: Westbank First Nation

Community Health Services 1900 Quail Lane, Westbank



The computer lab is also open Monday to Friday 8:30 am - 4:30 pm so that individuals can drop in anytime to use at your convenience.

Contact Coreen Bernier, Employment coordinator, for more info at 250.768.0227.

SOCIAL MEDIA

MUST HAVE MOBILE APPS FOR NONPROFIT PROFESSIONALS

I was going to spare you yet another article about mobile technology that starts with a statistic, but I just couldn't help myself...smartphone penetration in Canada will hit 55% by the end of the year!

Whether you've got a perennial red light flashing on your BlackBerry, a low battery indicator on your iPhone, or you are trying to unlock your droid with your face, chances are you're carrying a smartphone device. Or, you will be soon!



One of the characteristics of a smartphone is the ability to run an operating system and installed applications (apps). You are likely loading up your device with obvious essentials like a favourite Twitter app, Skype, Gmail and Google docs, Old-ify and Angry Birds.

Great, so you can tweet, talk, email and make your friends look ugly. What else are you stuffing into your phone? Here are some suggestions for useful professional apps to get you started>>>

--SOURCE: CharityVillage.com; Village Vibes, Oct 4, 2012

...back to top

ARTEZ INTERACTIVE INTRODUCES NEW FUNDRAISING APP FOR FACEBOOK

Artez Interactive recently launched the Friendship Powered Fundraising (FPF) app for Facebook, the only event fundraising app that runs entirely within Facebook. The Artez FPF app leverages the unique power of friends to help fundraise within Facebook for charity ride, walk or cycle campaigns; share information about fundraising targets; track progress and post updates and pictures about the events – all with just a few clicks - and without ever leaving Facebook. For more information visit artez.com.



--SOURCE: CharityVillage.com; Village Vibes, Oct 24, 2012

...back to top

CANADIAN P2P FUNDRAISING PLATFORM YOYOMOLO.COM GETS AN UPDATE

Yoyomolo is a peer-to-peer online fundraising platform created by Montreal-based ODE Technologies. The platform allows people to create bilingual fundraising pages to raise money for their favourite charitable causes. Users can create individual or team-based campaigns - adding photos, videos and personalized messages - in addition to tapping into a number of social networks to solicit donations from friends and family.

A PRO version is also available for charities, allowing them to create custom fundraising pages and process donations online, with the platform issuing charitable tax receipts on their behalf.

yoyomolo for a butterfly effect

For more information visit voyomolo.com.

--SOURCE: CharityVillage.com; Village Vibes, Oct 17, 2012

IPAD & IPHONE PEEK

A simple tool that allows you to see what your website looks like on an iPad and iPhone. While no replacement for the real thing, nonprofits can at least get a peek at how their desktop site looks on mobile devices.

--SOURCE: Heather @ DIOSA Communications & Nonprofit Tech 2.0, October 8, 2012



...back to top

#GIVINGTUESDAY

A new campaign that encourages individuals and businesses to think differently about the holiday season. To begin on Tuesday, November 27, the campaign aims to inspire increased philanthropy, conscious consumerism, and volunteerism during the holidays. Find out more>>>



--SOURCE: Heather @ DIOSA Communications & Nonprofit Tech 2.0, October15, 2012

...back to top

OUTLOOK.COM

Named one of TIME's 50 Best Websites of 2012, <u>Outlook.com</u> is Microsoft's new Web-based email service. With its design and tool set consistent with the soon-to-be-released Windows 8, nonprofits would be wise to sign up and reserve their first choice of Outlook e-mail addresses as soon as possible. Read more at <u>Time.com>>></u>



--SOURCE: Heather @ DIOSA Communications & Nonprofit Tech 2.0, October 22, 2012

TRAINING

TRAUMA TO RESILIENCY: OUR ROLES IN HELPING MOVE FAMILIES FORWARD

Training is open to Childcare Providers & ECD Professionals, AIDP/IDP and ASCD/SCD Consultants, Headstart Staff and Therapists, Foster parents and extended caregivers, Any Professionals working with children aged 0-6 years in the Interior Region.



For More Information Contact Connie Dean, AIDP Regional Advisor, First Nations Friendship Centre at 250.542.1247, or email aecd-connie@telus.net.

