



Social Planning Council

Williams Lake and Area

Many Voices - One Table - Shared Goals



REMINDER: See you Monday, March 27, 2023

February 27 Guest Speaker(s): James Evans, Project Manager – Labour Market Study, T̓silhqot̓in National Government

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

**You only have two minutes to share*

Location: [Zoom](#)

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March

27

**Next
COMMUNITY MEETING
February 27, 2023**

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



Powered by [AddEvent](#)

Community Updates

NEW

After Hours Virtual Clinic

Virtual appointments are now available with a local Nurse Practitioner



**To book an appointment call 250-395-2271
between 9am-2pm Monday-Thursday**

**Virtual Clinic Appointments take place after clinic
hours between 4pm-9pm**

This service is available for patients who do not have a Family Doctor or Nurse Practitioner.



HealthLinkBC



Looking for a family doctor or nurse practitioner?

The Health Connect Registry* can help

Go to www.healthlinkbc.ca/health-connect-registry

And register yourself, your family or others under your care. When a provider becomes available, you will be contacted.

Telephone assistance is available by calling HealthLinkBC at 8-1-1, or for the deaf and hard of hearing, 7-1-1.

Translation services are available.



Central Interior Rural Primary Care Network



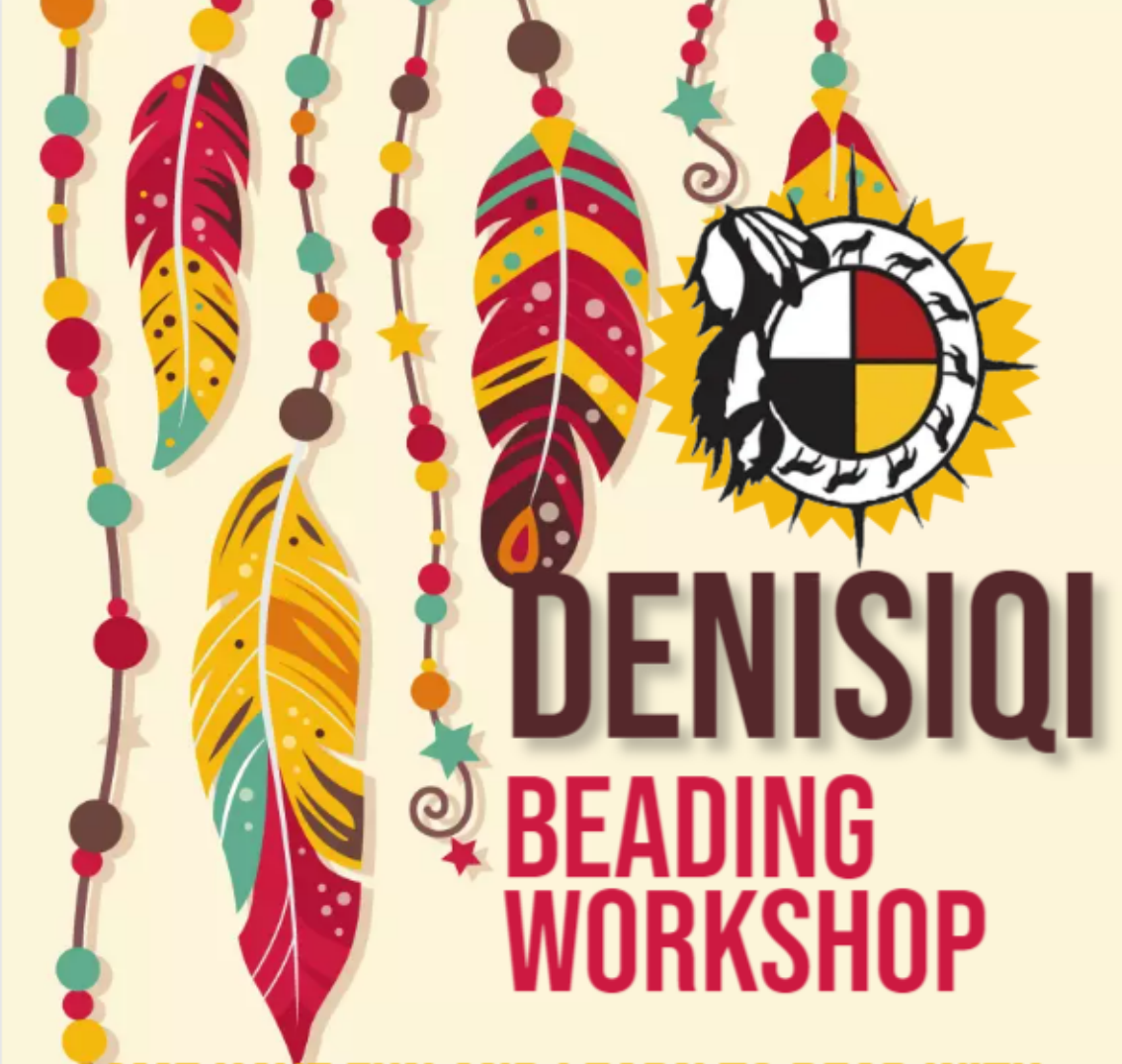
*Replaces the Cariboo Chilcotin Attachment List.



