



Monthly Bulletin – November 2014

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KCR Highlights

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KCR's Flu Clinics Guide 2014

Have you had your Flu shot yet? [Download our 2014 Flu Clinics Guide](#) to view a list of clinics, dates & hours they're open and eligibility requirements.

[Click here](#) to consent to receiving electronic messages from KCR for all of our Publication updates.

-Source: Dawn Anthony, Community Services, October 2014

Location	Address	Phone	Dates	Times/Details
Wellness Health Centre	2300 St. St.	250-860-7766	Flu shot November 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31 Shingles November 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31	Open from 9:00am to 5:00pm By appointment only Call for an appointment
Wellness Health Centre	2300 St. St.	250-860-7766	Flu shot November 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31 Shingles November 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31	Open from 9:00am to 5:00pm By appointment only Call for an appointment
Good's Pharmacy	2370 Hwy. 17 N.	250-860-2288	Flu shot November 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31 Shingles November 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31	Open from 9:00am to 5:00pm By appointment only Call for an appointment
First Baptist Church	2300 Main Street	250-860-7766	Flu shot November 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31 Shingles November 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31	Open from 9:00am to 5:00pm By appointment only Call for an appointment
Community Services	2370 Highway 17 N.	250-860-7766	Flu shot November 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31 Shingles November 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31	Open from 9:00am to 5:00pm By appointment only Call for an appointment
Central Okanagan Health Services	2370 Highway 17 N.	250-860-7766	Flu shot November 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31 Shingles November 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31	Open from 9:00am to 5:00pm By appointment only Call for an appointment

KCR's Holiday Events Guide 2014

A large print, easy to read PDF of the Holiday Events Guide 2014 will be available for download from our [Community Services Publications page](#) and [Homepage](#) on November 17th.

-Source: Dawn Anthony, Community Services, October 2014

Shaw TV – A Day in the Life of...

Shaw TV (Channel 11) will be broadcasting the Immigrant Services video's "A Day in the Life Of..." every Monday & Wednesday between 4:00pm – 6:00pm.

This year, 5 families working with KCR were featured in 20 minute films about their experiences immigrating to Canada. These videos were called A Day in the Life. Feel free to check them out, you may see someone you know!

All 5 episodes will get aired a few time over the next few weeks.

-Source: Katelin Mitchell, Settlement Services, October 2014

KCR's Mailing List

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

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AGM's

- [OKANAGAN PRIDE SOCIETY ANNUAL GENERAL MEETING](#)

Okanagan Pride Society Annual General Meeting

Date: Monday, November 10

The upcoming Annual General Meeting of Okanagan Pride Society is being held November 10th at 7:00pm in the Kelowna Room at the Sandman Inn. This is an important meeting as we will be reviewing and approving board reports and electing directors.

Come out and support your Pride organization!

-Source: Okanagan Pride, Newsletter, 28 October 2014

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Housing

- [THE STATE OF HOMELESSNESS IN CANADA 2014](#)
- [VITAL SIGNS® REPORTS RELEASED IN 27 COMMUNITIES](#)
- [SENIORS' HOUSING INFORMATION SESSION](#)
- [YOUTH RECONNECT WORKS](#)

The State of Homelessness in Canada 2014

Over the past 10 years we have learned much about what to do to end homelessness – the need to shift from a focus on managing the problem (through an over-reliance on emergency services and supports) to a strategy that emphasizes prevention and, for those who do become homeless, to move them quickly into housing with necessary supports. The success of the At Home/Chez Soi project demonstrates that with housing and the right supports, chronically homeless people can become and remain housed. While there are still areas that need work – we need more robust solutions for youth homelessness, women fleeing violence and Aboriginal homelessness – we are figuring out solutions on the intervention side.

The one missing piece of the puzzle, however, is affordable housing. The decline in availability of low cost housing (and in particular, rental housing) affects many Canadians – young people setting out on their own, single parents, people working for low wages and the elderly. It also contributes to the homelessness problem in a significant way.

The State of Homelessness in Canada 2014 sets the course for ending homelessness in Canada. We know quite well what factors have contributed to the dramatic increase in homelessness over the past 25 years. Since we know what the problem is, we can propose the solution.

[Read the Report](#)

-Source: Homeless Hub, Newsletter, 29 October 2014



Vital Signs® Reports Released in 27 Communities

Vital Signs reports were released on October 7th all across Canada. Each community report provides a measurement of their community's well-being in various key areas, using national and local research. Armed with this information communities can set priorities and identify opportunities for action.

For Abbotsford, British Columbia, the report revealed that homelessness was the number one issue that was on the mind of its citizens. This was followed by affordable housing and employment opportunities.

In the profile of Lethbridge, Wally Czech, Housing First Specialist, spoke of the city's effort to end homelessness. He stressed that in addition to housing, positive social relationships, networks and meaningful daily activity are also important parts of the solution.

The province-wide Newfoundland and Labrador report, found the cost of housing has doubled in a lot of areas, and homeownership and rental rates are unaffordable. But as Bruce Pearce from St. John's Community Advisory Committee on Homelessness points out, "It's not about shelters retooling or the housing sector doing more. It's about prisons not releasing people without a release plan. It's about child and youth welfare not delivering individuals into the adult system without the necessary bridging supports – this is where we see significant entry points into homelessness."

[Read the Report](#)

-Source: The Homeless Hub, Newsletter, 9 October 2014

Seniors' Housing Information Session

This free information session will cover the various housing options available to seniors, including Subsidized Housing, Supportive Living, Assisted Living, and Residential Care. An Interior Health nurse will also be present to help answer long term care questions. This session is provided monthly.

Next upcoming session:

Date: Thursday, November 13th, 10:00am – 11:00am

Location: Seniors Outreach & Resource Centre, #102 – 2055 Benvoulin Court

To register for this free event please call 250.861.6180 or email seniorshousing@telus.net.

-Source: Meghan Derkach, Social Worker, Seniors Outreach & Resource Centre, 14 October 2014

Youth Reconnect Works

This report is the first major review of our Youth Reconnect program. Utilizing data collected over the past 6 years and with a sample size of over 500 youth an external researcher was hired to analyze the data and determine how successful this program has been in addressing youth homelessness. It is our desire that this report will illustrate the value in seeking preventative solutions with a goal of ending youth homelessness as opposed to managing it and ultimately prolonging it. Some effort has been made to quantify the costs and savings of this program to society and the taxpayer; what we can't quantify is the losses suffered by the youth, both emotional and mental. It is our hope that by illustrating what can be quantified will we be able to continue lessening the impact of those losses.

