



Social Planning Council

Williams Lake and Area

Many Voices - One Table - Shared Goals

Hello again.

I am looking forward to connecting with everyone next Monday, October 23rd. The Community Meeting Zoom link is below. I am really enjoying these monthly meetings and the opportunity to hear all the great work that is being done in our community. A sincere thank you for your contributions.



This month, we will be joined by Brianna van de Wijngaard from our local Food Hub who will be presenting on this past seasons challenges and successes. The Food Hub works collaboratively to increase food security in our communities and they have done inspiring work this season, you don't want to miss it!

Our monthly Member Spotlight is the Boys and Girls Club of Williams Lake. Below you will find more information about their amazing organization and some upcoming events and resources. The work they do for the youth in our community is truly remarkable.

I hope you find the resources and events included in the

newsletter worthwhile, and that you can take advantage of some of the great things going on in our community.

Our next newsletter will be emailed November 2nd, so I'd like to wish you all a happy and safe Halloween!

Next Meeting: October 23, 11:30-1:00

Looking forward to connecting with everyone next week at the Community Meeting.

Date: October 23, 2023

Time: 11:30 - 1:00

Location: Zoom

<https://us02web.zoom.us/j/82060235786?pwd=Y01yYmVndTFoR1BXUHI2THArR2RPQT09>

+16473744685,,82060235786#,,,,*228412# Canada

+16475580588,,82060235786#,,,,*228412# Canada

Dial by your location

+1 647 374 4685 Canada

+1 647 558 0588 Canada

+1 778 907 2071 Canada

+1 780 666 0144 Canada

+1 204 272 7920 Canada

+1 438 809 7799 Canada

+1 587 328 1099 Canada

Find your local number: <https://us02web.zoom.us/u/kbst3WMDIe>

Photo: Cariboo Mountains | Michael Bednar



HERE'S WHAT'S COMING

Date: October 23, 2023

Time: 11:30 am – 1:00 pm **Location:** Zoom

Chair: Larry Stranberg **Minutes:** Liane Nunn

Land Acknowledgement

The Social Planning Council of Williams Lake and Area would like to acknowledge this meeting is taking place on the traditional unceded territory of the Secwepemc Nation and the T'exelc people.

Review & Approve Agenda for October 23, 2023

Review & Approve Minutes for September 25, 2023

Member Introductions: Share your name and the organization you represent.

Guest Speaker(s): Brianna van de Wingaard - Community Food Hub

Lightning Round - Share an Organizational Update, a Challenge, or a Success
Just remember you still only have two minutes.

NOTE: Anyone can share feedback, possible connections, or thoughts to what they heard during their time or in the chat.

October's Guest Speaker

The Central Cariboo Community Food Hub

Don't miss hearing from our local Food Hub Coordinator, Brianna van de Wijngaard.



Member Spotlight

Boys and Girls Club Williams Lake

29 years ago, Williams Lake was added to the Boys and Girls Club portfolio, serving as the club farthest north in BC. The BCG Williams Lake Club provides safe, supportive places where children and youth can experience new opportunities, overcome barriers, build positive relationships, and develop confidence and skills for life. The BCG Williams Lake Club is currently serving 296 members of the community.



Opportunity Changes
Everything



In connection with the community agencies and partners, The Club offers these amazing programs:

- Afterschool Programs - providing a health, supportive place for children.
- Sports Programs - baseball, mountain biking, ball/ice hockey, hiking.
- Dungeons and Dragons
- Youth Drop In Centre (Noopa) - a home away from home, including a youth food bank and necessity nook.
- Backpack Program - providing food for the weekend.
- Basic Needs Brighter Future - teaching youth how to cook and be safe in the kitchen.
- Outreach Services - providing support navigating crisis and connecting with other agencies or services.
- Harm Reduction Services - lessening the harms associated with substance abuse.

Take a look at their brochures for more information on these amazing programs, as well as information about their Annual Stocking Drive!

