

FAMILY LIFE

NEWSLETTER

It is a full year that COVID-19 has impacted the way the world lives. Over the past couple of months, Cowichan Family Life has seen a steady increase in people accessing our services to support their mental health. Our first "Healing Anger" workshop (completed), and "Personal Power & Self Esteem program were full. Our recent Volunteer Counsellor Training program graduates are well into their volunteering hours.

We are keenly aware that the increase of people contacting CFLA means more and more people are reaching out for mental health support.

There are some sobering statistics that have come out of the COVID pandemic: 38% of people in Canada feel their mental health has declined; 46% feel anxious or worried. And COVID has made it worse for those who are already vulnerable.

Fortunately, its impact has not changed the way Cowichan Family Life offers its resources, though it has limited our ability to deliver in a larger way. We are still offering our individual counselling in person – both face to face (behind masks, of course!) in our offices,

and via Zoom or phone. Our cornerstone workshops are still running, albeit with six participants instead of 12 (I've heard people like the smaller sessions).

As a non-profit, we are always looking for opportunities for funding, and are pleased to receive a \$2500 grant from Coastal Community Credit Union towards our personal development workshops. (Thank You!) Unfortunately, our largest

fundraiser, our annual Garden Tour is cancelled for a second year as the logistics to host the event in COVID times, is too cumbersome. This event raises roughly \$10,000 annually, which goes directly to our operating

expenses, so we invite you to keep reading to learn more about some upcoming and exciting fundraisers.

Finally, a heartfelt 'thank you' to the volunteers, Board, program facilitators, and staff who keep doing the work behind the scenes to keep us able to do the good work we do. Watching the long winter vanish, spring reminds us how beautiful change can be.

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.

OFFICE

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cfla@cowichanfamilylife.org

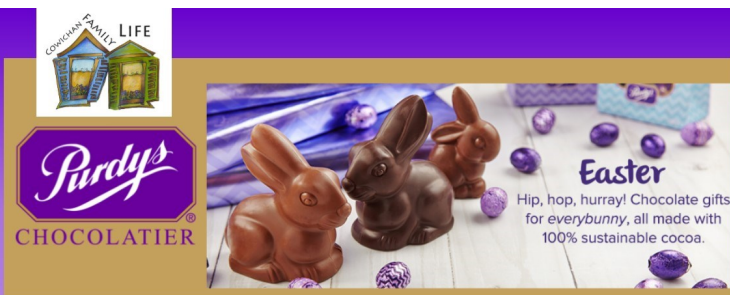
www.cowichanfamilylife.org

Like us on Facebook

Check us out on Instagram



*CFLAs Emotional Support Dog - Mason-
offers a helping hand.*



**Cowichan Family Life
is partnering with Purdys Chocolatier,
just in time for Easter!**

*Give your support by purchasing
some sweet Easter treats for
friends, family, and yourself.*

DEADLINE: March 21, 2021

Go to our Facebook page to order!

*Once you enter your email & register it will
take you to our campaign page where you can
purchase lots of delicious CHOCOLATE!*

HELPING HANDS:

CFLA is grateful for our donors
this quarter. Special thanks to
Coastal Community Credit
Union, D. Shortill, G. Lowick,
M. Stevens, P. Thompson

SPRING INTO GIVING AUCTION

Pamper yourself through our online
auction. Watch for the announcement
at the beginning of April. If your
business or someone you know would
like to donate something of value please
contact the office by email or telephone.
Last year we raised over \$1000 to help
us with our core programming.

Visit Facebook to see items and bid!



Charity #106990484

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 fill up with gas at Co-ops from Mill Bay through Duncan.
- ❖ Donate by using Thrifty Smile Cards (available in our office)

Upcoming Workshops

HEALING ANGER

A 4-week Workshop

- * Reduce stress
- * Learn assertiveness
- * Healing triggers
- * Understand anger
- * Conflict resolution
- * Respectful communication

Saturdays 11:00 am to 2:00 pm (April 3, 10, 17, 24)

Cost \$75.00

Book early! Only 6 spaces available!

PERSONAL POWER & SELF ESTEEM

A 6-week Workshop

- * Self awareness
- * Self Compassion
- * Healthy boundaries
- * Self Assertion
- * Responding to conflict
- * Interpersonal communication

Thursdays 6:00 to 9:00 pm (May 6, 13, 20, 27, June 3, 10)

Cost \$75.00

Book early! Only 6 spaces available!



Are you passionate about doing great things in your community?

We are looking for individuals to be active members of our volunteer board. People who support what we do and who can commit to a few hours a month to attend meetings, fundraise, and network!



We are looking for some volunteers to help with the following:

- ♦ Social media skills
- ♦ Putting posters up about our services and fundraising projects.
- ♦ Someone with solid typing skills to update a large manual.
- ♦ Someone to do some painting jobs around the office (not afraid of heights an asset).
- ♦ Fundraising projects and support

Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has.

—MARGARET MEAD

PLEASE POST ON YOUR FACEBOOK PAGE AND SHARE WITH YOUR FRIENDS AND FAMILY.



FOR COWICHAN FAMILY LIFE - Tickets only \$5.00

Draw runs from March 1 to May 14, 2021

The holder of the winning ticket will be notified on

May 15th @ 2:00 p.m. live on Facebook

4000 tickets available. You could win \$10,000!

Ticket sales close at 2:30 p.m. PST on May 14th.

HOW TO PURCHASE YOUR TICKETS

E-TRANSFER:

Send us an email (cfla@cowichanfamilylife.org) with your name and phone number and how many tickets you'd like to purchase. We will email you instructions.

BY PHONE WITH CREDIT CARD

IN-PERSON: Office hours Wednesday to Friday 9:30 a.m. to 4:00 p.m.

Once payment is received we will send you a confirmation and your ticket number(s).

Cowichan Family Life 28, 127 Ingram Street, Duncan, BC V9L 1N8

OPEN TO BC RESIDENTS -MUST BE 19 OR OLDER . ALL TICKET SALES FINAL.

BC Gaming Event Licence #127942

We are pleased to announce that **Essential Health & Wellness** has created an essential oil blend exclusively for CFLA.

Calming chamomile, bergamot & lavender!

\$15 for a 10 ml roller applicator.

Available for purchase at our office!



We acknowledge the financial support of:



TOGETHER, LET'S DO GREAT THINGS

COMING SOON!



A new look for our website!