[Read the Report](#)

-Source: Homeless Hub, Newsletter, 23 October 2014

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Local

- [WINTER BREAK CAMPS 2014 AT THE ROTARY CENTRE FOR THE ARTS](#)
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- [UBC OKANAGAN CAREER FAIR – FEBRUARY 2015](#)

Winter Break Camps 2014 at the Rotary Centre for the Arts

[Rotary Centre of the Arts](#), 421 Cawston Avenue
250.717.5304, ext 113

Christmas Present'ations

The mornings will be filled with 'creating presents for friends & family'. Start off experiencing mixed mediums – add to reworked frames, and much more. Art supplies included. Each afternoon youth will be presented with a variety of performing art forms such as Improv, drama, eco-drama, dance, and boot skating at Stuart Park. Come for 3 mornings (#126y); 2 afternoons (#126z); or 2.5 full days (#126x) of Present'ations!

*Bring peanut*free snacks & lunches*
Ages 6+

Full Camp

#126x
Monday/Tuesday, December 22/23, 9:30am – 4:00pm
Wednesday, December 24, 9:30am – 12:30pm
Cost: \$100.00



Half Day Camps

#126y (Art Creations)

Monday/Tuesday/Wednesday, December 22/23/24, 9:30am – 12:30pm

Cost: \$65.00

#126z (Performance Art)

Monday/Tuesday, December 22/23, 1:00pm – 4:00pm

Cost: \$40.00

-Source: Dawn Larsen, Program Coordinator, Rotary Centre for the Arts, 24 October 2014

Metro Central – Holiday Closures

Metro Central will be closed for the holidays from Thursday, December 25th – Monday, January 5th. (Breakfast and Sunday services will be continuing as normal).

For more info call 778.478.9727.

-Source: Metro Central, 27 October 2014

Pathways Abilities Society Annual Craft & Bake Sale

Date: Saturday, December 6th, 8:00am – 2:00pm

Location: 123 Frankly Rd, Kelowna

Pathways, formerly Kelowna & District Society for Community Living, is having their Annual Bake Sale.

Drop by and stock up for Christmas. Featuring our famous Apple Crisps made with 100% Okanagan apples in ready to bake 'Take and Bake' containers. Unique handcrafted jewelry made by Pathways participants. A lunch of Chili, bun and hot drink is available. Tables are available for rent at \$20 each. We support people with Diversabilities in your community.



If you have any questions about the event or would like to rent a table, please contact Lena at 250.575.3912.

-Source: Lena Charlton, Social Recreation, Pathways Abilities Society, 29 October 2014

FIRSTthursdays in the Cultural District

The Downtown Kelowna Association (DKA) and City of Kelowna's Cultural Services Branch are working together to bring "FIRSTthursdays" to Kelowna's Cultural District.

**DOWNTOWN
KELOWNA**

Starting the first Thursday of each month, participating galleries, theatres, cultural facilities and businesses, along with artists and performers, will throw open their doors with some special offerings for explorers, shoppers and tasters in Kelowna's Cultural District.

FIRSTthursdays are planned for October 2nd, November 6th and December 4th.

Once the centre of the Okanagan fruit packing industry, Kelowna's Cultural District is now a cultural hub. Home to artists, chefs, entertainment and cultural venues, the District promises experiences that will appeal to every age and interest. Be sure to visit all the participating shops, studios, cafés and restaurants in the area.

For more information or to download a map of the FIRSTthursday activities and locations go to facebook.com/FIRSTthursdaysKelowna or kelowna.ca/culture or visit.

-Source: City of Kelowna, Newsletter, 1 October 2014

Metro Central Changes Hours

The Metro Community is excited to announce that starting October 21st, Metro Central will be open Tuesday through Friday, 8:30am – 1:30pm and Wednesday nights from 5:00pm – 9:00pm. This change represents an overall increase of five hours per week and twice the number of days Metro Central is open.



The new Metro Central schedule was developed with lots of input from the core community engaged at the centre. The primary question considered through the process was how Metro could better serve community needs while improving organizational sustainability. Many of Kelowna's civic leaders, downtown business, social service partners, and general community had identified the need for more access to services and more daytime reprieve from street life and weather. After much reflection, it was decided that being open more often would ultimately increase the overall availability of Metro Central services while providing manageable expectations on the staff and volunteers.

“A year ago Metro Central was my place for meals, fresh clothes, and laundry. Being on the street wasn't a burden knowing Metro was going to be there. Today Metro is still my home and my family.” – Babette Claudia

Metro is committed in its role as a key partner in the downtown community.

For further information visit metrocommunity.ca/events/new-metro-central-hours-start or contact Alyssa Farr at alyssa@metrocommunity.ca. Metro Central is located at 1470 Water Street.

-Source: Metro Community, Newsletter, 3 October 2014

Supporting our Families

Helping you connect with child, youth & family mental health resources in our community.



Date: Tuesday, November 18th, 5:30pm – 7:30pm

Location: Laurel Packinghouse, 1304 Ellis Street, Kelowna

- Meet our Family Navigator
- Connect with service providers and parent resources
- Find out first steps for getting your child the help he or she needs

Register at the door or RSVP for this FREE event at www.cmhakelowna.org.

Presented by Canadian Mental Health Association

-Source: Ashley Sherbino, Canadian Mental Health Association, 2 October 2014

MISCELLANEOUS Productions' FREE Haunted House Workshop

For youth aged 14-24

Date: Thursday, January 22nd, 4:00pm – 8:00pm

Location: Kelowna Art Gallery, 1315 Water Street

MISCELLANEOUS Productions' FREE Haunted House Workshop is about using art as a vehicle to confront the things that scare us most deeply; about how naming our fears and telling stories about the root of these fears can empower us to overcome that which haunts us.

Interested in Hip Hop? Dance? Theatre?

Join us for:

- Pizza and a movie
- Learn Hip Hop, choreographed by a professional hip Hop dancer
- Jump into some fun theatre exercises/games
- And have a peer-led discussion about that which haunts you

For more information please check out [MISCELLANEOUS Productions' Website](#) or [Facebook Page](#).

If you have any other questions feel free to email zoe.miscellaneous@gmail.com.

