



# Social Planning Council

Williams Lake and Area

*Many Voices - One Table - Shared Goals*



**REMINDER: Next community meeting is on February 27, 2023**

**January 23 Guest Speaker(s): Jill Zacharias, BC Manager of Growth and Impact - Communities Ending Poverty Vibrant Communities - Tamarack Institute**

Remember your updates, challenges/burning questions, and/or success for the famous \*lightning round.

February

**27**

**Next  
COMMUNITY MEETING  
February 27, 2023**

\*You only have two minutes to share

Click your calendar app  
below to add  
February's meeting to your  
schedule

Location: [Zoom](#)

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## Community Updates

**IS YOUR BC BUSINESS STRUGGLING TO ATTRACT AND RETAIN WORKERS?**

Take the [Addressing the Labour Market Gap Survey](#).  
Hear what job seekers in your area are looking for.

Logos: BRITISH COLUMBIA, Ministry of Social Development and Poverty Reduction, In partnership with the BC Chamber of Commerce, BCMindReader™ Platform.

**ARE YOU STRUGGLING TO FIND EMPLOYMENT IN BC?**

Take the [Addressing the Labour Market Gap Survey](#).  
Hear what employers in your area are looking for.

Logos: BRITISH COLUMBIA, Ministry of Social Development and Poverty Reduction, In partnership with the BC Chamber of Commerce, BCMindReader™ Platform.

## Addressing the Labour Market Gap Survey | Closes Feb 24

Is your business struggling to attract and retain workers? Or are you the one looking for a job? We want to hear from you. BC is facing an acute labour shortage

that challenges both employers and job seekers. The Addressing the Labour Market Gap project <https://www.bcmindreader.com/c/r/Addressing-the-Labour-Market-Gap-Survey> will help us to better understand the disconnect between employer and job seeker needs so that we can build solutions for a resilient labour force. The project is led by the BC Chamber of Commerce and funded by the Ministry of Social Development and Poverty Reduction.

Williams Lake Work BC Centre wants to hear from businesses and their employees in the Cariboo Region. We invite all employers to complete the survey <https://www.bcmindreader.com/c/r/Addressing-the-Labour-Market-Gap-Survey> and share it with their employees.

Your feedback will inform the development of appropriate solutions to improve and innovate employment practices, as well as inform future program and public policy decisions in BC.

**The survey deadline is February 24, 2023, at 5:00 p.m. PT.**

Please take the Addressing the Labour Market Gap Survey <https://www.bcmindreader.com/c/r/Addressing-the-Labour-Market-Gap-Survey>

(~10 min) and use your voice to build solutions for a resilient labour force

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Scout Island Nature Centre Presents:  
**A Free Family Event at Scout Island**

Saturday, February 25<sup>th</sup>: 1 - 3 pm

## Great Backyard Bird Count

Learn to identify those fascinating feathered visitors with Environmental Educator Martin Kruus. Short ID intro with frozen and stuffed specimens to compare with bird books. Count birds at the Nature House feeders and play a game to learn about the different types of beaks that birds have.



If you cannot come to this event, you can still be a citizen scientist by counting birds at your feeders from February 17 - 20, 2023 and submitting your findings:

<https://www.birdcount.org/participate/>

Help create a real-time snapshot of where the birds are!

**Info: 250-398-8532**  
**[martinkruus@shaw.ca](mailto:martinkruus@shaw.ca)**

*Northern Flicker: All About Birds.org*



# CLOSE

A FILM BY LUKAS DHONT



**"AN EXCEPTIONAL FILM OF EMPATHY AND VISION."**

- NICHOLAS BARBER, BBC



**PARADISE CINEMAS | THURSDAY FEB 9TH**

**TICKETS \$10 | DOORS 6:30PM | 7PM START**

[View Trailer HERE](#)

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# Williams Lake

# Block Builders

Do you have a child entering  
Kindergarten this fall?

Join us for a FREE, family literacy program  
that uses building blocks in learning activities  
that can be duplicated at home.



Each parent-child session  
involves an activity challenge,  
storytelling, free builds and FUN!