*Note - click the pictures for links ;)

Necessity Nook

Supplies those in need with the essentials: hygiene products, clothing, laundry and shower facilities, and more!

Youth Bus Pick Ups

Bus runs Monday-Friday after school, giving youth a safe ride to our Drop-In Centre.

Backpack Program

Provides children and youth in need with a bag of food every Friday, September-June, and when needed during summer.



Club Manager:
Krista Harvey: 250-305-4254
 clubmanager@bgcwilliamslake.com

Youth Programs Leader/ Youth Outreach:
Eric Davidson: 250-267-2067
 noopa@bgcwilliamslake.com

KidZone Program Leader
Tiffany Boston: 250-305-7207
 afterschool@bgcwilliamslake.com

Harm Reduction Coordinator
Laurel White: 250-305-4235
 prevention@bgcwilliamslake.com

Independent Living Youth Worker
Derek Godin: 250-305-4231
 transitions@bgcwilliamslake.com

Youth Reconnect Worker
250-302-9629
 reconnect@bgcwilliamslake.com

Administrative Support Worker
Maria Bornyk: 250-392-5730
 operations@bgcwilliamslake.com



Williams Lake Club

YOUTH PROGRAMS



250-392-5730
 17- Fourth Avenue South,
 Williams Lake, BC

www.bgcwilliamslake.com

OUTREACH SERVICES

The goal of the Outreach Program is to provide youth with support geared towards their personal long-term development and well-being.

BGCWL Outreach staff assist youth (ages 12-24) through:

- Tackling barriers and addressing individual needs
- Practicing life skills
- Providing connections to other community resources and support

Location: NOOPA (Main Club) and throughout the community

Hours: No set hours. Come in during regular Club hours or contact Eric for more information.

HARM REDUCTION SERVICES

- Providing safe supplies such as Naloxone kits, safe drug use supplies and safe sex supplies.
- Training for Naloxone kits and safe supply kits.
- Providing supports, supplies, resources and education that can assist in the reduction of sexually transmitted infections.
- Helping reduce drug-related harms including infections and the spread of disease.
- Increasing knowledge and access to safer practices that reduces potential harm.



FOCUSED PROGRAMS

Mountain Biking Program

Mountain Biking provides youth of all ages and skill levels with opportunities to experience one of the Cariboo's best-rated recreational activities. Equipment is provided when required. This program runs Mondays and Wednesdays 3:30pm-6:00pm from May to October. There is a \$50 fee for the season.

Ice Hockey

From 3:30pm-4:45pm Fridays, all winter long.

Cooking Classes/ Life Skills/Lead Up

Youth develop life skills such as leadership, cleaning skills, and employment/job readiness. Program runs every Wednesday in NOOPA from 4:00pm-5:45pm

Respect 2 Connect

A program where youth learn about Healthy Relationships. Inquire about upcoming sessions.

Dungeons and Dragons

Dungeons and Dragons runs Thursdays from 4pm-6pm

Transitions to Independent Living

The program:

- Reconnects youth referred by MCFD with family, school, culture and community
- Connects youth with suitable referrals to other programs and community services as needed
- Provides support and referrals on a variety of issues such as: counselling, securing housing community health programs and employment services.

NOOPA - YOUTH DROP-IN CENTRE

The Youth Drop-In Centre (commonly known as NOOPA), is a place for youth aged 12-18 to participate in a variety of opportunities led by positive role models. Through social recreation, educational programs, and outreach services, we help young people learn the skills they need to grow into happy, healthy, productive adults.

Youth have access to:

- Activities and outings
- Drop-in lounge
- Computers, games and entertainment
- Healthy snacks, meals, and food hampers





Williams Lake Club

October 2, 2023

Dear Community Member and business owner,

BGC of Williams Lake (formally Boys and Girls Club) is non-profit organization and is one of the leading provider of programs to children and youth that support the healthy physical, educational and social development of over 300 young people and their families in our community.

BGC Mission statement is “To provide a safe, supportive place where children and youth can experience new opportunities, overcome barriers, build positive relationships and develop confidence and skills for life.”

