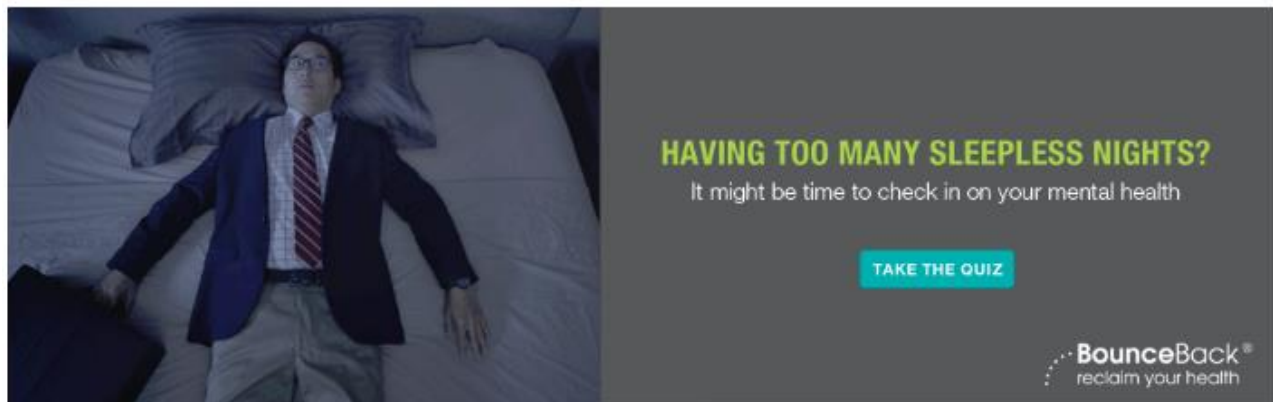


June 2019

## Healthier Northern Communities E-brief

*The Healthier Northern Communities e-brief is produced by the regional Population Health program (Population and Public Health, Northern Health). In the spirit of healthy people who live, work, learn, and play in healthy communities across the north, the e-brief delivers information on resources, learning events, funding opportunities, and other information specific to promoting healthy living and the prevention of chronic disease and injury.*

### Bounce Back Today: Mental Health Promotion Campaign



Bounce Back Today is a Canadian Mental Health Association BC campaign, supported by province-wide TV and radio PSAs, aimed at promoting positive mental health among British Columbians by inviting them to check in on their mental health at [bouncebacktoday.ca](http://bouncebacktoday.ca).

The goal of the campaign is to connect with those who may be feeling unwell, but have not stopped to consider whether their behaviour changes may be a sign of a mental health problem. The public service announcements (PSAs) were created with the intention of sparking reflection about when symptoms become a problem. For example, the occasional sleepless night is not unusual. However, a week of sleepless nights may be an indicator of depression or anxiety disorder.

### For Your Information

#### YMCA - Indigenous Teen Mindfulness Program Opportunity

The YMCA has funding to adapt and pilot the Teen Mindfulness Group program in 10 Indigenous communities across BC in 2019/2020. Please reach out to

Lindsay.martin@gv.ymca to obtain the Letter of Intent Template. You can learn more about the YMCA Mindfulness programs on the [YMCA website](#).

## **2019 BC Living Wages Released**

Living wage calculations for communities across BC have been released in a new report from the Living Wage for Families Campaign. For details and more information visit the [Living Wage for Families Campaign website](#).

## **Community Health Stars**

Do you know someone who is taking the initiative to improve health in his or her community? If you do, [tell us their story](#) so we can share it with the north!

## **Resources**

### **Allergy Check app**

Think you or your child might have a food allergy? The [Allergy Check app](#) guides users through the likelihood of having a food allergy with just a few clicks.

### **bc211 Mobile Site**

211 is a free, up-to-date, reliable information source for community, social, non-clinical health, and government services in BC. A mobile site was recently launched to make it easier and faster to access information on-the-go. Visit [bc211.ca](#).

## **Education and Learning Opportunities**

### **Canadian Men's Health Week**

**June 10-16, 2019**

Join Canadians from coast to coast in the goal of improving men's and family health in Canada. Find men's health resources and more about this year's promotions on the Canadian Men's Health Foundation [website](#).

### **Mental Health First Aid (MHFA) Two Day Course**

**June 18, 2019 in Prince George**

[The MHFA course](#) was developed by the Mental Health Commission of Canada to help people provide initial support to someone who may be developing a mental health problem or experiencing a mental health crisis.

### **BC Active Transportation Summit 2019**

**June 17-18, 2019 in New Westminster**

The [Active Transportation Summit](#) will gather around 200 leaders, stakeholders, and advocates from government, industry, academic, and non-profit sectors. Explore how to make active transportation safe and convenient for everyone in BC. Registration discounts available for students, low income, non-profits, and BC Cycling Coalition members.

