



Happy New Year everyone!

We hope you all had a wonderful Christmas season with those close to you.

Here at Whitevalley Community Resource Centre, with help from amazing people in our community, we were able to help 56 families over the holidays. It is really amazing to see how our community comes together to make the season special for everyone. We want to extend a heartfelt thank you to everyone who helped make Christmas a little more special for people who may not have had much this Christmas. We are wishing everyone a new year filled with nothing but the best!



Whitevalley Community Resource Centre

• 2114 Shuswap Ave, Lumby B.C. * 250-547-8866 * Fax: 250-547-6285 *

Open Monday - Friday 9:00 - 4:00 Closed Statutory Holidays



Jessa is a school-based outreach counselor with 6 years of experience supporting children and youth at CBSS, JWI, and CrossRoads. She is a Certified Professional Counselor whose passion is advocating for children and youth and helping them find their voices. She works along side school staff and parents to provide support and a safe environment for youth to work through interpersonal relationships, mental health, and

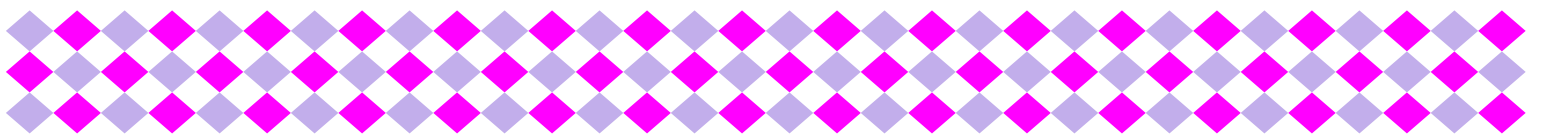
substance use issues.

Jessa coordinates the Community Pride program which involves connecting youth with employment. This program is beneficial to help young workers gain experience for their resume and become connected with other opportunities such as first aid, etc. She also co-facilitates a group called Safe Space out of CBSS which tends to the large need of youth identifying within the LGBTQ2+ community as well as allies. We provide education, arts and crafts, presenters, and team building activities. This group is held once a week during lunch hour, which means we always have snacks while we do a mindful check in with each group member.



Good Times Together and Cherryville Parent & Tot Group

In our parent and tot groups we have been busy with a number of different crafts. Each program day the children are offered many different activities including toys, books, coloring, climbing toys such as rocking seesaw and big building blocks and calming toys. We have been focusing on the different cultures within our groups and learning the backgrounds of different cultures and traditions that may be similar or different from ours. For the month of February we are focusing on Ukraine in our Lumby group and France in our Cherryville Group. For the first 2 weeks in February our Cherryville Parent & Tot Group will be down at the park at our regular times. We also started our parenting groups. Our PIE group runs on Tuesdays until Spring Break and our Parenting 101 sessions run on Fridays also until Spring Break.



Kids Zone- Cherryville

Kid Zone is in full swing again after winter break and we have a busy month planned.

December was a blast and the highlight was seeing all the creative ways the kids decorated their individual gingerbread houses. Since we have been back the kids have designed their own t-shirts and we practiced our cooking skills by making home made waffles topped with whipped cream and sliced bananas.

Melty beads and board games have been well used this month and we have had some fun and competitive Connect-4 and UNO battles.





After School Program!

We experienced workshop called Dumpster Diving Music!! We had Kiki the Eco Elf visit us!

With a passionate desire to create musical opportunities for ALL children, Kiki built a drum/ percussion kit constructed entirely of garbage, recycled and waste materials for kids to "clang clang rattle bing bang" on. Although

mostly created for the kids, this is an intergenerational workshop focusing on bringing awareness to trash, reusing would-be waste materials, promoting rhythmic conversations using instruments and creating collective musical ensembles (jamming).

We started some new projects including a sewing project.

Completing a sewing project from start to finish fosters a sense of accomplishment that can boost a child's morale and self confidence. And, the tactile nature of sewing helps strength a child's hand-eye coordination and fine motor skills!





~ Holiday fun at the Senior Drop In! ~

What's Happening at the Senior Drop In?