TRU 2023 Gala "A Night Under The Stars"

Ticket sales for the Gala on April 1st are now available at <https://www.tru.ca/williamslake/aboutus/gala.html>





DENISIQI
BEADING
WORKSHOP

COME HAVE FUN AND LEARN TO BEAD WITH
TANIA JEFF- DINNER INCLUDED

March 27, 2023, 3:30-5:30. Ages 12+,
Parents/Caregivers encouraged to attend
REGISTER BY CALLING 250-392-6500// WWW.DENISIQI.ORG

SD#27 CARIBOO CHILCOTIN
PRESENTS

**GLASS SLIPPER POP-UP
BOUTIQUE 2023**

Formal wear

FITTINGS

MAR 28,29,30,31

April 3,4,5,6/11,12,13

1-4pm & Thursdays 1-5:30pm

LOCATION: GROW SKYLINE SCHOOL
320 2ND AVE N. WILLIAMS LAKE

CALL TO BOOK APPOINTMENT TIME

250-267-1467

Free Formal Wear Loans for Graduation 2023

Call to book a 1 hr fitting in our new Pop-Up Boutique



| Sun Closed | Mon Welcome to Come Anytime 8:30-4:30 | Tue Welcome to Come Anytime 8:30-4:30 | Wed Welcome to Come Any- time 8:30-4:30 | Thu Lunch 11:15-1:00 | Fri Welcome to Come Any- time 8:30-4:30 | Sat Closed |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------|------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|---------------|
| Pregnancy Outreach Program supports everyone from prenatal right up until 6 years of age. OPEN 8:30 am- 4:30 pm Monday-Friday (closes @ 2pm Thursday) | | | | | | |
| | 1 Quilting 10-noon Muffins & Discussions Chat Group 2pm-3pm | 2 Drop in lunch Closed @ 2 | 3 Postnatal fitness & Smoothie 11:30am-12:30pm | 4 | | |
| 5 | 6 Tumbling Tots Play- group: 11-noon | 7 Swimming 11-noon ages 0-5 Prenatal Fitness & smoothie 1:30-2:30 | 8 Quilting 10-noon Muffins & Discussions Chat Group 2pm-3pm | 9 Drop in lunch Closed @ 2 | 10 Postnatal fitness & Smoothie 11:30am-12:30pm | 11 |
| 12 | 13 Spring Break No Programs | 14 | 15 | 16 Preorder GFB by today No Lunch Today Closed @ 2 | 17  | 18 |
| 19 | 20 GFB pick-up Spring Break No Programs | 21 | 22 | 23 No Lunch Today Closed @ 2 | 24 | 25 |
| 26 | 27 Tumbling Tots Play- group: 11-noon | 28 Swimming 11-noon ages 0-5 Prenatal Fitness & smoothie 1:30-2:30 | 29  Quilting 10-noon Scout Island Walking Group 2pm-3pm | 30 Drop in lunch Closed @ 2 | 31 Postnatal fitness & Smoothie 11:30am-12:30pm | |
| Pregnancy Outreach Program 202 Fourth Avenue North, Williams Lake 250-392-3583 | | | | | | |