## Community Events

### Walk with your Doc

**June 2<sup>nd</sup>, 1-2:30pm – Masich Place Stadium, Prince George**

The Prince George Division of Family Practice is hosting a [Walk with your Doc](#) event, encouraging community members and physicians to come together for an afternoon of healthy activity and conversation. There will be a number of community organizations and programs highlighted as well.

### Terrace Cardiac Rehab Research/Advisory Meeting

**June 7<sup>th</sup>, 4:00pm – UNBC Terrace Campus, Terrace**

Individuals impacted by heart disease are invited to a meeting to determine the needs and interest for a cardiac rehabilitation program for those in the Terrace area: June 7 at 4pm, UNBC Terrace campus. Email Simran, Research Coordinator at [healthresearchnw@unbc.ca](mailto:healthresearchnw@unbc.ca).

## Funding Opportunities

### UBCM Housing Needs Reports Program

**Deadline: May 31 and November 29, 2019**

The [Housing Needs Reports program](#) supports local governments in undertaking housing needs reports in order to meet provincial requirements. The reports will strengthen the ability of local governments to understand what kinds of housing are most needed in their communities, and help inform local plans, policies, and development decisions.

### New Horizons for Seniors Program (NHSP) Community-based Grants

**Deadline: June 21, 2019**

Two granting streams are available to support activity-based or capital assistance projects that make a difference in the lives of seniors and in their communities. Community-based projects are eligible for up to \$25,000 per project, while organizations can apply for up to \$5,000 under the community funding stream. Find more information on the [Government of Canada website](#).

### Youth Action Grants

**Deadline: June 30, 2019**

The [purpose of the YAGs](#) is to provide BC youth (ages 12–19) that participated in the 2018 BC Adolescent Health Survey, the opportunity to deliver a project to improve youth health in their school or community.

### UBCM Community to Community (C2C) Forum Grants

**Deadline: September 13, 2019**

[Applications currently being accepted](#) from local governments (municipalities and regional districts) and/or First Nations (Band or Tribal Councils) to host a C2C Forum between

September 20, 2019 and March 31, 2020. These events bring together First Nations and local governments from across BC to discuss common goals and opportunities for joint action. For more information visit the [UBCM website](#).

## **BC Council for International Cooperation (BCCIC) - Sustainable Development Goals Funding Program**

### **Deadline: Open**

This [program](#) provides grants of up to \$100,000 to support projects that advance the [2030 Agenda for Sustainable Development](#) – to eliminate poverty, protect the planet, and ensure prosperity. Find more information, application documents, and eligibility criteria on the [BCCIC website](#).

## **Microfunding for Cannabis and Vaping Public Education**

### **Deadline: Open - first come first serve with limited funding available**

Health Canada is offering [micro-funding](#) (up to \$1,000) for innovative projects that provide education and/or awareness about the health effects of cannabis and/or risks of vaping. Applicants are encouraged to target youth, linguistic minority populations, rural and remote communities, and Indigenous communities.

## **Northern Housing Incentive**

### **Deadline: Quarterly - contact NDIT for more information**

[The Northern Housing Incentive](#) program provides grant funding to local governments to create a “Dollars to Door” program that will enhance and support economic development by incentivizing private sector housing development.

## **NDIT Housing Needs Assessment Program**

### **Deadline: Ongoing**

[The Housing Needs Assessment](#) program provides one-time grant funding to local governments for the development of a comprehensive housing needs assessment.

## **Northern Health Stories**

- [Happy World No Tobacco Day \(May 31, 2019\)](#) by Lindsay Willoner
- [The Northern Table: Farm to School BC blossoms in the Northwest](#) by Emilia Moulechkova
- [Everyone needs routine: eat, sleep, be a healthy kid, repeat](#) by Taylar Endean
- [Talking to our kids: having a conversation does more than you know](#) by Erin Anderlini

See the latest [stories](#) at [blog.northernhealth.ca](http://blog.northernhealth.ca).

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Are there other opportunities for people to connect within your community in the Northern Health region? Do you have information, articles or resources that you think might be of interest to northern communities? Send your information by email to [healthycommunities@northernhealth.ca](mailto:healthycommunities@northernhealth.ca)

These E-briefs are an information service bringing news of relevant health promotion, resources and research to northern communities from the Population and Preventive Public Health Programs at Northern Health. The news items are for information only and do not reflect any official viewpoint of Northern Health.

For more information on the Northern Health's Population Health Programs visit the Northern Health website at <https://www.northernhealth.ca/services/healthy-living-in-communities?keys=healthy%20communities>

**If you have any questions about our list and your privacy, please feel free to phone us at: 250.645.6568**

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*Next edition to follow in July 2019*