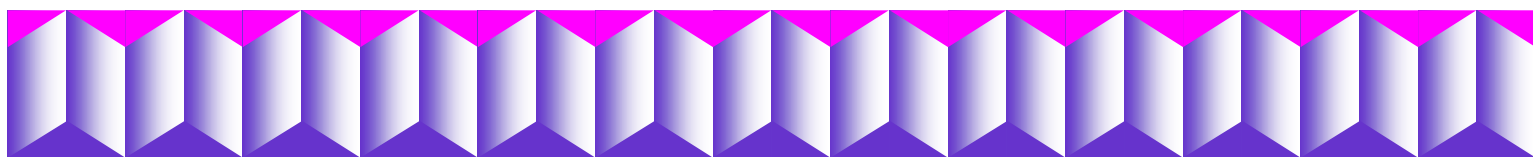
In December, the seniors celebrated the holidays with several different activities. They participated in a Christmas card workshop, they painted a Christmas village, they sang Christmas Carols and made Christmas graham wafer houses!

In January at the Senior Drop In

we have our "Monday Morning Mind & Motion" which is our wellness and exercise day.

Wednesdays is our "Creative Hands" day!

If you are a senior and have a craft you enjoy doing, knitting, needle work etc. bring it down to the lounge and enjoy some socialization while crafting.



A pink banner with the text "Pink Shirt Day" in a white, cursive font and "February 26, 2020" in a black, bold, sans-serif font. A portion of a pink shirt is visible on the right side of the banner.

Pink Shirt Day

February 26, 2020

What is Pink Shirt Day?

In 2007 in Nova Scotia, Grade 12 students David Shepherd, Travis Price and a few friends saw that a grade 9 student was being bullied for wearing a pink shirt on the first day of school.

They knew they had to do something to show that this kind of behavior was not okay.

They decided to go out and buy a bunch of pink shirts and hand them out to other students to wear.

By the end of that week, most of the students in the school were wearing pink shirts to show support for the grade 9 student who was bullied.

What is bullying?

Bullying is a form of aggression. There are several types of bullying including:

Physical Bullying which is using force or aggression against another person.

Verbal Bullying which is using words to verbally attack someone.

Social / Relational Bullying which is trying to hurt someone through excluding them, spreading rumors or ignoring them.

Cyber bullying is using electronic media to threaten, embarrass, intimidate or exclude someone or to damage their reputation.

IF YOU'RE BEING BULLIED

1

**Tell someone
you trust**

2

**Keep a record
of what's
happening**

3

**Don't
retaliate**

4

**Surround
yourself with
people that
make you
feel good**

5

**Don't blame
yourself - it is
NOT your fault**

6

**Be proud of
who you are**

What To Do If You See Someone Being Bullied...

1. Ask if they are okay/if they need help
2. Do not join in or watch the bullying take place
3. Get the person that is being bullied away from the scenario
4. Remember to keep calm
5. After the event, ask them how you can help them, find a teacher or adult
6. Be a friend



On February 26th, show your support against bullies by wearing a pink shirt.

For more information on supporting Pink Shirt Day

visit the website [click here](#)



***Whitevalley Community Resource Centre has a
Book Cart Program.***

The Books are donations from the public, **no fees, no penalties**, wide variety of topics for all ages. We keep our cart out front of our office during business hours. Inclement weather the cart is just inside our door. We welcome any books you are finished reading, and encourage you to share the gift of reading with your community!



**Whitevalley Community Resource
Centre will be closed on
Monday February 17th for**



Volunteers Needed *For Volunteer Tax Program*

The Community Volunteer Income Tax Program (CVITP) is a collaboration between community organizations and the Canada Revenue Agency (CRA).

As a CVITP volunteer, you will:

- give back to your community
- Increase your tax knowledge
- Gain new skills and improve existing ones
- Do work that is valued and recognized

To become a CVITP volunteer, you must:

- affiliate with community organization; Lumbly it is Whitevalley Community Resource Centre
- Have basic understanding of income tax
- Complete the online registration
- Register online for electronic filing through EFILE

For more information on how to become a CVITP volunteer, contact
Whitevalley Community Resource Centre at 250-547-8866