Pregnancy Outreach Staff :250-392-3583
Wendy Reissner – Program Coordinator
Shereen Lees – Outreach Worker
Brittney McClinton – Outreach Worker
Kristy Novakowski – Outreach Worker
Apryl Soichuk – Aboriginal Infant Development Consultant 250-305-2430

Infant Massage Classes

The Aboriginal Infant Development provides FREE Infant Massage Classes,

Group sessions available OR 1 on 1 sessions are available.

Please call us if you have any questions or want to register!

Benefits of Infant Massage Class

- Relieve's baby's colic, gas, or constipation
- Helps baby sleep better and for longer
- Forms a strong bond of love and trust with your baby
- Stimulates baby's neurological development
- Meet and share experiences with other parents and their babies

CALL US TO REGISTER!

250-392-3583



One on One Classes

Sign up for a class!

Call Apryl:

(250)305-2430

Infant Massage

Baby Sign Language



Bring your own BAGS

Clothing Room Is OPEN

EXCEPT when groups are happening in the big room

Curious about how much your little has grown?

WE HAVE A BABY/TODDLER/CHILD SCALE

Group Info

Tumbling Tots Playgroup: Monday 11-noon

Bring your toddlers (ages 0-3) to explore our sensory aware environment while working on developmental milestones. (jumping, balancing, climbing, sorting, matching, etc)

Swimming: Cariboo Memorial Complex

Calling all baby sharks! Meet us at the pool lobby Tuesday mornings, at 10:45, ages 0-5

Quilting/Sewing: Wednesday 10am-noon

No experience needed, supplies provided

Pre/Postnatal Fitness & Smoothie: Tuesdays and Fridays

Join us for a low impact strength and stretch workout, followed by a fresh smoothie! Bring a water bottle:) Please come in ahead of time to fill out a pre-exercise screening

Muffins & Discussions: Tuesday 2:00-3:00

Come and have a snack and a chat while your littles play!

Scout Island Walking Group: Tuesday 2:00-3:00

Meet us at Scout Island before 2pm to get some steps in. **Starts 29th!**



Good Food Box

For all prenatal and postnatal up to 6 months

Preorder March 16-Pick-up March 20





WELCOME TO THE SUBSTANCE USE EDUCATION BULLETIN

The aim of the Substance Use Team is to ensure all people who use substances in the interior health region receive safe, effective, and compassionate person-centred care and treatment, when, and where they need it.

PLEASE NOTE: Approval for time off to attend education opportunities is not done through our Knowledge Coordinators. Please communicate directly with your manager.

5th Annual BC Substance Use Conference
THE CHALLENGE OF CHANGE

Early Bird Registration: February 15
Regular Registration: March 15

APRIL 20 - 22, 2023
in-person and virtual options available

[Register Here](#)

LET'S TALK OVERDOSE
Shortcut to Survival
for Adolescents & Young Adults

Virtual Conference
April 19, 2023
Free for all

Mark your calendars for this year's 'Let's Talk Overdose' conference!
April 18, 2023 | 8:00-4:15pm PST

This year's free, virtual conference will focus on developing an effective and accessible system of care for youth who are at high risk of overdose.

3rd Annual BC Concurrent Disorders Conference
Presented by BCCHD

Thu, March 9
Virtual Conference

2023 Theme: **Best and Promising Practices: Understanding and Celebrating the Emerging Practices in Concurrent Disorders in BC, Canada and Globally**

Online/Free
March 9, 2023 | 8:15 AM-4:20 PM

[Register Here](#)

The Canadian Center for Substance Use and Addiction (CCSA) has created a resource to help young people make informed choices about cocaine use. Young people want facts. CCSA's goal is to meet the needs of young people by highlighting the risks associated with using cocaine and offering ways to reduce harms.