Date: December 1, 2012 Time: 9am – 4:30pm

Cost: \$25

Location: Vernon College Campus

7000 College Way, Vernon BC

--SOURCE: Community Action Toward Children's Health, CATCH Network Newsletter October 22, 2012

...back to top

FOSTERING RESILIENCY WITH ABORIGINAL CHILDREN AND FAMILIES

This workshop is desinged for individuals working with Aboriginal children and families. We will begin by exploring what happens in the body when a child experiences trauma and how this impacts them mentally, emotionally, spiritually, physically and academically.

An Aboriginal historical perspective will be shared from a context of inspiration, strength and resiliency. We will discuss how this history continues to impact the children and families you work with. We will bring closure to the day by exploring the unique factors that foster resiliency with Aboriginal children and how these are relevant to your programs and how they can be strategically woven into programming.

Dates: November 7, 2012: Vancouver

November 8, 2012: Kelowna

Cost: \$195.00; includes a copy of new resource *The Ripple*

Effect of Resiliency: Strategies for Fostering

Resiliency with Indigenous Children.

For more information and to register visit www.littledrum.com or email littledrum@telus.net.

--SOURCE: Little Drum Consulting, Monique Gray Smith



BOARD VOICE CONFERENCE AND AGM FOCUSING ON ADVOCACY AND INNOVATION

Date: November 23rd and 24th, Richmond

You can find the Program highlights, programs, speakers and registration here>>>

Presentations and Panels include:

- Al Etmanski's "Is There Truth in Advocacy";
- Seth Klein "Talking Taxes: Are British Columbians Willing to Pay More to Support Our Community Services, and If So, How Can More Revenues Be Raised?"
- Carole James and Gordon Hogg with their take on the political scene in B.C. as we come up to an election;
- Dawn Hemingway, Adrienne Montani, Paul Lacerte, Tim Beachy and Tim Agg will speak to issues of advocacy and sector branding.
- Finally, six high-powered workshops will cover areas of leadership, fund raising, executive hiring, collaborative communities and the nuts and bolts of setting up co-ops.

--SOURCE: First Call: BC Child and Youth Advocacy Coalition, The Child and Youth Advocate Newsletter, October 18, 2012



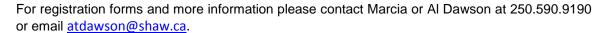
...back to top

2013 INDIGENOUS WOMEN IN LEADERSHIP GATHERING - CALL FOR PRESENTERS

Dates: May 24, 25, & 26, 2013 in Victoria BC.

The theme for the Gathering is hl'daxgyetdim Haanak' which means "Strength of a Woman". This exciting event will bring together brilliant, and inspiring Indigenous Women from across BC, Canada and Internationally and will focus on 4 sub-themes: Health and Healing; Strength and Resilience; Leadership and Mentorship; Seven Sacred Teachings.

Pre-Registration is now OPEN – to reserve a seat, a \$100 deposit is required on or before November 6, 2012. Registration opens January 7 to March 28, 2013. Seats will sell out fast for this highly anticipated event.



--SOURCE: First Call: BC Child and Youth Advocacy Coalition, The Child and Youth Advocate Newsletter, October 9, 2012



...back to top

OC TRADES PROGRAM PROFILE UPDATE

Please note there are new program intakes in all the trades department worksheets as well as a major change in the Mechanical Building Trades Department as follows - Starting in February 2013 the rotating Plumber program will be replaced with the new Plumbing and Piping program This 25-week program is being compressed into 24-weeks so the daily class times are being lengthened by 15 minutes. In addition to all of the components of the Plumber program the new program includes Level 1 training in Domestic/Commercial "B" Gasfitter, Steamfitter/Pipefitter and Sprinkler System Installer.



--SOURCE: Trades & Apprenticeship, Okanagan College, Dianne Holm, Recruitment, Marketing and Event Coordination

CHILDREN, YOUTH AND ADULTS WITH DEVELOPMENTAL DISABILITIES CONFERENCE

The 3rd Health & Wellbeing in Children, Youth and Adults with Developmental Disabilities Conference: Challenging Behaviour - The Tip of the Iceberg conference, will provide educational and informative updates on psychiatric, behavioural and complex health components specific to individuals with DD, and showcase best practices in the field. Specifically, the conference will focus on approaches to complex challenging behaviours, contributing medical issues and new developments in medication and behavioural treatment. In addition, the conference will address important health and mental health issues and will review common genetic syndromes such as Down Syndrome. This conference will engage health care providers and educators from a wide range of professional disciplines in knowledge transfer and interprofessional collaboration in order to maximize health and wellbeing so as to minimize disability and improve quality of life. The format will include plenaries, breakout sessions and poster sessions.