-Source: Zoe Green, MISCELLANEOUS Productions, 2 October 2014

8th Annual Okanagan Similkameen Community Action Program for Children* Celebration Luncheon

RSVP by October 24 to sheryl.sargent@thebridgeservices.ca, 250.763.0456 ext 223

Join us for the 8th Annual Okanagan Similkameen Community Action Program for Children* Celebration Luncheon

Date: Wednesday November 5, 12:30pm – 3:30pm
Location: Spirit Ridge Vineyard Resort & Spa, 1200
Rancher Creek Road, Osoyoos
<http://www.spiritridge.ca/location.aspx>



Program

Lunch (mix and mingle) 12:30pm – 1:30pm
20th year CAPC Celebration 1:30pm – 2:30pm
Keynote – Lateral Violence 2:30pm – 3:30pm
Presenter – Denise Findlay

-Source: Sheryl Sargent, The Bridge Youth & Family Services, 8 October 2014

Night of the Arts

Date: Friday, November 7th, 7:00pm
Location: Kelowna Community Theatre, 1375 Water Street

For the 10th year in a row Night of the Arts brings together another top class list of performers to entertain the Okanagan Valley. Mark your calendars for Friday November 7th, doors open at 6:30pm, event starts at 7:00pm at the Kelowna Community Theatre to hear Robert Fine and the Dreamland Band, The Cruzeros, Papa Thom, and The Trips, with special appearances by Deb Stone, Sami Al-khalili, Josh Dobson, Cyndee Bannister, and Sarah Mainland.

The evening will feature a silent auction, social enterprise showcase, and a draw for a cruise for two to the Western Caribbean (\$25 cruise tickets available online and at the event). Among the artists donating work for the silent auction are Jim Krahn, and David Stratten. Food will be provided by the Okanagan's newest social enterprise, Culinary Ink. Beverages including alcohol will, also be available for purchase throughout the evening. The 2014 Night of the Arts should be the best yet!

Admission is by donation at the door or by donation online at nightofthearts2014.eventbrite.ca. Cruise tickets also online in advance or at the event November 7th. Only 150 cruise tickets printed!

Thank you for supporting the great work of the Metro Community by attending this year's Night of the Arts. To learn more about the Metro Community please visit them [online](#) or on [Facebook](#).

-Source: Metro Community, Newsletter, 10 October 2014

Global Health Gala

The UBC Okanagan School of Nursing students will be hosting the annual Global Gala Fundraiser at Bottega Farm and Inn Studio on the evening of November 22nd, 2014. The funds that they raise at this event will go directly to supporting the 4th year students on their

international clinical experience and providing donations to our partners that organize this practicum.

This annual event will include dinner, live entertainment, a cash bar, dancing, and a silent auction.

Tickets are now on sale! They can be purchased on our website at www.globalgala.net. Any questions can be directed to nursinggala2014@gmail.com.

For some deeper insight into the students' experience and learning in Africa, you may find this a great way to spend some moments when you have time:
ubconursesinzambia.blogspot.ca.

-Source: Patricia Marck, Professor & Director, School of Nursing, UBCO, 14 October 2014

Community Solutions – Leadership Starts With You

Date: Thursday, November 20, 8:30am – 1:30pm

Location: Ramada Hotel & Conference Centre, 2170 Harvey Avenue

Tickets: \$200 + tax (per person) / \$175 + tax (party of two or more)

Register: www.purplevineclub.com

Let Your Voice Be Heard: Join the Conversation on Community Change
When you attend the half-day Community Solutions workshop YOU will:

- Meet and network with other leaders from your community
- Get to talk about the things that are important to you and your business
- Be empowered to rethink the ways you engage with your customers and clients
- Have the opportunity to generate meaningful community dialogue
- Learn new ways to approach community building through social innovation

The aim of this workshop is to spark 'Leaders into Action' by pairing local business champions with non-traditional partners in order to catalyze and leverage a community's hidden strengths.

For more information contact Cyndee at 250.300.8476

Partial proceeds from ticket sales donated to local charities

-Source: Purple Vine Club, 9 October 2014

Masquerado Boulevard

Gennext Kelowna & MNP Bring Old Hollywood to Kelowna in support of the United Way.

Masquerado Boulevard will take place from 7:00pm – Midnight on November 8th, 2014 at the Sandhill Winery, located in Downtown Kelowna. Dress up, wear a mask, and come out to enjoy an awesome evening of music, entertainment, tasty eats, and delicious sips. Proceeds from the event will go to support Youth Initiative Grants program of the United Way.

Huge thanks to our Platinum Sponsor MNP and our Gold Sponsors OYP Collective, RBC Royal Bank, Crow Mackay, and Procera Networks. Without their financial support this event would not be possible.



United Way
Central & South
Okanagan Similkameen

Tickets to the Masquerado Boulevard will go on sale on Monday, October 20th, at 8:00am. You can buy them on [Eventbrite](#) for \$40. We have sold out this event for the last 3 years, so get your tickets fast.

Stay tuned for more details leading up to the event on Facebook and Twitter.

-Source: GenNext Kelowna, Newsletter, 17 October 2014

Physicians Survey

The Canadian Association for Suicide Prevention (CASP) and the Mental Health Commission of Canada (MHCC) are currently developing a series of easy-to-use online training modules for physicians that focuses on:

- Suicide prevention
- Suicide bereavement (postvention)
- Trauma-informed practices

In order to ensure that these modules meet the needs of the medical community, CASP and the MHCC are asking Canadian physicians to participate in a simple five-minute online survey. Feedback is appreciated and will help prioritize the content of the modules.

[VIEW THE ONLINE SURVEY](#)

The Suicide & Trauma modules are being designed to help build the confidence and capacity of physicians as they support patients who are vulnerable and may be at risk of suicide or who have been affected by a suicide death. As well, the modules will help physicians integrate a trauma-informed approach into their clinical practices.

As an added resource, the modules will provide important information on available resources for both physicians and patients. Physicians will also discover ways in which they can participate in integrated and collaborative approaches in suicide prevention, postvention, and trauma recovery within their communities. The online Suicide & Trauma modules will be available by the spring of 2015.

-Source: Yvonne Maddess, Okanagan Suicide Awareness Society, 11 November 2014

Gallery Fundraising Event Takes Inspiration from the Full Moon

Who says you can't help support visual arts in Kelowna and have a great time doing it? We invite you to join us for our Under a Full Moon fundraising event to be held at the Kelowna Art Gallery on *Friday, November 7th, from 7:00pm to 10:00pm*. Enjoy an evening filled with art, music, performance, and celebration – all inspired by November's full moon.