To access this resource, please visit the [website](#)

What's happening in Substance Use?

Opioid Agonist Treatment



Substance Use Services

For more info contact

Regional Knowledge Coordinator Robyn at Robyn.Morrow@interiorhealth.ca
or Coordinator Sheri at Sheri.Keetch@interiorhealth.ca

Resources & Training

LUNCH, LISTEN & LEARN

Join Us this Month to Learn about

Savings

Presented By Suzanne Cochrane
Financial & Family Literacy Coordinator from CCPL

Wednesday March 15th
Lunch hour Teams seminar
12pm - 1pm



Pre-registration required
to receive your TEAMS link.

Email:
events@womenscontact.org
or call 250.392.4118



Find us on 





Created by a SD43 student with FASD

MENTAL HEALTH SERIES 2023

Mental Health Series

In collaboration with POPFASD, our community partners at Kinsight and Registered Clinical Counsellor and parent of a child with FASD, Natascha Lawrence, we are excited to offer a monthly series of educational opportunities to support children/youth who have FASD. Join us to discuss strategies to support these students in and out of the classroom.

Please register at: <https://www.fasdoutreach.ca/>

Mental Health Series 5 Live Webinar Sessions

Friday, Feb 17, 2023
9-11am

Regulation: Strategies to
support school success

Monday, March 6, 2023
3:15pm to 4:45pm

Anxiety: Reducing stress
and promoting educational
confidence

Monday, April 24, 2023
3:15pm to 4:45pm

Depression: Promoting
connection and identity
formation

Monday, May 8, 2023
3:15pm to 4:45pm

Self Injurious Behaviour:
School Based Interventions

Monday, June 5, 2023
3:15pm to 4:45pm

Addiction: Digital Addiction
and Substance Abuse
Prevention and Resources

Certificate of Completion for
SD43 participants
Note: **must attend all Monday
live sessions for certificate.
First session will be offered by
recording to view.

Feb 27 Draft Community Meeting Minutes

Community Members Meeting Minutes - Draft

Date: February 27, 2023

Time: 11:30 am – 1:00 pm **Location:** [Zoom](#)

Chair: Larry Stranberg

Minutes: Bree Odd

Present: Larry Stranberg, Bree Odd, Brianna van de Wijngaard, Laurie Walters, Shannon Thom, Sherry Yonkman, Michael Moses, Michael Moses, Marvene Latey, Stacey Miranda, Jill Zacharias (guest speaker), Beth Veenkamp, Silvia Siebert Dubray, Krista Harvey, Hannah Diether, Carla Bullinger, Surinderpal Rathor, Beth Holden, Robin Hunt, Carrie Julius

Regrets: Eva Navrot, Craig Glover, Barb Jones

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 February 27, 2023

Motion to accept Shannon Thom **Seconded** Krista Smith **Carried**

Review & Approve Minutes for January 23, 2023

Motion to accept Krista Smith **Seconded** Laurie Walters **Carried**

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

Guest Speaker: Jill Zacharias, BC Manager of Growth and Impact - Communities Ending Poverty, Vibrant Communities - Tamarack Institute

- Tamarack develops and supports collaborative strategies that engage citizens and institutions to solve major community issues across Canada and nationally
- Four areas of focus: collective action, building youth futures, deepening community, and addressing climate change
- The principles of Tamarack are Community Connections, Place Matters, Hope and Optimism, Equity and Inclusion, Courage and Learning, Action and Impact
- Catalyze change to build capacity at community levels for system change at the local level, creating a sense of belonging
- Advocate for systems change at a higher level based on local levels of input
- Always learning and evaluating to understand what systems keep people in poverty
- Networking with over 90 communities across Canada
- 1st time attending the Together BC Strategies at BC Government meeting on Feb 28
- Build capacity in the community through coaching and peer-expert support, group/online learning, events, publications, policy and systems support
- UBCM Thrive Reduction funding, working together to develop and implement plans for poverty reduction
- 23 active members with 30 other communities learning together across BC to set the stage for change at the local level
- Support communities of learning: lessons learned, and connecting dots with others working on similar causes
- Plan H Healthy Communities funding supports living wage initiatives
- It is critical to align all efforts
- Advocate for Collective Impact for all tables working, learning, and shifting together
- Case studies: Transforming Systems Through Lived Experience – Guide 10 Ways Local Government Can Propel Social Change, Summit for Strength April 25-27, 2023
- Support resilience at a local level, individuals, local government, and community to reduce the impact