Dates: Main Conference - November 15-16

Focused Workshops - November 17

Registration: Early-bird deadline for registration & hotel accommodation is October 11, 2012

Contact info: Marina Martin, UBC Interprofessional Continuing Education, 1.604.822.7524, marina.ipce@ubc.ca, or

interprofessional.ubc.ca

--SOURCE: Community Action Toward Children's Health, CATCH Network Newsletter October 8, 2012

...back to top

UNDERSTANDING AND CARING FOR ADULTS AND ADOLESCENTS WITH FASD

FASD is an invisible disability. The challenges with learning and functioning experienced by the person living with FASD are caused by brain damage. Although individuals learn strategies to cope with their everyday challenges, the brain damage is permanent. The prenatal effects of alcohol vary and therefore the strengths and needs of those living with FASD vary widely and may fluctuate from day to day and situation to situation. Supports need to responsive, respectable, creative, and flexible. All individuals have strengths that need to be recognized, identified and nurtured.



Date: Wednesday, 20 February 2013

Time: 9am - 4:pm Location: WJS Canada

2 11491 Kingston Street

Maple Ridge, BC

Cost Early Bird: Register by Dec 15, 2012 - \$160.00

Group Rate (3 or more): Register by: Feb 13, 2013 - \$150.00

For more information, and to register>>>

--SOURCE: WJS Canada Training, October 26, 2012

...back to top

GAINING THE POWER TO PARENT

Workshop for Parents and Teachers a DVD Course by Dr. Gordon Neufeld, Developmental Psychologist, and facilitated by Terri Elwood, MS, SLP: Making Sense of Preschoolers.



When: 12 Thursday mornings:

November 1–29, December 6, 2012, January 10–February 14, 2013

Times: 10:30am-11:30am

Delivery: ½ hr DVD followed by ½ hour discussion

Location: Kelowna Gymnastix,

225 – 189 Springfield Rd. (Behind Buckerfield's on Springfield)

Cost: \$99/person. Childcare available for \$5/child.

For more information and registration contact Terri at Insight for Parents at 778.484.535 or terrijoy@insightforparents.ca.

--SOURCE: Insight for Parents, Terri Elwood

...back to top

CAREGIVING RELATIONSHIP AND INFANT MENTAL HEALTH: FREE WEBINAR

The Child Welfare League of Canada (CWLC) invites you to the next event in our Mental Health Knowledge Network (MHKN) webinar series.

The MHKN is a compelling webinar series on child, youth, and family mental health issues specifically designed for frontline workers. Relevant information conveniently delivered to your desktop!



Topic: "The Caregiving Relationship and Infant Mental Health"

Date: Thursday, November 29, 2012

Time: 2pm - 3pm EST

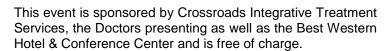
--SOURCE: The Federation of Community Social Services of BC, Federation Weekly News Items - October 26th, 2012

...back to top

THE STORY BEHIND ADDICTION - THE DRUGS, THE REMEDIES, THE ISSUES

Crossroads is proud to announce an afternoon of discussion as part of our activities as part of National Addiction Awareness Week....four speakers, four interesting and relevant topics related to addiction.

You are invited to attend The Story Behind Addiction – the drugs, the remedies, the issues on Tuesday, November 20, from 12:30pm-4pm, at the Best Western Hotel & Conference Center – Hwy 97 and Leckie Road. Please RSVP by November 13 to hold your seat – limited seating available.





--SOURCE: Crossroads Treatment Center Society, Shelley Gilmore, Executive Director



STRENGTHENING ORGANIZATIONS: 12 PRACTICAL WEBINARS

With top-of-mind topics selected to complement each other, this set of webinars is intended to help your organization assess and minimize its risk in key areas. If you are thinking of participating in Imagine Canada's Standards Program, these webinars will also help get you ready. Keeping your busy schedule in mind, each webinar is one hour in length and includes a Q&A session where you will gain valuable insights from topic experts. All webinars will be recorded – access them whenever you want from wherever you want.