Dedicated, trained staff and volunteers offer programs in physical recreation, pre-teen after school and summer programming (ages 5-12), and personal growth. As well, we have a drop-in centre where youth between the ages 12-19 can enjoy a range of socio-recreational activities such as karaoke and dances, arts and crafts, cooking, pool, and life skills workshops.

The Club also provides meals, crisis supports and other needs to children and youth at risk which for some, may be the only form of support they receive.

One of the philosophies of our club is not to turn away any individuals due to financial restraints, in order to make sure all children and youth in our community have the opportunity to take part in active recreation. Therefore, the club creates a safe, supportive, environment where children and youth experience new opportunities, overcome barriers, build positive relationships and develop confidence and skills for life.

This letter is asking for donations towards youth Christmas stockings. This tradition has happened at our club for the last 12 years. Each year children and youth that attend our club receive a stocking filled with amazing items donated or purchased with the amazing donations we receive. In previous years, these stockings and gifts have been great success and would not have been successful without the help and hard work of local businesses and the many great community members.

We would be thrilled to have your business' support or if you could personally donate since our organization relies on the generosity of individuals and businesses to support the community. When you donate to our Christmas stockings, your business would be recognized on our website and with a thank you letter. We hope that you will support our efforts and we look forward to your response. We accept cash, and gift cards, at our main club location 17 South 4th Avenue across from Freshco 8:30 am – 7pm Monday thru Friday. Monetary donations can also be made online through our website with the option of one time in kind donation or monthly.

Thank you in advance for your generosity.

Sincerely,

Krista Harvey

Club Manager

BGC Williams Lake Club
Address: 17 South Fourth Avenue
Williams Lake, BC. V2G 1J6

Telephone: (250) 392-5730
Fax: (250) 392-5743

Community Events

bgc Noopa - Youth Drop In Oct
 Williams Lake Club Monday-Friday from 3:30pm - 7pm for youth age 12-18

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 CLOSED	2 Baking Apple Crisp	3 Wildlife safety	4 Resume Building	5 Dungeons & Dragons	6 Pool & Gym	7 CLOSED
8 CLOSED	9 CLOSED	10 Thanksgiving Dinner	11 Closing at 5:30pm	12 Dungeons & Dragons	13 Life Skills	14 CLOSED
15 CLOSED	16 Block Clean up	17 Rock Painting	18 Pool & Gym	19 Dungeons & Dragons	20 CLOSED	21 CLOSED
22 CLOSED	23 Cultural night	24 Halloween crafts	25 Haunted House prep	26 Haunted House set-up	27 Haunted House 6-8	28 Haunted House 6-9
29 CLOSED	30 Halloween crafts	31 HALLOWEEN	Ice Hockey, Fridays from 3:30pm-4:45pm @ Rink 1			

For more information, contact Eric at 250-267-2076 or outreach@bgcwilliamslake.com

44TH ANNUAL
 WILLIAMS BRITISH COLUMBIA LAKE
HALLOWEEN
Fireworks
 October 31

BONFIRE & PIE EATING CONTEST 7:15PM
 FIREWORKS 7:45PM

LAUNCHED FROM THE STAMPEDE GROUNDS
 BONFIRE • HOTDODS • HOT CHOCOLATE
 PIE EATING CONTEST

www.facebook.com/williamslake
 @williamslake

Join the Williams Lake Sexual Assault Center & Community Based Victim Services and the Williams Lake Streets for All in a rally/bike ride to shatter the silence and stop the violence for all survivors, of all gender identities, from all backgrounds!!
 COME AS YOU ARE OR DRESS IN A COSTUME!