Under a Full Moon is presented with the generous support of Meiklejohn Architects Inc., and is the 9th in the Gallery's GO Party! series, which offers guests the opportunity to explore the Gallery's current exhibitions while enjoying music, performance, and a lively party atmosphere.

The evening will feature a live DJ, fire spinning performances, a photo wall, fun adult art activities, refreshments, prizes, and more. A silent auction featuring gift certificates, a Big White ski package, a wine package, and more will be available for guests to bid on and take home. Our three beverage partners, Mission Hill Family Estate, Tree Brewing Co., and Urban Distilleries, will each feature selected offerings available for purchase. Three exhibitions will be open for guests to explore: 7: Professional Native Indian Artists Inc., Gary Spearin: iNifiNiTi, and The Power of Women's Creativity.

As a fun option, guests are invited to come dressed in black and white and with accents of silver – due to its association with the moon. Proceeds from this fundraising event will benefit the Gallery's educational programming, including our School Tours program, Family Sundays, and Art Adventures camps.

Tickets for Under a Full Moon are just \$15, and include a complimentary drink, refreshments, plus a ticket for the door-prize draw. They are available for purchase at the Gallery, by calling 250.762.2226, or online at www.kelownaartgallery.com. Tickets will not be available at the door and are only available to guests aged 19 or over.

Under a Full Moon is generously sponsored by Meiklejohn Architects Inc., and proudly supported by Q103.1, Mission Hill Family Estate, Tree Brewing Co., and Urban Distilleries. 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 www.kelownaartgallery.com or call 250.762.2226.

-Source: Robin Whittall, Career Advisor, UBCO, 20 October 2014

Studio 9 Presents Seussified Christmas Carol Plus Meussical Friends

1 Act, 2 Act, Red Hat, Green Hat. It's not long now until we Seussify the Christmas Carol.

The adapted Christmas play has some fun with Scrooge and the Cratchets by putting some Seuss in Victorian London. Mr. Purves is directing the show which is on stage at the Rotary Centre for the Arts Mary Irwin Theatre December 5th.



Tickets are on sale now for \$9.00 for reserved seating at [Select Your Tickets](#). You can order by phone at 250.717.5304 or pick them up in person at the RCA Box Office at 421 Cawston Avenue. The word from the ticket centre is that we are over half sold out.

-Source: Studio9, Newsletter, 25 October 2014

CATCH National Child Day Event

Date: November 20th, 11:30am

Location: The Laurel Packinghouse, 1304 Ellis Street, Kelowna

Join us once again to acknowledge National Child Day.

This year we are pleased to feature Joanne Schroeder who will focus on the critical importance of working together to address challenges for families and children in the Central Okanagan. Joanne will also comment on child poverty, vulnerability and demands on families.

Following Joanne's presentation we will host a panel of community members who can speak to the situation for Central Okanagan families, what is working well and future plans. More information and online registration: [National Child Day 2014](#)

-Source: CATCH, Newsletter, 22 October 2014

Smash Your Pumpkin for United Way

Date: Saturday, November 1st, 9:00am – 3:00pm

Location: Adams Road, Kelowna

Schedule

Garage Sales – Find items at blow out prices from your favourite businesses on Adams Road

9:00am – 3:00pm

Lunch by Bonanza

11:30am – 1:00pm

Pumpkin Smash – Bring your Jack O'Lanterns and smash them for prizes

12:00pm – 2:00pm



United Way
Central & South
Okanagan Similkameen

-Source: United Way of the Central and South Okanagan/Similkameen , Newsletter, 28 October 2014

UBC Okanagan – Okanagan Dodgeball Game

UBC Okanagan is hosting the largest Okanagan Dodgeball Game on November 18th and you are invited to join. This event is open to anyone and there will be a ton of prizes to be won. Let's break out that inner child and have some fun while raising money for your local community in partnership with the United Way of the Central and South Okanagan/Similkameen.

[Register Online](#)

-Source: United Way of the Central and South Okanagan/Similkameen , Newsletter, 28 October 2014

Kelowna Arthritis Centre – 2014 Fall/Winter Programs

Chronic Pain Management Workshop

This FREE 2 hour workshop shows you self help techniques to reduce pain. Various pain relief tools are covered along with helpful exercise tips.

Location: Johnson Bentley, 3737 Old Okanagan Hwy, West Kelowna

Date: Wednesday, November 26th, 6:00pm – 8:00pm

Register: Call 250.768.4442

Dreaming of a Good Night's Sleep?

In this FREE 2 hour workshop you will learn about sleep, arthritis related sleep problems, and what you can do to get a better night's sleep.

Location: Okanagan College- 1000 KLO Rd.

Date: Tuesday, November 25th, 6:30pm – 8:30pm

Register: Call 1.866.414.7766

Seating is limited. The workshop is FREE – Donations are appreciated.

Osteoarthritis Education Program

This 4 session program is designed for people affected by osteoarthritis. Topics include understanding osteoarthritis and pain, changing pain and improving function, protecting your joints, managing fatigue, exercise techniques and specific joint exercises.

Dates: Tuesday/Thursday, December 2/4/9/11, 1:00pm – 3:00pm

Location: Kelowna Arthritis Centre, 150A-1855 Kirschner Rd.

Fee: \$25 (includes course materials)

Register: Call 250.868.8643

Inflammatory Arthritis Education Program

This 4 session program is highly recommended for those living with rheumatoid or other types of autoimmune arthritis. Learn about the disease, treatment principles, pain management, hand and other exercises, protecting joints, managing energy, fatigue & sleep.

Dates: November 4/6/13/18 OR January 13/15/20/22, 1:00pm – 2:30pm

Location: Kelowna Arthritis Centre, 1815 Kirschner Rd

Fee: \$25 (includes course materials)

Register: Call 250.868.8643

A doctor's referral is required. Fax referrals to: 250.868.0779.

Arthritis 101

We will discuss the various types of arthritis, answer your questions and look at a variety of options to help you better manage.

Dates: Wednesday, November 19th, 6:00pm – 8:00pm

Location: Johnson Bentley, 3737 Old Okanagan Hwy, West Kelowna

Fee: FREE

Register: Call 250.768.4442

-Source: Alvera Pucilowski, Support Assistant, The Arthritis Society, BC & Yukon Division, 17 September 2014

UBC Okanagan Career Fair – February 2015

Registration spaces limited for our annual Career Fair in beautiful Kelowna, BC! We have timed our Career Fair event date, as last year, to be adjacent to Okanagan College's Business Expo, so you can consider attending both schools to gain exposure to thousands of students from both campuses.

