

Whitevalley Community Resource Centre

Newsletter Issue 1



January 2018

Welcome *Sonja Harkness*, Our New E.D.



Whitevalley Community Resource Centre is pleased to welcome Sonja Harkness in the role of Executive Director. Sonja has moved to Okanagan region from northern BC last summer, where she has worked as an ED for a local non profit organization. Originally from Europe, Sonja has a business background and an extensive experience in a variety of organizations and roles. " I am really pleased

for the opportunity to get involved with WCRC and the community of Lumby. The welcome and support I have received so far has been really amazing. I am looking forward to working with the team at WCRC as well as all our partners and stakeholders in the community. I enjoy an active family lifestyle so I am thrilled to have landed in this beautiful region and looking forward to explore all the trails, lakes and places that Okanagan has to offer. "

Working With United Way

With the financial support of United Way of the North Okanagan Columbia Shuswap, Whitevalley Community Resource Centre is able to offer a number of resources to people in and around our community. Youth Services, Seniors Services, After School Programs and more. For the month of December & January, Whitevalley's bottle bins contributions from people in our community will be donated to United Way.



2017 Silent Auction



Kelly Melnyk, Sonja Harkness, Chelsea Stapley, Shawn Pol

Whitevalley Community Resource Centre would like to thank everyone who helped make the Silent Auction possible. Thank you to all the people who donated a variety of wonderful gifts to be bid on. Your generosity helps make our community a great place to live. Scotiabank generously hosted the Silent Auction event and contributed matching

funds to help support Whitevalley Community Resource Centre, to provide services to the community. In total we were able to raise \$4,944.

Thank you again to everyone who supported this event! Your kindness and generosity are greatly appreciated.



The Gift of Giving.....

Each year at Christmas time, sponsors come to us and look for ways to help out people in our community. This year, with the help of 12 sponsors, we were able to help make Christmas a little more magical for 76 local people.

Just another example of what makes our community such a great place to live!



Parenting Isn't Easy

This program consists of eight sessions, building self esteem, Rhythm Rhyme and Song, how Children learn, the Value of play and more.



PIE will run weekly starting January 23rd 9:30-11:30am in the White Valley Community Hall & Childminding will be provided. Registration is a must, and is open to parents and caregivers of children ages 0-6yrs.

If you would like to register please contact Whitevalley Community Resource Centre at 250-547-8866

Dad's Group is coming up...

The Dad's Group is a place for dad's to come together and meet other dad's in the community. We will be discussing some great topics under facilitator Jessie Harms. Topics about parenting, learning about child development, safety, health and behavior. We will discuss real-life parenting experiences and also discover new ways of positive parenting. This is open to all dad's of children 0-12yrs old, and will run Wednesday February 21st & 28th from 6:30pm—8:30pm in the Cherryville Hall basement. Call Whitevalley Community Resource Centre to register at 250-547-8866



Counsellors Café...

Question: I recently separated from my spouse and my kids are struggling with the change, especially living in two houses. How can I help them through this difficult time?

The truth is that divorce can be a sad, confusing and stressful time for children. The good news is that there are things that can help make the transition easier.

First and foremost, refrain from bad talking your ex in front of your children. While you may be harboring anger and resentment for your ex, sharing these feelings with your children is never appropriate and causes them a great dilemma: to have to choose sides; either way they lose. Research shows that children cope much better with divorce if healthy relationships with both parents are promoted and maintained.

When it comes to living between two houses, establishing routine and traditions early on at each house is helpful. Doing so will allow children to better adapt to the changes and it will provide them with reassurance that they can count on you for stability and care. With younger children, token object such as a t-shirt or special picture can help them to feel connected to the other parent although they are not with them. Next, be prepared to deal with your children's sadness and loneliness for the other parent when they are with you. Although this may be difficult to bear, remember that doing so only builds your child's trust in you as someone they can go to for anything that is difficult in their lives. If they aren't able to share their honest feelings, they will have a harder time working through them. Ultimately, while you cannot stop the children's pain from the divorce, you can help a great deal by supporting them and allowing them to express their difficult feelings about the divorce. While navigating this transitional time does bring a measure of hardship, you can significantly improve your child's ability to cope by making their well-being your top priority.

Written by Rita Paré Registered Clinical Counsellor , Whitevalley Community Resource Centre **Email your questions to info@whitevalley.ca**



WANTED VOLUNTEERS!

Volunteer Receptionist

Whitevalley Community Resource Centre is seeking volunteers for reception. Answering phones, directing calls and greeting the public is a great way to build clerical skills. Current shifts available: 2:00—4:00pm or flexible times.

Volunteer Driver

Make a big difference for a senior needing to get to medical appointments in the Lumby and Vernon area. If you have a valid driver's license and abstract then this opportunity to help may be for you.

Volunteer Cook

Whitevalley's Senior Drop-In offers hot and healthy meals three times a week at lunch. We welcome anyone interested in donating their time cooking these meals average about 30 seniors.

Volunteer Breakfast Server

This opportunity includes serving breakfast to about 15 of our resident seniors, 2 times per week. Are you a morning person who loves to help out with a smile on your face? If so, you might really enjoy this opportunity.

REWARD: \$PRICELESS!

If you are interested in becoming a Whitevalley Community Resource Centre volunteer, please call us at 250-547-8866 or visit us at 2114 Shuswap Ave, and pick up an application.