Links shared via chat

- <https://www.tamarackcommunity.ca/library/case-study-transforming-systems-through-lived-experience>
- <https://www.tamarackcommunity.ca/library/10-ways-local-government-can-propel-positive-social-change>
- <https://events.tamarackcommunity.ca/summit-for-strength>

Questions, Answers, Comments

Michael – thank you, this work aligns with local goals – human awareness, looking forward to attending the summit. Please forward links

Laurie – thank you

Carla – thank you, we have a poverty reduction strategy and review it regularly to continue on the path, moving priorities forward. We are working together to re-boot

Jill – recognizes work already being done, it is the Seeds of Hope

Surinderpal – thank you, great presentation

Jill – there is an opportunity to have a group watch party via Zoom for the upcoming summit. If interested let her know. There are two free seats for the summit (Laurie and Michael attending)

Carla – thank you Beth for being a strong advocate

Lightning Round - Organizational Updates, a Challenge/burning questions, or a Success

Michael Moses, City of Williams Lake: Message from Shannon O'Donovan – advocate for climate action. Release of “*We Can Think It Out*” on Friday, March 3 - <https://www.youtube.com/watch?v=VddZgwBhVNs>. This was a very special collaboration project between a group of youth ages 10-18 yr. olds and a few Cariboo local musicians, Pharis Romero, Shannon O'Donovan and Dena Baumann. The film festival is hosting the “What’s Up in the Puddle” at the Arts Centre, tonight. Tickets are \$10, cash only at the door.

Shannon Thom, Work: thank you, Michael, no updates today

Sherry Yonkman, Downtown Business Improvement Association (Downtown BIA):

Attended the Harm Reduction community training event, organized by Laurel White. Please take the time to attend the evening session coming up in the near future; it is well worth your time. BIA finished the bingo presentation to support local restaurants. Current focus Women of the Month. Contact Jason Reel or Sherry if you would like to nominate an outstanding woman in our area. There is a ladies' night at the long house on March 31.

Krista Harvey, BGC Williams Lake Club: There is still time to register for the spring break programs for 5-12-year-olds and Noopa 12-18-year-olds.

Melissa Newberry, Thompson Rivers University (TRU): Day of Giving on March 2-3 initiative funds go towards making post-secondary education available to rural population <https://www.tru.ca/giving.html>. “A Night Under the Stars” gala on April 1st. Not public yet, but ticket sales will start soon. Contact Melissa for more information.

Marvene Latye, Northern Interior Communities Association, Community Gaming Grants: Workshops March 9 and 30 at 1:30 pm. Prince George's Coordinator resigned and looking for someone to fill the position.

Laurie Walters, Community Futures (CF), SPC: Applying for several grants.

Silvia Siebert-Dubray – City of Williams Lake: Updating Community Safety Plan for 2023. Developing a suicide and sudden death protocol.

Surinderpal Rathor, City of Williams Lake: Thank you to the staff and council. Thank you, Michael, Beth, and Silvia for the updates. City working on the budget. Door-to-door, strategy working together going well. Hospital announcement released. CRD budget available online. Attending a meeting with the SD in March. Working on upcoming programs and initiatives.

Beth Veenkamp, City of Williams Lake: Reminder Seniors Home Sharing survey report completed in April. Report to council for pre-zoning for accessible dwellings – multifamily, properties have to meet specifications – garden homes, carriage houses projects. Local action to increase housing. Meeting on urban-extreme heat - what we can do in community apartments. Shout out to Krista for an excellent presentation at the Chamber meeting.

