

# FAMILY LIFE

## NEWSLETTER

It is hard to imagine that a year like 2020 would ever have happened. Finding new ways to maneuver through every aspect of our lives has been ever changing and ever challenging. We went from public hugs of friends to isolation from family not in our household. Jobs were put on hold, local business hung 'temporarily closed' signs on their doors, and the streets became eerily



empty last spring. New words and phrases like 'social bubble' and 'physical distancing' instantly became part of our vocabulary. Sanitizer and toilet paper disappeared off shelves. New jobs emerged to clean and sanitize everything from shopping carts to interact keypads. While the celebratory 7:00 p.m. bell ringing in support of health care providers is now quiet, hearts still hang in windows and can be seen in Christmas light displays. Cowichan Family Life was truly challenged, having to close our doors to in person counselling and workshops until November. We were fortunate to have staff working behind the scenes who

were able to ensure one-on-one counselling continued via phone and Zoom, that emails and phone calls were answered, and as CFLA has done for 50 years, provided support to those who needed it.

On behalf of the Board of Cowichan Family Life, and as the new Executive Director, I want to extend my sincere gratitude to Tina Short, Rhondda Hinch and Rick Stordeur. Tina landed in our office as acting ED, persevered to secure funds, reconnected with community, and kept CFLA intact through this COVID year. To Rhondda who continues as our Administrative Assistant, and continued to keep our office running, answering the phones and emails, and ensured that people received the support they needed these past 9 trying months. To Rick, our Clinical Supervisor who maintained our lines of communication with the public and supported so many through these trying times, as well as our volunteers.

The CFLA staff, board and volunteers wish everyone a healthy, safe and happy holiday season, and sincere best wishes for 2021. We look forward to seeing you in person very soon.

**Madelaine MacLeod**  
Executive Director



### COWICHAN FAMILY LIFE



Supporting  
Cowichan Families  
since 1970.

#### **Our Mission:**

*To support individuals and families to strengthen relationships and reach their full potential.*

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Like us on Facebook



**CFLA's Emotional Support Dog - Mason-**  
**offers a helping hand.**

## Have you met our Board of Directors?

On September 2020, the following people were elected to the CFLA Board of Directors. Rosalyn Bird (President), Matthew Archambault (Treasurer), Kathy Code, Amy Hamilton (Secretary), Belinda Kissack, and Inet Sladecsek (Vice-President). Bruce McGuigan, a long-serving Board member resigned and we wish him well in his future endeavors.

We are always looking for new members to sit on our board, particularly people who are interested in bookkeeping, marketing, fundraising, and legal matters.

## HELPING HANDS:

CFLA is grateful to all our 2020 donors. Special thanks to 100 Men Who Care Cowichan Valley, Our Cowichan, Duncan Dabber Bingo, Dinter Nursery, A. Rimmer, T. Short, M. Stevens, V. Townsend, D. Toporowski, B. & L. Davies, S. & C. Ryan, Coast Capital Savings, R. Vanderford, Sunflower Group, Royal Canadian Legion Branch 134, Garden House Foundation (J. & J. Barker), anonymous donors and those who donated through Canada Helps.

**R**eminder that Biscuit the Mental Health Bear wants to come to your house for Christmas. There are 20 of these soft, sweet bears left. Your \$25 donation supports delivery of our programs. Come by the office to take Biscuit home.



*"The Garden House Foundation wishes to thank you and all past and present CFLA board members, staff and volunteers for the support you have provided over the past half century to countless numbers of Valley families. Your work is often low profile, but there is obviously a legion of young people out there who are very grateful for what you do. We know this because every once in a while, one of them will quietly tell us how important you have been to their family. Hard to get a more meaningful endorsement than a child or adolescent singing your praises to a stranger!"*

**Jackie Barker**

## CFLA IS SUPPORTED SOLELY THROUGH GRANTS AND YOUR GENEROUS DONATIONS.

### HERE ARE SOME EASY OPTIONS:

- ❖ Become a member – just \$10 per year covers you and your family
- ❖ Donate on-line through the Canada Helps portal on our website
- ❖ Cash, cheque or etransfer always appreciated
- ❖ Through Island Return-It (when you return your bottles or cans at either the Cobble Hill or Duncan locations, just tell them you're donating to Cowichan Family Life)
- ❖ By providing our Peninsula Co-op Membership #54479 when you shop at the Co-ops from Mill Bay through Duncan.
- ❖ Donate by using Thrifty Smile Cards (available in our office)