UBC's Okanagan – Thursday, February 5th

[More info & register online here](#)

Okanagan College – Wednesday, February 4th

[More info & register online here](#)

Our UBC campus has grown to over 8000 students representing over 50 diverse majors such as International Relations, Earth and Environmental Sciences, Economics, Engineering, Management, Biology, Psychology, Social Work, Nursing, Teaching, Creative Writing, and many others.

Please see link above or below in the Save the Date to link directly to our website: you'll find information about sponsorship opportunities and event details on the left-hand navigation bar, and a link to the online registration form.

In addition, on the left-hand navigation bar you will see our UBC Okanagan campus' fall event, Career Days, coming up in November. If you are interested in recruiting on campus in the fall, please [check the event out here](#).

-Source: Robin Whittall, Career Advisor, UBCO, 20 October 2014

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Resources

- [TEN WAYS YOUR NONPROFIT CAN START — OR MIGHT ALREADY BE — DELIVERING CONTENT MARKETING](#)
- [FROM VOLUNTEERS TO WORKPLACE CULTURE: HOW CHARITIES CAN FILL THE TECH SKILLS GAP](#)
- [TIME V MONEY: IS YOUR CHARITY MAKING THE MOST OF GENERATION Y'S HABITS?](#)

Ten Ways your Nonprofit can start — or Might Already be — Delivering Content Marketing

Most marketers today understand that content marketing has moved past the 'buzzword' stage. Content marketing is a viable — and important approach that can allow nonprofits to achieve goals such as:

- Connecting with supporters and stakeholders
- Driving traffic to websites
- Increasing brand awareness
- Building trust
- Establishing your organization's position as a leader or expert
- Nurturing relationships with cause champions
- Increasing financial support
- Providing education

But if you don't think of yourself as a content marketer yet, don't worry. Since content marketing is all about creating valuable content that attracts audiences and is useful to them, you might already be in the game!

[Read More](#)

-Source: Charity Village, Village Vibes, 27 October 2014

From Volunteers to Workplace Culture: How Charities Can Fill the Tech Skills Gap

Technology is, in many ways, a charity's ideal partner – allowing organisations to run services in previously unimaginable ways, or reach previously unreachable people. Think of the Vodafone Foundation's TecSOS, a mobile handset enabling victims of domestic abuse to speed-dial emergency services. The phone provides emergency teams with the victim's history, their location and records the call for evidence. And that's just one of hundreds of extraordinary examples.

Yet, plugging into the benefits of today's digital environment requires a broad and often tangled range of skills, from basic computer literacy right through to strategic-level insight about the latest digital developments (such as social media or cyber security). So, are tech skills strong enough in the voluntary sector? And if not, what's holding charities back?

[Read More](#)

-Source: Imagine Canada, Nonprofit Newswire, 14 October 2014

Time V Money: is your Charity Making the Most of Generation Y's Habits?

Generation Y, those of us born between 1980–2000, are the least likely age group to donate actual cash to charity. But we are increasingly giving our time through volunteering and online sharing. This is easily demonstrated with the virality of online campaigns such as the #nomakeupselfie and #icebucketchallenge for example. So, how can charities make more of millennials and their willingness to give time and share?

Online fundraising company Justgiving has tapped into Gen Y's willingness to click to show their allegiances. In the summer, the company launched a "care button" which sees users click to support a charity, generating a badge which can be displayed on their social media page.

Nikki Kinloch, JustGiving's country director for Australia, New Zealand and Hong Kong, says the initiative is popular with young people and charities because it "acts as social currency which helps people build relationships with charities, and drives online engagement."

"Developing these long-term, ongoing relationships with supporters is critical for charities who want to attract the next generation of givers," adds Jonathan Waddingham, product manager at JustGiving.

And, what about the desire to give time? Timebanking, which sees people donate their time through an online system, helps build social networks of people who give and receive time and support from each other. It has proved successful in attracting people who would not usually get involved in traditional volunteering.

[Read More](#)

-Source: Volunteer Canada, Media Monitoring, 17 October 2014

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Social Media

- [25 ONLINE GIFT STORES THAT BENEFIT NONPROFITS](#)
- [10 FACEBOOK PAGE BEST PRACTICES FOR NONPROFITS](#)
- [MOBILE FOR GOOD: A FREE HOW-TO FUNDRAISING WEBINAR FOR NONPROFITS](#)
- [10 E-NEWSLETTER BEST PRACTICES FOR NONPROFITS](#)
- [YOU HAVE YOUR KILLER APP: YOUR WEBSITE](#)
- [IT'S TIME TO TUMBLE INTO THE NEWEST SOCIAL MEDIA PHENOMENON](#)
- [WHAT CAN NONPROFIT TECHNOLOGY TRAINERS LEARN FROM THE SOCIAL WORK FIELD TO IMPROVE THEIR TRAINING TECHNIQUES?](#)
- [KICKSTARTER FOUNDER LAUNCHES NONPROFIT PLATFORM: A DOLLAR A DAY](#)

25 Online Gift Stores that Benefit Nonprofits

According to Shop.org's annual Holiday 2014 Pre-Holiday Retailer and Consumer Study, two out of five U.S. consumers started their holiday shopping in October. The study also found that online shoppers plan to spend 16 percent more than brick-and-mortar shoppers this holiday season on gifts, decorations, greeting cards, and food. All told, online shoppers expect to spend an average of \$931.75. Conscious consumers can channel some of their spending power into creating good in the world by shopping at any of the 25 online stores listed below. Please give back this holiday season by shopping ethically.

[Read More](#)

-Source: Nonprofit Tech for Good, 27 October 2014

10 Facebook Page Best Practices for Nonprofits

With more than 1 billion active users, Facebook is the largest social network in the world. More than two-thirds of its users log in every day and three-fourths do so on a mobile device. Without a doubt your nonprofit's supporters use Facebook on a regular basis. Therefore, Facebook Pages should be your first priority and entry into social networking. but to stand out from the other 50 million pages regularly active and all vying for likes, comments, and shares, you must excel at Facebook in order to stand out from the clutter and the 10 best practices below will ensure your nonprofit is on the right path.

1. Invest in quality graphic design for your Avatar (a.k.a. Profile Picture), Timeline Cover, and Tab Icons.

First impressions are very important on social networks. To maximize the Likes of your page, invest in quality graphic design.

[Read More](#)

-Source: Nonprofit Tech for Good, 19 October 2014

Mobile for Good: A Free How-To Fundraising Webinar for Nonprofits

Date: Wednesday, December 3rd, 1:00pm – 2:30pm EDT

Cost: Free!