Beth Holden, Cariboo Regional District (CRD): Grateful to be at the meeting and learning about all the great work on big-picture projects. “Make the Move” to recruit people to our area completed, link on CRD website https://www.cariboord.ca/en/business-and-development/make_the_move.aspx. Improvements to Troll Mountain and Mount Timothy. Cultural tours to connect visitors are available.

Hannah Diether, Interior Health (IH): Primary Care Network Community Survey, 15 minutes to complete, link <https://surveys.reichertandassociates.ca/f/s.aspx?s=BD4E1B38-DBCF-4AE4-A3E9-2023FDC1278C>. Bridge to Care is complete. Two nurses continued in 100 Mile House, available 4-9 pm. In-person is available occasionally. Contact Health Connect for the waitlist to visit a healthcare practitioner. Primary Care Network with Allied Health has mental health clinicians. Unattached individuals can connect when referred.

Carla Bullinger, Cariboo Partners for Literacy (CCPL): Regular programs will be on hold during spring break. A challenge to access funds to sustain the literacy social enterprise. Working on financial stability plan. Presented to the Chamber, Rotary, and others. Rallying around the program. Success on the literacy social enterprise, linked to the [Thrive Poverty Reduction Plan](#), completed a well-attended six-week pilot in January.

Brianna van de Wijngaard – The Central Cariboo Community Food Hub: Hired two additional coordinators, Robin Hunt and Stephanie Bird. Stephanie is developing a seed resiliency project and meal support programs with the school district. Robin is creating workshops for the potential of food recovery. \$6000 was donated through food collection at the Farmers Market last year. Working on a plan to collect again this year.

Robin Hunt, The Central Cariboo Community Food Hub: Food insecurity, working on the website, mission, vision and long-term seed gleaning.

Carrie Julius – Hospice Society: Provide seniors care at the end of life. Two new staff on board – Monique Goward and Kylie Green.

Bree Odd – Social Planning Council (SPC), BC Schizophrenia Society (BCSS): Share in for newsletters and Facebook anytime, the earlier the better for time-sensitive updates. Postponed BCSS “Strengthening Families Together” to the end of March.

Eva Navrot – Seniors Advocate via email: Invites everyone to the BC Community Response Network Table (stopping elder abuse together). The meeting takes place on the 2nd Wednesday of every month. The next meeting is March 8 at 10:00 AM at the senior's activity center 176 North 4th Avenue. Contact Eva at 250-303-1249 for more info. The focus of the committee is to bring seniors' concerns to the table, provide info on seniors' sources, and present educational opportunities for individuals concerned about the safety and well-being of seniors.

Larry Stranberg, Community Futures: Registered for Elder's College, great social connection.

Meeting Adjourned 12:52 pm, Carla Bullinger

Funding Opportunities



**Canadian
CED Network**

**Réseau canadien
de DÉC**

Regional Initiatives: Project Call

Does your initiative aim to strengthen systems of support for community economic development?

CCEDNet is inviting project proposals to implement regional systems building projects, focused on supporting community organizations, social enterprises, and community economic development (CED).

These types of projects are sometimes referred to as “social ecosystem” building, “network weaving,” or “social infrastructure” development. We are less concerned about the terminology you choose, and more interested in what you aim to do.

Amount & Rollout:

Projects can access a \$5,000 to \$80,000 grant to support their initiative. Proposals are accepted on a rolling basis and will be reviewed by staff with additional input from members or partners. All successful projects must be complete, including final reporting and invoicing by March 15, 2024.

Projects in any Canadian province or territory outside of Manitoba or Alberta are eligible*

Apply Now

Notable Quote

It's not about fitting in, but belonging.

[Boithabiso Motjotji](#)



**Social Planning
Council** Williams Lake
and Area

2023 Community Meetings

January 23

February 27

March 27

April 24

May 29

June 26

July 24

August - **summer break, no meeting**

September 25

October 23

November 27 - **AGM & Community Meeting**

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
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.

266 Oliver Street, Williams Lake, BC V2G 1M1

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