Tell your colleagues! Share this webpage (see above) or download a PDF flyer containing information about this series of webinars.

Register for individual webinars or subscribe to the entire series>>>

iss a live webinar presentation? No worries! Each one will be recorded and you can view them as many times as you like until August 31, 2013.

For more information, contact webinars@imaginecanada.ca

--SOURCE: Imagine Canada, Imagine Matters, October 23, 2012

...back to top

WORKSHOPS: CRISIS & TRAUMA RESOURCE INSTITUTE INC.

The Crisis & Trauma Resource Institute Inc. is offering the following workshops this fall in British Columbia. For detailed information please go to: <u>British Columbia Public Workshops</u>.



- ANXIETY Practical Intervention Strategies Kamloops: November 20, 2012
- <u>DEPRESSION</u> Practical Intervention Strategies
- Kamloops: November 21, 2012
- CRITICAL INCIDENT GROUP DEBRIEFING

Kelowna: December 10, 2012 (early rate deadline November 19)

Critical Incident Group Debriefing (CIGD) is a short-term group intervention process that focuses on an immediate crisis. Participants of this skills based workshop will not only learn how to facilitate a group debriefing, but also have a better understanding of when a group debriefing might not be appropriate...more info>>>

--SOURCE: CTRI Inc., Delayne Hogan, Public Workshop Coordinator

..back to top

THE SCIENCE OF HAPPINESS: INCREASING YOUR POSITIVE WELL-BEING

Date: Tuesday, November 6, 2012

Presenter: Dr. Mark Holder

UBC Okanagan, Department of Psychology

Time: 7pm to 8:30pm
Location: Mary Irwin Theatre
421 Cawston Ave

421 Cawston Ave

Cost: Open to Public—FREE

Registration: http://sciencehappinesswellbeing.eventbrite.ca/?ebtv=C#



Medicine and psychology have traditionally focused on dysfunction and illness (i.e., what is wrong with you and how do we fix it). Recently, science has placed an increased emphasis on posi□ve well-being (i.e., what is right with you and how do we promote it). Dr. Mark Holder leads a research team investigating the science of happiness. With humor and knowledge, he will outline recent research findings related to human flourishing, spirituality, optimism, personal relationships, and life sactisfaction.

You will learn about research-based strategies to increase your well-being, and promote the happiness and life satisfaction of those you love.

Questions? Email Deb Deorksen at debbie.deorksen@ubc.ca

--SOURCE: UBCO, Tracey Hawthorn

...back to top

THE DISTINGUISHED SPEAKER SERIES

Everything is Connected: Environment, Economy, Foreign Policy, Sustainability, Human Rights and Leadership in the 21st Century

In this truly globe-spanning talk, Watt-Cloutier provides a clear, meaningful, and comprehensive understanding of the way these issues are interconnected, and what it means for the future of our planet. Speaking on leadership, she shows you how your community fits into the grand scheme of things, and how you can fulfill your mandate by understanding how the local connects to the global, and vice versa.

Drawing upon her ancient culture, and speaking from a position of strength, not victimhood, she helps audiences find common ground. Her Arctic voice--not as far away as we might imagine--enlightens and inspires. With inclusive good will, it bridges some extremely divided gaps around the world.



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Watt-Cloutier will speak in Kelowna on November 14 as part of UBC's Distinguished Speaker Series. <u>Details about Sheila Watt-Cloutier's talk>>></u>

Date: Wednesday, November 14, 2012

Time: 7pm

Location: Vernon and District Performing Arts Centre

3800 - 33rd Street, Vernon

Registration: Seats are free, but online registration is required

--SOURCE: UBC Distinguished Speaker Series

RAISING AWARENESS FOR DISPHOBIA

Raising awareness for people with Disabilities facing mainstream issues like disphobia.

- Not feeling heard by both professionals and people that are part of general public.
- Feeling invisible in society.
- · Feeling discriminated against.
- Being feared by society.

Our event will be held on November 23, 2012 at Okanagan College in the auditorium from 6-8pm by HSW students from Okanagan College in support of Dale and Leanne Froese and their desire to create awareness.