OCTOBER 26, 2023

Take Back THE NIGHT
Shatter the Silence Stop the Violence

6:00 P GATHER AT CLOCK TOWER PARK - OLIVER & 1ST AVE

6:15 P CANDLE LIGHT WALK - OLIVER STREET TO 7TH AVE
 BIKE RIDE - STREETS OF WILLIAMS LAKE TO BOITANIO PARK GRANDSTAND
 FOOD TRUCKS AT BOITANIO PARK

7:00 P CONCERT IN THE PARK FEATURING LOCAL ARTISTS - BOITANIO PARK GRANDSTAND

FOR MORE INFORMATION CONTACT:
 Michelle Johnston, 250 855 8085 or michelle.johnston@cmha.cariboo.org
 TO REGISTER WITH GO BY BIKE WEEK SOCIETY FOR THE RIDE/WALK:
<https://gobybikebc.ca/>

BROUGHT TO YOU BY THE FOLLOWING BUSINESS/ORGANIZATIONS:

FOOD VENDORS:

After the walk, FREE van rides back to Clock Tower Park starting at 8:00 pm, every 15 minutes. Register at Victim Services info booth by the Boitano Park Grandstand

FEATURED Artists
 Ledesma, Arroyave & Friends
 M. Lund
 Deanna Bowman & Sienna McCarvill
 Jen Charters & Leah Martin

WALK Route

Williams Lake
GoByBike Week
CALENDAR OF EVENTS

EARLY AM TUESDAY
BIKES, BREWS & BREKKY 17 OCT | 7:30 AM
 SMASHIN SMOOTHIES

THURSDAY
 19 OCT | 7:00 PM
 PARADISE CINEMAS

THE ENGINE INSIDE FILM

CRITICAL MASS ART RIDE SATURDAY
 21 OCT | 2-4 PM
 SPIRIT SQUARE TO BOITANIO PARK

THURSDAY
 26 OCT | 6 - 7 PM
 SPIRIT SQUARE TO BOITANIO PARK

TAKE BACK THE NIGHT GROUP RIDE

MORE INFO AT:
 GOBYBIKE WILLIAMS LAKE
 STREETS FOR ALL WL
 ON FACEBOOK AND INSTAGRAM

GOBYBIKEWEEKS
OCTOBER 16-29, 2023
 FREE REGISTRATION:
 GOBYBIKEBC.CA

REGISTER AND ENTER TO WIN ONE OF MANY GREAT PRIZES INCLUDING: TRAVEL VOUCHER, AND MORE FROM SPONSORING LOCAL BUSINESSES

Resources

ASIST
 Learn the skills.
Help save a life.

Suicide is preventable. Anyone can make a difference.

- Two-day workshop in suicide intervention skills
- Learn and practice a life-saving intervention model
- Widely used by professionals and the general public

Upcoming Applied Suicide Intervention Skills Training (ASIST)

Date: November 4th & 5th from 9:00am to 5:00pm

Location: #201-35 Second Avenue South, Williams Lake

Hosted by: Canadian Mental Health Association Cariboo Chilcotin

Cost: \$250 per participant* plus \$50 participant kit
 *Bulk and Student Rates Available Upon Request

To Register: Scan QR code or go to
<https://forms.office.com/r/B1xFLNIGKD>



For more information contact Madison at CMHA,
 (cell) 250-855-8153 | training.coordinator20@cmhacariboo.org



ASIST works. Learn more and see the evidence at www.livingworks.net/asist



safeTALK
 Make a connection.
Help save a life.

Suicide is preventable. Anyone can make a difference.

- Half-day training in suicide alertness skills
- Learn four basic steps to create a life-saving connection
- Widely used by professionals and the general public

Upcoming safeTALK training

Date: October 18, 2023 from 10:00am - 2:30pm
 (lunch provided from 12:00-12:45pm)

Location: Alkali Training room located in the Gym building, Alkali Lake

Hosted by: Canadian Mental Health Association Cariboo Chilcotin

Cost: \$70 per participant

Sponsorship for community members available. Contact Tracy or Nina.