**WHEN:** Thursdays, Feb. 9 to Mar 16  
1:30 to 2:30 p.m.

**WHERE:** Marie Sharpe  
Strong Start room

To register:  
[suzanne@caribooliteracy.com](mailto:suzanne@caribooliteracy.com)  
250-392-7833





# Early Years Calendar

## February 2023



Monday	Tuesday	Wednesday	Thursday	Friday	School District 27: Strong Start
<p><b>Strong Start Programs</b> Monday to Friday check with schools for times No StrongStart – Feb. 17 – Pro D</p>					<p><b>School District 27: Strong Start</b> ➤ Email <a href="mailto:info@sd27.bc.ca">info@sd27.bc.ca</a> to register! <b>Child Development Center (CDC)</b> ➤ Early Years (drop-in) 10:00-11:00am ➤ Mothering the Mother (Karen) ➤ Body Based Healing (Karen) ➤ Circle of Security (Nancy) ➤ Call to register - 250-392-4481</p>
<p>6 <b>Early Years (drop-in)</b> 10:00-11:00am <b>Tumbling Tots</b> Playgroup 11:00am</p>	<p>7 <b>Family Storytime</b> 10:30am <b>Swim 11:00am (0-5 yrs)</b> Family Hangout 6:30pm</p>	<p>8 <b>Early Years drop-in</b> 10am <b>Trails and Tales,</b> 10:30-11:45am</p>	<p>9 <b>Babytime 10:30am</b> <b>Lego Club 3:30pm</b> <b>FASD 7:00pm</b></p>	<p>10 <b>English Learn &amp; Play</b> <b>Family Group 9:15</b> <b>(virtual) Low Impact</b> <b>Yoga 1:00pm</b></p>	<p><b>CRD Library:</b> ➤ <b>Family Storytime</b> 10:30am ➤ <b>Babytime</b> 2:30pm ➤ <b>Lego Club</b> 3:30pm <b>Family Support Institute of BC (FSI):</b> <a href="https://www.familysupportbc.com/calendar-fsievents/">https://www.familysupportbc.com/calendar-fsievents/</a> ➤ <b>Dads Supporting Dads-Every Sunday</b> ➤ <b>Family Hangout, Tues</b> 5:30pm ➤ <b>FASD, Thinking Outside the Box</b> 7:00pm <b>Pregnancy Outreach Program (POP):</b> ➤ <b>Tumbling Tots Playgroups</b> 0-3y 11:00-12:00pm ➤ <b>Swim at rec ctr (Tues)</b> ➤ <b>(virtual) Low Impact Yoga</b> 1:00pm ➤ <b>Infant Massage, 1 on 1 sessions by appt only</b> ➤ <b>Baby Sign Language, 1 on 1 sessions by appt only</b> <b>Child Care Resource and Referral (CCRR):</b> ➤ <b>Playgroup-Community Church</b> 9:00-11:00am ➤ <b>To register - crrr@womenscontact.org</b> <b>Cariboo Chicotin Partners for Literacy (CCPL):</b> ➤ <b>English Learn &amp; Play Family Group</b> <b>Cariboo Memorial Recreation Complex:</b> ➤ <b>Parent/Baby Acquafit , Paw Patrol, Little Sneakers, Parent and Tot (pre-register)</b> ➤ <b>Contact 250-398-7666</b> <b>Scout Island (250-398-8532):</b> ➤ <b>Trails and Tales (10:30-11:45am)</b></p>
<p>13 <b>Early Years (drop-in)</b> 10:00-11:00am <b>No Tumbling Tots</b> <b>Playgroup today</b></p>	<p>14 <b>Happy Valentine's Day</b> <b>Family Storytime</b> 10:30am <b>Swim 11:00am (0-5 yrs)</b> <b>Family Hangout</b> 6:30pm</p>	<p>15 <b>Early Years drop-in</b> 10am <b>Trails and Tales,</b> 10:30-11:45am</p>	<p>16 <b>Babytime 10:30am</b> <b>Lego Club 3:30pm</b> <b>FASD 7:00pm</b></p>	<p>17 <b>English Learn &amp; Play</b> <b>Family Group 9:15</b> <b>(virtual) Low Impact</b> <b>Yoga 1:00pm</b></p>	
<p>20 <b>Family Day at the Rec Centre - FREE</b> Swim 12-3:30 Skate 1:15-3:15 Fitness Centre 12-3:30</p>	<p>21 <b>Family Storytime</b> 10:30am <b>Swim 11:00am (0-5 yrs)</b> <b>Family Hangout</b> 6:30pm</p>	<p>22 <b>Early Years drop-in</b> 10am <b>Trails and Tales,</b> 10:30-11:45am</p>	<p>23 <b>Babytime 10:30am</b> <b>Lego Club 3:30pm</b> <b>FASD 7:00pm</b></p>	<p>24 <b>English Learn &amp; Play</b> <b>Family Group 9:15</b> <b>(virtual) Low Impact</b> <b>Yoga 1:00pm</b></p>	
<p>25 <b>Early Years (drop-in)</b> 10:00-11:00am <b>Tumbling Tots</b> Playgroup 11:00-12:00pm</p>	<p>26 <b>Family Storytime</b> 10:30am <b>Swim 11:00am (0-5 yrs)</b> <b>Family Hangout</b> 6:30pm</p>	<p>27 <b>Early Years drop-in</b> 10am <b>Trails and Tales,</b> 10:30-11:45am</p>	<p>28 <b>Babytime 10:30am</b> <b>Lego Club 3:30pm</b> <b>FASD 7:00pm</b></p>		
<p><b>February 18 at 2:30 - Family Film Matinee at the Library</b></p>					

