

FAMILY LIFE

NEWSLETTER

Just when we all had hoped to be out of the challenges of COVID-19, we find ourselves truly back in with both feet. As I pen this, CFLA is making the necessary pivots: our AGM is being postponed to better manage Provincial requirements for public meetings (scheduled for September 22, now TBA).

The logistics to move our AGM to a virtual event were a bit too challenging with our offices closed for the last two weeks of August. In addition to getting people to attend the virtual event, memberships needed to be renewed before the AGM. Under the

current bylaws, memberships expire on the first of September each year. In order to ensure we can proceed with our AGM, election of our Board members, and consideration of a Special Resolution to revise the Society's bylaws (needs approval of 2/3 of members), **please renew your membership ASAP** by emailing Rhondda at cfla@cowichanfamilylife.org. If everyone invited 1 person to become a member, our membership would double!! Why is being a member important?? It shows our funders you value the work we do, and is extremely important in securing funding from BC Community Gaming. Your dues support our programs and services, and are used when funds are limited. *Memberships will now run for a calendar year, so your really cheap \$10 membership, paid after Sept 2021 will run until December 2022. **New for 2022 – members will receive \$5.00 off their ticket for the Garden Tour. All members'*

Please Renew your Membership!

"If everyone invited 1 person, our membership would double!"

names will go into a quarterly draw for a gift card.

Masks are again mandatory when visiting our offices and common areas of the building, and regular cleaning and sanitizing happens throughout the day. We are committed to being a low barrier service to the community, and will be accommodating to the needs and concerns of our clients and families.

Our biggest challenge as always, is procuring funds to support our agency. The loss of our annual Garden Tour for the second year meant a huge loss of revenue. I urge

people to consider being a 'Mental Health Hero' by making a donation, big or small to CFLA. All donations over \$25 will get a tax receipt.

Donations over \$150 will receive a membership for the year.

We will be super busy this fall: Child and family counselling for children aged 5-12 is available starting this month. Both our Healing Anger and Personal Power & Self-Esteem workshops will run this quarter. Ron is planning for the 2021/2022 Volunteer Counselling Training starting late October. Add to the agency's work, our counselling services are busier now than they have been in the past 4 years.

With gratitude, we thank those who support CFLA – by donating, volunteering, and using our services. If you are looking for a place to volunteer in a Board capacity, for the Garden Tour, or perhaps with a special skill we need, give us a call, or stop in and say hi.

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

28 - 127 Ingram Street
Duncan, BC V9L 1N8

PH: 250-748-8281

cfla@cowichanfamilylife.org

www.cowichanfamilylife.org

Like us on Facebook

Check us out on Instagram



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

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 - October 2, 16, 23, 30

Cost \$75.00 Book early! Only 9 spaces available!

PERSONAL POWER & SELF ESTEEM

A 5-week Workshop

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

TIME & START DATE: T.B.A.

Cost \$75.00 Book early! Only 9 spaces available!

HELPING HANDS:

CFLA is grateful for our donors this quarter. Special thanks to D. Robinson, V. Russell, . Provincial Employees Community Services Fund, & First West Credit Union



Our AGM scheduled for

September 22nd , 2021

has been postponed

(new date T.B.A.)

Cowichan Family Life - *Making An Impact* Fiscal Year April 2020 to March 2021

(our office was closed from March to August due to COVID)



**CLIENT
APPOINTMENTS**

THIS FISCAL 204

LAST FISCAL 134



**VALUE RETURNED
TO THE
COMMUNITY**

THIS FISCAL \$6120

**37.6% Subsidized
sessions**



VOLUNTEER

HOURS

THIS FISCAL 306

INTERESTED IN GETTING ON BOARD?

Cowichan Family Life Association is looking for Volunteer Board Members

- Passionate about supporting affordable counselling and mental wellness in Cowichan
- Excited to make an impact in your community
- Expectations are networking, fundraising, and monthly board meetings
- Familiarity with Finance, Marketing, Social Media a bonus
- Prior non-profit board participation appreciated

Contact Madelaine at the number below or by email:

250-748-8281 or ed@cowichanfamilylife.org



BECOME A MENTAL HEALTH HERO

Your donation BIG or SMALL directly supports our affordable counselling & workshops.



\$75

will subsidize one person to take one of our Personal Growth Workshops.



\$240

will subsidize 8-weeks of one-on-one counselling for one person



\$400

will pay for one young adult to take our Young Adult Mentorship Program

Donate on our website through Canada Helps, pop into our office #28, 127 Ingram Street, Duncan or give us a call 250.748.8281

cowichanfamilylife.org



*Our agency is supported by this book sale.
Special thanks to Jim & Jackie Barker!*



GIANT BOOK SALE

Garden House Foundation's 13th Annual Charity Book Sale

Saturday October 16th

9:00 am to 3:00 pm

Sunday October 17th

9:00 am to 2:00 pm

George Bonner School in Mill Bay

20,000 BOOKS

Quality used books mostly 50¢ to \$3

*Your contribution will help to support
Cowichan Valley families in crisis
and animals in need --- forever!!*

NEW: Pay with CARDS or CASH

For information call 250-743-4627 or visit
www.gardenhousefoundation.wordpress.com

Coming Soon!

**Our Child & Family counselling
is starting up again!**

We support families of children ages 5-12.

Please call the office to be put on our waitlist.

We don't heal in
isolation, but in
community.
S. Kelley Harrell

meetville.com



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)