To register: Contact Tracy Spence-Whitford at 250-302-0307 / Ext. 274
 OR: Nina Kalelest, Office Assistant, at 250-440-5611 Ext. 227

For more information on workshops, contact Madison at CMHA
 250-855-8153 or email training.coordinator20@cmhacariboo.org
 safeTALK works. Learn more and see the evidence at www.livingworks.net/safetalk



**OCTOBER EMPLOYMENT
 READINESS WORKSHOPS**



TRANSFERABLE SKILLS

Wednesday 18th
 at 9:30am to 11:30am

WRITING COVER LETTERS

Wednesday 25th
 at 9:30am to 11:30am

RESUME ENHANCEMENT

Thursday 12th & 26th
 at 9:30am to 12:30pm

RESUME ENHANCEMENT 1:1

Thursday 5th & 18th at
 10am - 11:30am & 1:30pm - 3pm

INTERVIEW TECHNIQUES

Wednesday 11th at
 9:30am to 12:30pm

Looking for work can be both intimidating and
 overwhelming.

Do you need help taking the first step?

Let WorkBC assist you by attending one of our
 Employment Readiness workshops.



Contact our office today to
 register and find out more
 about our other services

Phone us:
 250-398-5133

Email at:
info-williamslake@workbc.ca

Find us on Facebook at:
 WorkBC Centre Williams Lake -
 Home | Facebook

Local Job Board:
 WorkBC Centre – Jobs and
 Careers



HERE'S WHAT YOU MISSED

September Community Meeting Minutes

Community Members Meeting Minutes

Date: September 25, 2023 **Time:** 11:30 am – 1:00 pm

Chair: Shannon Thom **Minutes:** Liane Nunn

Present: Shannon Thom, Liane Nunn, Laurie Walters, Madi Rushton, Bettina Johnson, Hayley Guichon, Darlene Doucette, Kylie Thomas, Hannah Diether, Pat

Land Acknowledgement

The Social Planning Council of Williams Lake and Area would like to acknowledge this meeting is taking place on the traditional unceded territory of the Secwepemc Nation and the T'exelc people.

Review & Approve Agenda for September 25, 2023

Motion: Pat Biblow Seconded by Rosanna McGregor

Carried

Review & Approve Minutes for July 24, 2023

Motion: Madi Rushton Seconded by Pat Biblow Carried

Member Introductions: Members shared their name and the organization.

Guest Speaker(s): Hayley Guichon, Denisiqi Services Society – Jordan's Principle

- Jordan's Principle is a law within Canada named in memory of Jordan River Anderson. Jordan's Principle provides First Nations children on/off-reserve, status/non-status the products/supports/services they need. Areas covered are education, health, social and cultural.
- Jordan was born with complex medical needs, couldn't breathe on his own, couldn't walk or talk. Due to high medical needs, he spent the first couple years of his life in hospital. When given approval to leave hospital, there were many necessary medical needs. The federal and provincial government would not take ownership to cover these needs. Jordan ended up not being able to leave hospital and dying at the age of 5. This triggered the start of Jordan's Principle.
- After Canadian Gov. agreed to implement Jordan's Principle, they restricted everything for eligibility so not even Jordan would qualify. It is an ongoing fight with the Canadian Government.
- Four Pillars of Support include:
 - Education
 - Health
 - Social
 - Cultural
- Eligibility – for on/off reserve for First Nations children, status or not status.
- From birth up to the age of 19
- Some approval examples: School supplies, tutoring, technology, clothing, two personal vehicles, rent subsidizing, day care fees, group applications, housing applications, renovations on reserves such as making the housing wheelchair accessible.
- No amount cap or limit to how much you can apply for in a year.
- How to apply – in person at Denisiqi Services Society. More information in the brochure provided in the newsletter. (see below)
- Questions

- Laurie Walters – can you please provide an example of what a group application would be:
 - Horse programs, one-on-one ECE worker, back to school supplies, winter clothing.
 - Group Applications fall under two categories:
 - Non-specific – on reserve
 - Specific – off reserve, more information required for everyone involved. Names, quotes, letters.
- Shannon Thom – if a time sensitive application is submitted and items were purchased during processing will they be reimbursed?
 - Yes
- Shannon Thom - If a youth is coming up to the age of 19, and the delay process carries on past their 19th birthday, will they still be approved for the application submitted before turning 19?
 - Yes, it will be honored.