## Noopa - Youth Drop In February

Williams Lake Club **Monday-Friday from 3:30pm - 8pm for youth age 12-18**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Flex Your Head	2 Dungeons And Dragons	3 Music at Foundry	4 CLOSED
5 CLOSED	6 Culture Night with Denisiqi	7 Baking	8 Closing at 5:30	9 CLOSED	10 CLOSED	11 CLOSED
12 CLOSED	13 Life Skills	14 Game Night	15 Flex Your Head	16 Health Night	17 Ice Hockey	18 CLOSED
19 CLOSED	20 CLOSED	21 Crafts	22 Flex Your Head	23 Dungeons And Dragons	24 Music at Foundry	25 CLOSED
26 CLOSED	27 Life Skills	28 Going to Foundry				

For more information, contact Madison at 250-267-2076 or [outreach@bgcwilliamslake.com](mailto:outreach@bgcwilliamslake.com)

## Housing Options for Seniors

The City of Williams Lake, in partnership with Urban Matters and BC Healthy Communities, is embarking on a new Seniors Home-sharing Planning Project. Through

this project, the City of Williams Lake wishes to better understand its senior population's housing needs and preferences and explore a variety of non-traditional housing possibilities for meeting the housing needs of seniors within the community.



We are inviting seniors within Williams Lake to share their perspectives and needs by participating in the following online survey. The online survey will take approximately 10- 15 minutes to complete and can be accessed via a QR code or the website link below.

Information from this survey will be confidentially used to inform the final recommendations of the Seniors Home-sharing Planning Project. If you have any questions about this project please contact the project lead, Anne Burrill at [anne.burrill@urbanmatters.ca](mailto:anne.burrill@urbanmatters.ca)

***The survey can be taken online via the link below until February 11, 2023.*** Physical copies are also available at the Seniors Activity Centre and City Hall.



Take The Survey [HERE](#)

Resources & Training



# Dropping Anchor

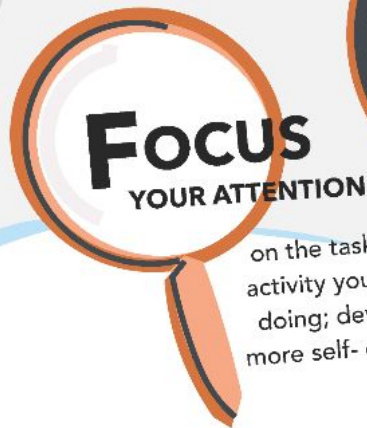
Adapted from the work of Dr Russ Harris author of The Happiness Trap

## HANDLE DIFFICULT THOUGHTS,

feelings, emotions,  
memories, urges, and  
sensations more

## SWITCH OFF AUTOPILOT

and engage in life; ground  
and steady yourself in  
difficult situations.



**DISRUPT  
RUMINATION**

Obsessing and worrying



*Drop Anchor in the middle  
of any kind of emotional  
'storm':*

- Flashbacks
- Panic attacks
- Chronic pain

To support and hold you steady, so  
you don't get swept away,  
allowing time for the storm to pass.

To bring your focus back to what's  
important to you right here and  
now.

## WHAT IS INVOLVED?

**DROPPING ANCHOR** involves playing around with A-C-E:



**ACKNOWLEDGE**  
your thoughts  
and feelings



**COME BACK**  
into your body



**ENGAGE** in what  
you are doing

Put together by James Warren, North Bristol NHS Trust, UK.

# Dropping Anchor

Adapted from the work of Dr Russ Harris author of The Happiness Trap



## ACKNOWLEDGE your thoughts and feelings

*Adopt the stance of a scientist, curiously observing what's going on in your inner world.*



## COME BACK into your body

*You aren't trying to turn away from, avoid, escape, or distract yourself from what is happening in your inner world.*



## ENGAGE in what you are doing

*Try all or some of these suggestions, or try your own.  
End the exercise by giving your full attention to the next task or activity at hand.*

Silently and kindly acknowledge whatever is 'showing up' inside you:

- Thoughts
- Feelings
- Emotions
- Memories
- Sensation
- Urges

Come back into and connect with your physical body.