Presented by: Heather Mansfield

[Register Now](#)

Based on more than 20 years of experience and 25,000+ hours spent utilizing mobile and social media, Mobile for Good: A How-To Fundraising Guide for Nonprofits is a comprehensive 256-page book packed with more than 500 best practices. This free webinar will feature one best practice from each of the book's sixteen chapters and will provide the basis for writing and implementing a comprehensive fundraising and content strategy.

Topics will include:

- How to launch a mobile-compatible website
- The importance of mobile-optimizing your email communications
- The effective implementation of crowdfunding campaigns
- Fundraising via mobile wallets
- Utilizing text messaging and text-to-give
- Telling your nonprofit's story through blogging
- Creating visual content, such as branded images and infographics
- Using social networks effectively for fundraising
- The importance of reporting live from events and communicating online in real-time

[Read More](#)

-Source: Nonprofit Tech for Good, 20 September 2014

10 e-Newsletter Best Practices for Nonprofits

Despite the rapid rise of social media, more online donations are made from a click in an e-newsletter than any other source. In fact, in 2013 for every 1,000 fundraising messages delivered, nonprofits raised \$17. That was a 21% decrease from the previous year, but the decrease is mostly likely due to poor online fundraising practices, such as not having a mobile-optimized donate page and e-newsletter design.

Furthermore, email still dominates among online adults of all ages and thanks to the rise of social media, e-newsletter growth in the nonprofit sector grew 14% in 2013, especially for small nonprofits. Thus, not only is the myth that social media replaces email false, but now it is also understood and proven that email use is increased by social media and that in fact the two tools are complimentary and increase the success of your online fundraising campaigns. With that said, below are 10 e-newsletter best practices that can help your nonprofit raise more funds online:

1. **Prioritize mobile design.**
66% of emails are now opened either on a smartphone or tablet. For email to continue to be effective in your content and fundraising strategies, your nonprofit must prioritize mobile design.

[Read More](#)

-Source: Nonprofit Tech for Good, 28 September 2014

You HAVE Your Killer App: Your Website

Way back when, when social media was new-ish (let's say 2007), I used this classic baseball analogy to illustrate how social media fit into the communications universe.

1. Website as home base, with email as pitcher (no hits without the pitcher)
2. Core social media platforms (now Facebook, Twitter, LinkedIn, Instagram) as inside bases
3. Other social media platforms as the outfield

Then, for so many organizations, social media platforms took precedence—capturing our imagination and anxiety (if not the impact)—over more traditional online and offline marketing...

In fact, social media (or at least the dream of what social media could be), eclipsed websites and email for quite a while in terms of focus and excitement. Alas, resources were seldom part of the picture. But by now, for many of us, the role of social media has been moved back to the infield, with your website sticking hard at home base.

[Read More](#)

-Source: Charity Village, Village Vibes, 6 October 2014

It's Time to Tumble into the Newest Social Media Phenomenon

Before we get started, rid yourself of any preconceived notions of what you think Tumblr is all about. Start fresh. Resist the urge to assume it is just the place where teenagers post pictures of their brunches or that site that is nothing but videos of cats.

Social media has now successfully wedged itself in as part of a nonprofit's everyday life. It is a pivotal part of branding and marketing efforts, a driver of fundraising, and a useful tool for keeping donors informed.

However, there is much more to world of social media than updating a Facebook page or Twitter account every few days.

As the Royal Ontario Museum's resident technologist Kiron Mukherjee explains, many nonprofits fall under a similar school of thought when it comes to social media.

"The prevailing trend is that 'I know we need Facebook and Twitter, but do we need to go further? Should we dip into Instagram? Is Pinterest worth it? And I'm not even sure what Google+ is all about.'"

Mukherjee handles the day-to-day operations – including social media management – for the museum's ROMKids program.

But are many Canadian nonprofits using Tumblr?

A simple search of many nonprofit websites across the country reveals that while Facebook and Twitter are now staples, only a handful of these organizations are actually using the microblogging site.

[Read More](#)

-Source: Charity Village, Village Vibes, 27 October 2014

What can Nonprofit Technology Trainers Learn from the Social Work Field to Improve their Training Techniques?

Last month, I spent two days teaching at University of Buffalo, School of Social Work. During my visit, I gave a keynote at a nonprofit leadership conference, facilitated a workshop for social work agencies on networks and data, guest taught a graduate course in social work research and evaluation methods, met with faculty, gave a talk on giving to students at the student union (pictured above), and was interviewed for the podcast series. I love teaching (and learning) and it was a pleasure to work with students, nonprofits, and faculty. I also learned a lot working along side Nancy Smyth, Dean of the School of Social Work. One thing I realized is that training social workers receive as part of their education is also very relevant for change makers inside of nonprofits, consultants, and trainers.

Here's a few frameworks and techniques I learned first hand from Nancy as she accompanied me to the sessions I was leading.

[Read More](#)

-Source: Beth's Blog, Newsletter, 2 October 2014

Kickstarter Founder Launches Nonprofit Platform: A Dollar A Day

Perry Chen is an American Internet entrepreneur best known for co-founding the social fundraising website Kickstarter. Today, he has launched a platform to help raise money for nonprofits that are doing highly effective work, but may not be as well known to a larger audience. The platform is called "[Dollar A Day](#)". The idea is simple. Everyday they will donate a dollar a day to specific nonprofit, encourage others to donate, and promote the nonprofit's work to their network via a brief email newsletter.

The site features innovative and high impact nonprofits with responsible track records in six key areas: Education, Health, Economic Development, Arts & Culture, Environment, and Human Rights, selected using this criteria. Says Chen in an email interview, "We independently select each nonprofit, and review their website and public materials to write the paragraph summary which we share in our daily emails, and on our public calendar. If a nonprofit wants to be considered for Dollar a Day, we're happy to hear from them. We're always looking for nonprofits to feature.

[Read More](#)

-Source: Beth's Blog, Newsletter, 1 October 2014

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Training

- [ADVANCED VOLUNTEER MANAGEMENT](#)
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- [WORKSHOPS FOR HELPING PROFESSIONALS](#)
- [2014: THE LABOUR MARKET YEAR-IN-REVIEW – JANUARY 2015](#)

Advanced Volunteer Management

Join us for an advanced day that we have cooked up for experienced managers of volunteer programs. We will challenge you to think out of the box.

This session includes secret ingredients, time limits and the expectation of a well done result.