Lightning Round - Share an Organizational Update, a Challenge, or a Success

Hayley Guichon, Denisiqi

- Client Programs have started as well as hockey.
- Family Wellness Program coming up.
- Orange Shirt Day coloring contest this week – activity pages are on their Facebook page.

Laurie Walters, Social Planning Council

- AGM is coming up in November via Zoom. Link will be in the newsletter one week prior and it will follow same format as the monthly community meetings.
- Membership renewals have been mailed out and payment is due before AGM.
- Revive Thrive campaign for poverty education and awareness campaign.

Liane Nunn, Social Planning Council

- Creating an anti-poverty education and awareness video with the help of community members
- Creative workshops will be in October. Plan to start filming beginning of November.
- A Call-to-Action campaign to encourage organizations and individuals to step up in the fight against poverty.

Bettina Johnson, Fraser Basin Council

- FBC is focused on sustainability and bringing people together, a lot of the projects have been regional throughout the province.
- We have the capacity to support work that is ongoing in the Williams Lake community. Focusing on connecting and reaching out.
- Multiple focus areas in FBC, one of them is sustainable community and resiliency.

Darlene Doucette, Royal Purple

- Purple Thursday – Brain Injury Awareness and Prevention. Third Thursday of October to recognize the intersection between interpersonal violence and brain injury.
- Collecting care items for care bags to give to women's shelters. Williams Lake has 50 care bags for the women's shelter.
- Hosting a breakfast event to recognize people who work with victims of domestic violence or brain injury.
- Bigger event in Saskatchewan, guest speaker is Anna Maria Tremonti, via Zoom
 - canadianroyalpurple.org
- Williams Lake is putting out Purple Thursday posters, asking individuals to show support on October 19th by wearing purple.

Hannah Deither, Central Interior Rural Division of Family Practice –

- Two more primary care providers leaving the community. Long term care is struggling, so changes will be coming. Hoping to have some providers come to the region in fall 2024.
- Working on UPCC (urgent primary care centre) for Williams Lake. Opening a physical space.
- Question: Laurie Walters – Asking for an update on the maternity clinic
 - Maternity clinic opened in CMH in July. Four providers, self-referral.

Madi Rushton, Canadian Mental Health Associations

- Promoting workshops in the community for ASSIST and getting Safe Talk into the schools.
- CONNECT Parent Attachment program starting October 3rd. Open to any parents that need support to discuss difficulties their having with teens/pre-teens.
- Housing for homeless, open to anyone needing support. Homeless outreach working is working to help those in need.
- AGM October 19th, 2:00pm.

Pat Biblow, Thompson Rivers University

- Welcome to new Academic Director- Kylie Thomas
- Student scholarship and awareness fundraising Gala on October 14th.
 - Aaron Pritchett performing.
 - Winter programs(trades) – currently taking applications.
 - Question: Shannon Thom – Is the Witness Blanket on display?
 - Not yet, it is still in Forth Smith. A notice will be sent out when it is on campus. The event on the 28th has been cancelled. They extended the time we can have it until January. An event/viewing will be planned for October/November.

Rosanna McGregor, Cariboo Friendship Society

- Aboriginal Housing Management Association – funder for social housing.

- We've endorsed an Indigenous Collaborative Housing Incorporation. Received 280M to start the collaborative work in our communities, provincially and federally.
- Indigenous homelessness and complex care sites – pilot programs, keen to watch them for modeling.
- Interior Health anti-racism training module review committee – 24 hours of training – looking at it to role out as a pilot at CMH.
- Question: Darlene Doucette – who is the contract in regard to donations for women shelter
 - Rosanna – admin@cfswl.ca

Meeting Adjourned: 12:35

Move to adjourn Rosanna McGregor.

Important Dates

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

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

266 Oliver Street, Williams Lake, BC V2G 1M1

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