- You could try some or all of these:
- Slowly push your feet hard into the floor.
- Slowly straighten up your back and spine; if sitting, sitting upright and forward in your chair.
- Slowly press your fingertips together
- Slowly stretch your arms or neck, shrug your shoulders.
- Slowly breathe.

Get a sense of where you are and refocus your attention on the activity you are doing.

*In your surroundings, notice:*

- 5 things you can see
- 4 things you can hear
- 3 things you are touching
- 2 things you can smell
- 1 taste in your mouth

**Finally: notice what you are doing.**

**Ideally, run through the A»C»E cycle slowly 3 or 4 times, to turn it into a 2- 3 minute exercise:**

*You can practice these kinds of exercises, any time, any place. It's a good idea to practice them often in less challenging situations, when your thoughts and feelings are less difficult, so you can build up your skill levels. Over time, the idea is to use this in more challenging situations, when your thoughts and feelings are more tricky and can more easily overwhelm us.*

Put together by James Warren



# Métis Early Years Conference March 3-4, 2023 Prince George



[REGISTER HERE!](#)



# SUMMIT FOR STRENGTH

Communities Ending Poverty  
Virtual National Gathering

April 25-27, 2023





# NEWSLETTER

## The Uneven Racialized Impacts of Financialization

Nemoy Lewis / Office of the Federal Housing Advocate

## Funding Opportunities



## Applications Are Open Until February 13, 2023

There is **one more week** until the deadline to apply for a Participatory Action Research grant! **These are short-term or multi-year grants depending on the stage of your health-related research project.**

Applications are **open until February 13, 2023, at 4:30 pm**, through our [online grant management system](#).

[Apply Today](#)

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### Applying for a grant? Use our online resources to help guide you:

1. Our [Participatory Action Research Grant Guidelines](#) will confirm grant eligibility and tips for writing an application. **Please note: The research project must be in collaboration with community members and an institution with access to an ethics board such as a university or research institution.**
2. Application questions are provided in both the [Convene](#) and [Investigate](#) application process documents to help you prepare for your application.
3. The [online application guide](#) includes screenshots from the online grant management portal to answer any technical questions you may have about the online application.
4. We have also created a video library with how-to videos specific to the [online grant management portal](#). Some videos include:

- [How to Create a User Account](#)
- [How to Begin PAR grant](#)
- [How to Add Collaborators](#)

After reviewing our resources, if you have additional questions about your grant application, schedule a time to meet with one of our managers [Mike](#) or [Stephanie](#) who are ready to answer any clarifying questions. For technical support, please email [grants.admin@vancouverfoundation.ca](mailto:grants.admin@vancouverfoundation.ca)

## Employment & Volunteer Opportunities

# INTERIOR CRISIS LINE TRAINING

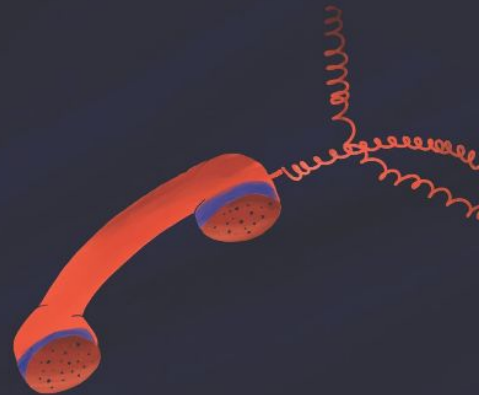
We are looking for

## Volunteer Crisis Line Responders

If you are looking for an exciting and rewarding volunteer opportunity then this is for you!

### TRAINING FEE:

Refundable \$100 fee upon completion of your required annual volunteer hours



FOR MORE INFORMATION  
PLEASE CONTACT

**Evan Pantanetti**

250-302-9232

[evan.pantanetti@cmhacariboo.org](mailto:evan.pantanetti@cmhacariboo.org)

SCAN ME



## Notable Quote



"It doesn't get easier.

You just get stronger!"



**Social Planning  
Council** Williams Lake  
and Area

## 2023 Community Meetings

January 23

July 24

February 27

August - **summer break, no meeting**

March 27

September 25

April 24

October 23

May 29

November 27 - **AGM & Community Meeting**

June 26

December - **winter break, no meeting**

Meeting minutes can be found [HERE](#)

## Join Today, Become a Social Planning Council Member!

Social Planning Council is a member-supported organization. Your membership fees are critical to supporting our work connecting, collaborating, and bringing our community together for a better quality of life for all.

For more info contact [info@wlspc.ca](mailto:info@wlspc.ca)  
or find a membership form [HERE](#)



The Social Planning Council of Williams Lake and Area  
thanks to the City of Williams Lake for their funding support.

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266 Oliver Street, Williams Lake, BC V2G 1M1

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