--SOURCE: Families in Touch, October 21, 2012



...back to top

MENTAL HEALTH FIRST AID

One in three Canadians will experience a mental health problem at some point in their life. The earlier a problem is detected and treated, the better the outcome. Mental Health First Aid Canada (MHFA) gives people the skills to provide that early help that is so important in recovery.



We are currently taking registrations for:

- Thu-Fri, Nov. 22 & 23, 2012 at Okanagan College (Course Code: HLT 170)
- Thu-Fri, Jan. 24 & 25, 2013 at CMHA
- Thu-Fri, March 28 & 29, 2013 at CMHA
- Thu-Fri, April 25 & 26, 2013 at CMHA

For more information and to register, click here.

--SOURCE: Canadian Mental Health Association Kelowna

...back to top

WORKPLACE MENTAL HEALTH

On July 1, changes to the Workers Compensation Act came into effect. Bill 14, which has been inadequately nicknamed "the anti-bullying legislation", contains changes that impact every employer, regardless of sector or size.

CMHA Kelowna is pleased to announce that, as of November 1, we are here to equip employers, managers, HR professionals and union leaders regarding mental health in the workplace. Click here to learn more!

Canadian Mental
Health Association
Mental health for all

--SOURCE: Canadian Mental Health Association Kelowna

LIVING LIFE TO THE FULL

12 hours that can change your life! Want to know how to feel better right now? This course introduces the principles of the Five Areas of Cognitive Behavioural Therapy (CBT) and will help you understand how to deal with your feelings when fed up, worried, or hopeless, and learn skills that help you tackle life's problems. Each session is expertly moderated by a licensed instructor from the Canadian Mental Health Association at Okanagan College. Click here for more information>>>



--SOURCE: Canadian Mental Health Association Kelowna

...back to top

VOLUNTEERISM

USE A TRAVEL MUG, STRENGTHEN CITIZEN ENGAGEMENT

Volunteer Canada is collaborating with Starbucks Coffee to encourage Canadians to get involved in their communities through the Thriving Neighbourhoods campaign.

When you buy a coffee at Starbucks with a reusable travel mug, you have the option to donate 10 cents to Volunteer Canada. This money will be used to support our work with the volunteer centre network and community organizations across the country. Visit the new campaign website to learn more about Thriving Neighbourhoods.



Check out the Starbucks' Thriving Neighbourhoods program highlighted here in Samaritan Mag.

--SOURCE: Volunteer Canada, News Flash, Octobber 25, 2012

...back to top

UBCO: OUTREACH COMMITTEE

The Students Union at UBC Okanagan has started an Outreach Committee, and they are looking for volunteer opportunities that groups of students can get involved in.

If they do volunteer with your organization, please send me photos! I can run ads in the Capital News to promote how groups of volunteers have helped your organization

They are willing to do service projects or events – as long as it's something fun and rewarding for students to give their time to, and helps them connect to the larger community. I've found they usually prefer evenings or weekends, and they like to do things that are already booked (like event days), so students can just sign up to help out.

If you would like to request their help, you can send the request directly to Sam Chang at external@ubcsuo.ca.



--SOURCE: The University of British Columbia | Okanagan Campus, Sam Chang, External Coordinator | UBCSUO

NATIONAL VOLUNTEER WEEK 2013: IMPORTANT INFO FOR CAMPAIGN PLANNERS

National Volunteer Week 2013 is set to take place April 21-27, 2013. Are you planning to thank your volunteers with your own NVW campaign? For the past 10 years Volunteer Canada has collaborated with Investors Group to make NVW campaign planning easier and more efficient for voluntary organizations. Here is a summary of what's coming and how we plan to support you>>>



--SOURCE: Volunteer Canada

...back to top

Do you have news related to the non-profit / voluntary sector that you wish to share with your colleagues? Send Community Information and Volunteer Centre your information at informkelowna@kcr.ca by the 20th of the month.

This Bulletin is a publication of Community Information and Volunteer Centre. To subscribe, please click here.

Community Information and Volunteer Centre is a program of Kelowna Community Resources. Go to www.kcr.ca for more information about Kelowna Community Resources and Community Information & Volunteer Centre. Be sure to add or update your volunteer and / or organization information.

DISCLAIMER

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