The mornings agenda will include a brain-stretching introductory exercise, a challenging scenario, some fierce competition with a dash of laughs along the way. Be prepared to mix it up, boil up some ideas, toss around potentials and present a fully baked program.

Date: November 26th, 9:30am – 12:30am

Location: Anvil Centre, 777 Columbia Street, New Westminister BC, V3M 1B6

Presenter: Carol Dixon, Providence Health Care & Charlene Dishaw, Fraser Health

[Register Now](#)

[Read More](#)

-Source: AVRBC, Weekly Digest, 26 October 2014

Workplace Harassment

Date: Monday, December 8th, 9:00am – 4:00pm

Location: Maple Ridge, BC

[Register Now](#)

Harassment can be based on a variety of factors that differ from the one doing the harassment, such as race, sex, and disability. Experiencing uncomfortable situations in the workplace may be more than an offense against an individual. It can be a crime committed against the law, which is why this topic has become a very important for every organization. The Workplace Harassment workshop will help give participants the tools necessary to recognize harassment in the workplace as well understand your rights and responsibilities under the law, with regard to safety in the workplace. Through this workshop your participants will recognize that it is necessary for everyone to help create programs that teach employees to identify harassment and exercise anti-harassment policies.

Workshop Objectives:

- Identify the words and actions that constitute harassment

- Understand what the law says about harassment
- Implement anti-harassment policies
- Educate employees and develop anti-harassment policies
- Discuss employer and employee's rights and responsibilities
- Address accusations of harassment
- Apply proper mediation procedures
- Deal with the aftermath of harassment

This workshop is participatory in nature and will include participants demonstrating competence. A certificate of participation will be provided to those who complete the workshop.

-Source: WJS Canada Training Division, Newsletter, 28 October 2014

De-escalating Potentially Violent Situations

Kamloops: December 2nd (Early rate deadline November 11)

Victoria: December 4th (Early rate deadline November 13)

Vancouver: December 9th (Early rate deadline November 18)

Cost: Early Rate \$189 / Regular Rate \$210

This workshop is designed to teach people to de-escalate potentially violent situations through assertiveness and interpersonal communication. The training will explore how anger and violence interplay, including opportunities for self- assessment of personal styles. Participants will develop a clear understanding of how to assess the potential for violence and respond with a diverse set of interpersonal tools and strategies designed to defuse potentially violent situations.

Some of the Topics Covered:

- High Risk Factors for Violence
- Anger Escalation and its Relationship to Violence
- Different Styles of Anger
- The Aggression Defusing Process
- When and How to Disengage

-Source: Crisis & Trauma Resource Institute Inc., Newsletter, 21 October 2014

Kelowna Arthritis Centre – 2014 Fall/Winter Programs

Fibromyalgia (FM) Management Program

This 8 session program is highly recommended for those with fibromyalgia who want to learn about this syndrome and develop skills to improve their quality of life.

Date: Wednesday, October 22nd – December 10th

Time: 1:00pm – 3:00pm

Location: Kelowna Arthritis Centre, 150A – 1855 Kirschner Rd, Kelowna

Fee: \$40 (includes individual program introduction and all course materials)

Register: Call 250.868.8643

A doctor's referral is required. Fax referrals to: 250.868.0779

Chronic Pain Management Workshop

This FREE 2-hour workshop shows you self-help techniques to reduce pain. Various pain relief tools are covered, along with helpful exercise tips.

Date: Wednesday, November 26th

Time: 6:00pm – 8:00pm

Location: Johnson Bentley, 3737 Old Okanagan Hwy, West Kelowna

Register: Call 250.768.4442

Date: Monday, October 20th

Time: 1:00pm – 3:00pm

Location: Rutland Activity Centre, 765 Dodd Rd, Kelowna

Register: 1.866.414.7766

Arthritis & Your Feet

Another FREE 2 hour workshop dealing with Arthritis and your feet.

Date: Tuesday, October 7th

Time: 6:30pm – 8:30pm

Location: TBA

Register: 1.866.414.7766

Arthritis & Your Neck

This FREE 2 hour workshop will deal with the different types of arthritis and how they affect your neck. What are your treatment options – what can help. You will learn what the self help approaches are for reducing stiffness and pain.

Date: Wednesday, October 15th

Time: 6:30pm – 8:30pm

Location: Okanagan College, 1000 KLO Rd

Register: 1.866.414.7766

Dreaming of a Good Night's Sleep?

In this FREE 2 hour workshop you will learn about sleep, arthritis related sleep problems, and what you can do to get a better night's sleep.

Date: Tuesday, November 25th

Time: 6:30pm – 8:30pm

Location: Okanagan College, 1000 KLO Rd

Register: 1.866.414.7766

Osteoarthritis Education Program

This 4 session program is designed for people affected by osteoarthritis. Topics include understanding osteoarthritis and pain, changing pain and improving function, protecting your joints, managing fatigue, exercise techniques and specific joint exercises.

Date: Tuesdays & Thursdays (October 7, 9, 14 & 16 OR December 2, 4, 9 & 11)

Time: 1:00pm – 3:00pm

Location: Kelowna Arthritis Centre, 150A-1855 Kirschner Rd

Fee: \$25 (includes course materials)

Register: 250.868.8643

Arthritis Self Management Program

ASMP is designed to give you the tools and knowledge you need to take control of your

arthritis. Offering training and practical advice, this research based program enhances your understanding of arthritis and empowers you to take a more active role in managing it.

Date: 6 consecutive Monday afternoons, October 27th – December 1st

Time: 1:00pm – 3:00pm

Location: Rutland Senior Centre, 765 Dodd Rd

Fee: \$25 (includes all 6 sessions and the Arthritis Helpbook – family or friend (Without the Helpbook, fee is \$10))

Register: 250.868.8643

-Source: Alvera Pucilowski, Support Assistant, The Arthritis Society, 17 September 2014

Workshops for Helping Professionals

Caring on Empty

A one-day workshop for helping professionals wanting to :

- Explore compassion fatigue (CF) in a rich multidisciplinary setting
- Understand the differences – CF, burnout & vicarious trauma
- Discover your CF risk & identify early warning signs
- Learn positive strategies for reducing CF risk and increasing resilience
- Create a personal wellness plan for CF resilience

Jan Spilman, MEd, is a CF Specialist who helps people-who-help-people to live well with the stress of their personal and professional care-giving. She has worked as a critical care nurse, trauma & loss therapist & mental health educator.

Date: Saturday, November 8th, 2014

Time: 9:00am – 4:00pm (Registration at 8:30am)

Cost: \$189 (Includes GST)

Location: Park Room, Christ Church Cathedral, Vancouver

Register: Call 604.297.0609 or email caregiverwellness@shaw.ca

(Registration closes October 31st)

A Beginners Enneagram Workshop for Adults

This beginners workshop will introduce you to the Enneagram, a dynamic system of nine distinct personality types rooted in modern personality research and ancient wisdom traditions. The Enneagram can help you to enhance self-compassion, improve relationships, understand areas of reactivity (the things that push your buttons) and maximize your strengths. During the workshop, you will:

- Learn about ethical use of the Enneagram
- Hear nine detailed type descriptions and watch film clips for each type
- Begin the process of discovering & verifying your own personality type
- Have the opportunity to both laugh out loud in self-recognition & reflect seriously on your type's opportunities for growth

Date: Friday, November 27th, 2014

Time: 9:00am – 4:00pm (Registration at 8:30am)

Cost: \$189 (Includes GST, lunch, handouts & book)

Location: Park Room, Christ Church Cathedral, Vancouver
Register: Call 604.297.0609 or email caregiverwellness@shaw.ca

-Source: Jan Spilman, *Caregiver Wellness*, 8 September 2014

2014: The Labour Market Year-in-review – January 2015

In Vancouver, Surrey, Victoria, Nanaimo and Kelowna

With the launch of the BC Skills for Jobs Blueprint, recommended changes to the Industry Training Authority and release of the BC Labour Market Outlook 2022, new labour market information has become available that will provide career professionals with a fresh understanding of the changes taking place in industries, occupations and specific regions of the province.

This workshop will examine these changes, drawing together research from government, statistical agencies, industry associations and financial institutions. All of this information will be tailored to the needs of job seekers, those in career transition and students hoping to plan for an ever changing labour market. Participants will receive a strong understanding of these changes, receiving access to the research, resources and supports that can make a real difference in their clients and students' lives.

When & Where

- Vancouver – Friday, January 9th, 2015
- Nanaimo – Friday, January 16th, 2015
- Kelowna – Friday, January 23rd, 2015
- Surrey – Tuesday, January 27th, 2015
- Victoria – Friday, January 30th, 2015

* All sessions scheduled from 9:30am – 3:30pm with participants free for lunch from 12:00pm – 1:00pm.

Registration

SUPER-EARLY REGISTRATION – By November 7th

- \$95 / Individuals
- \$75 / Per Person 3-4 participants
- \$65 / Per Person 5+ participants

EARLY REGISTRATION – By December 5th

- \$115 / Individuals
- \$95 / Per Person 3-4 participants
- \$75 / Per Person 5+ participants

REGULAR REGISTRATION – After December 5th

- \$145 / Individuals
- \$115 / Per Person 3-4 participants
- \$95 / Per Person 5+ participants

Participants

- Case Managers

- Resource Centre Staff
- Job Developers
- Workshop Facilitators
- Administrators
- Program Managers
- Instructors / Counsellors

Alternative Venues

While we've schedule sessions in Vancouver, Surrey, Victoria, Nanaimo and Kelowna, we would love an opportunity to present a tailored session in your community or to your organization. Typically, we would like to have a group of at least 12 participants. Please call or email for more details.

Registering

To register, please visit: www.LMIWorkshop.ca

-Source: BC Labour Market Report, 28 October 2014

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Volunteerism

- [WORKPLACE GIVING & VOLUNTEERING: THE STATS YOUR BOSS IS ASKING FOR](#)
- [THE BENEFITS OF EMPLOYER-SUPPORTED VOLUNTEERISM](#)
- [WHAT IS SKILLS-BASED VOLUNTEERING?](#)

Workplace Giving & Volunteering: The Stats Your Boss is Asking For

By now you've likely seen and read CECF's incredible annual Giving in Numbers report. Released this week, the report is the preeminent recurring research study of our practice, polling more than 250 leading companies on their corporate citizenship activities. In 54 colourful and well designed pages, the report provides a snapshot of the trends and statistics shaping corporate giving and volunteering.

Now that you've read it, you're probably wondering: How can I use this report to show my boss where we stand? And: How can I use it to back up my request for a bigger budget next year?

Look no further! We've done the work for you. Here's a list of the most relevant stats from the CECF report, why they matter, and what you can do about them.

[Learn More](#)

-Source: Volunteer Canada, NewsFlash, 24 October 2014

The Benefits of Employer-Supported Volunteerism

Employer-supported volunteering is any activity undertaken by an employer to encourage and support their employees to volunteer in the community.

According to Volunteer Canada (2014), five million volunteers in Canada (almost 38 per cent) are supported by their employers. Increasingly, the general public expects companies to be involved in the community. Employees benefit through improved morale, team building, and improved knowledge of the community. It's also a great way to network with others and build new skills. A company can benefit through improved employee retention, productivity, and brand recognition, and reduced absenteeism. And finally, individual employee volunteers, or a team of employee volunteers, can provide real benefit to a community organization when their volunteer interests and abilities are matched well with a current community need.

A successful employer-supported volunteer program can include employees, families and retirees, and ideally incorporate public recognition for all involved. For a number of years, Rockwell Automation has supported a variety of volunteer opportunities for its employees.

[Read More](#)

-Source: Volunteer Canada, Media Monitoring, 17 October 2014

What is Skills-Based Volunteering?

Like most industries, the practice of corporate citizenship has a set of rules and unwritten codes. For example, there's a general agreement that the path to deep community impact is through practicing strategic philanthropy. And you inherently know that you need to engage your co-workers with issues that are close to their hearts. You also know you don't have the budget to make that happen, and if you could just get off those incessant conference calls

....

There are also some things that you're expected to just know, but deep down you're not sure if you have it right. So you do the best you can; you answer questions, hope you didn't lead anyone astray, and get back to your conference calls.

Skills-based volunteering is one of those loosely defined areas of our practice that can sometimes confuse people. I have spoken to several practitioners about their definition of skills-based volunteering and the answers are all over the map. It made me think that if we're going to advance this practice, we'd better agree on some basics.

So let's answer the question: What is skills-based volunteering?

skills·based·vol·un·teer·ing

/skilz/bāst/välən'tir·ēng/

verb

any time someone uses their abilities, talents, networks and resources to get a volunteering commitment completed.

[Read More](#)

-Source: Volunteer Canada, Media Monitoring, 17 October 2014

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