

Healthy Living Community Update



REGISTER NOW!

Virtual Event:
COMMUNITIES MAKING A DIFFERENCE:
LEARNING FROM EACH OTHER

KEYNOTE



Chúk Odenigbo will outline the diverse ways communities have historically understood and perceived health while unpacking the impact of colonization on unjust health differences. He will explore the concept of identity and its relationship with health, the idea of collective liberation and how learning from one another benefits community health, and leads to health for all.

FEATURING

[LEARN MORE](#)



FIVE stories from recent Healthy Together Now Grant projects that were created by community members across Southern Health-Santé Sud. We invited these communities to highlight their projects focusing on inclusivity and health equity. We wanted to create an opportunity for communities to learn from each other and spark creativity to take back to your communities.

- **Wancha Chanku, Otakiya (One Path, Many Ways) with Lorna Knight from Portage la Prairie**
- **Intermingle with Armande Leclair and Aurèle Boisvert from Ste. Anne**
- **Connecting Face to Face - Reconciliation in Action with Dorothy Braun and Erika Enns Rodine from Altona**
- **Mentors Making Memories with Diane Cohoe from Carman**
- **Love My Community Day with Jennifer Collette from Dominion City**

FREE

[REGISTER NOW >](#)

Formerly Healthy Communities Conference

 Questions? Contact your Healthy Living Facilitator

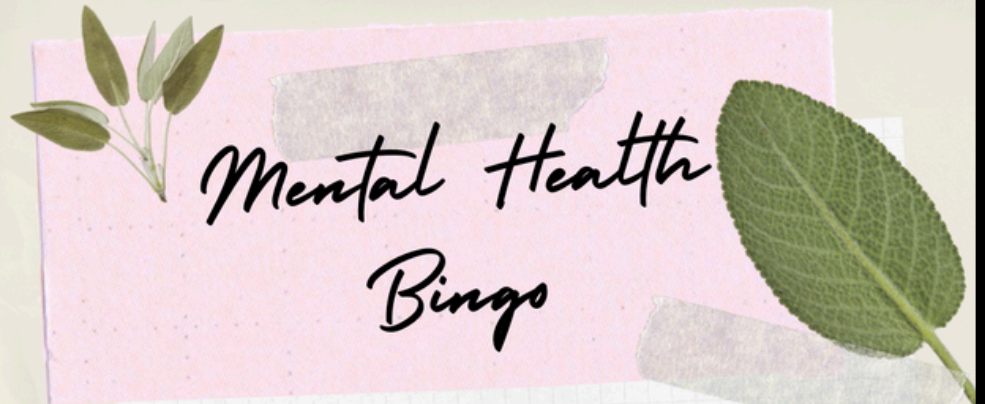


Mental Health Awareness Week 2024

May 6–12th, 2024 is
Mental Health
Awareness Week.

The Healthy Living Team has compiled a list of ideas in a "MENTAL HEALTH BINGO" card. Please feel free to share the bingo card with your organization, friends, family members, anyone you think would be interested. You can even make it a contest! Most importantly we want everyone to start talking more about mental health and sharing strategies that can help.

More information about Mental Health Awareness Week can be found on the Canadian Mental Health Association Website.



WE ALL HAVE MENTAL HEALTH!

Just like we know that taking care of our physical health is important, it is also important to take care of our mental health. Mental Health includes our emotional, psychological and social well-being. It also helps determine how we handle stress in our lives, relate to others, and what choices we make.

Set and maintain a boundary.	Volunteer in your community, big or small.	Do something kind for someone.	Introduce yourself to someone new.	Make sleep a priority. Practice sleep hygiene.
Make plans with a friend or coworker.	Show your appreciation to a friend or coworker.	Spend 20mins or more in nature to reduce stress.	Thank a mentor or offer to be someone's mentor.	Challenge yourself. Try something new.
Do something that gives you purpose.	Focus on one task at a time.	Free Space. Sometimes doing nothing is the best strategy	Who are three people you can turn to during times of stress.	Ask a coworker or friend to join you for an in person or virtual coffee break.
Reach out to a family member.	Take time to laugh with friends and coworkers.	Declutter your space. Work or home. Donate items you no longer need.	Listen or dance to your favorite song	Take a break and go for a walk.
Get outside. Enjoy a meal, gardening, or walk.	Do something that makes you feel calm.	Exercise your brain with a puzzle or board game.	Try a new exercise.	Take the time to think about and write down 3 good things about your day.

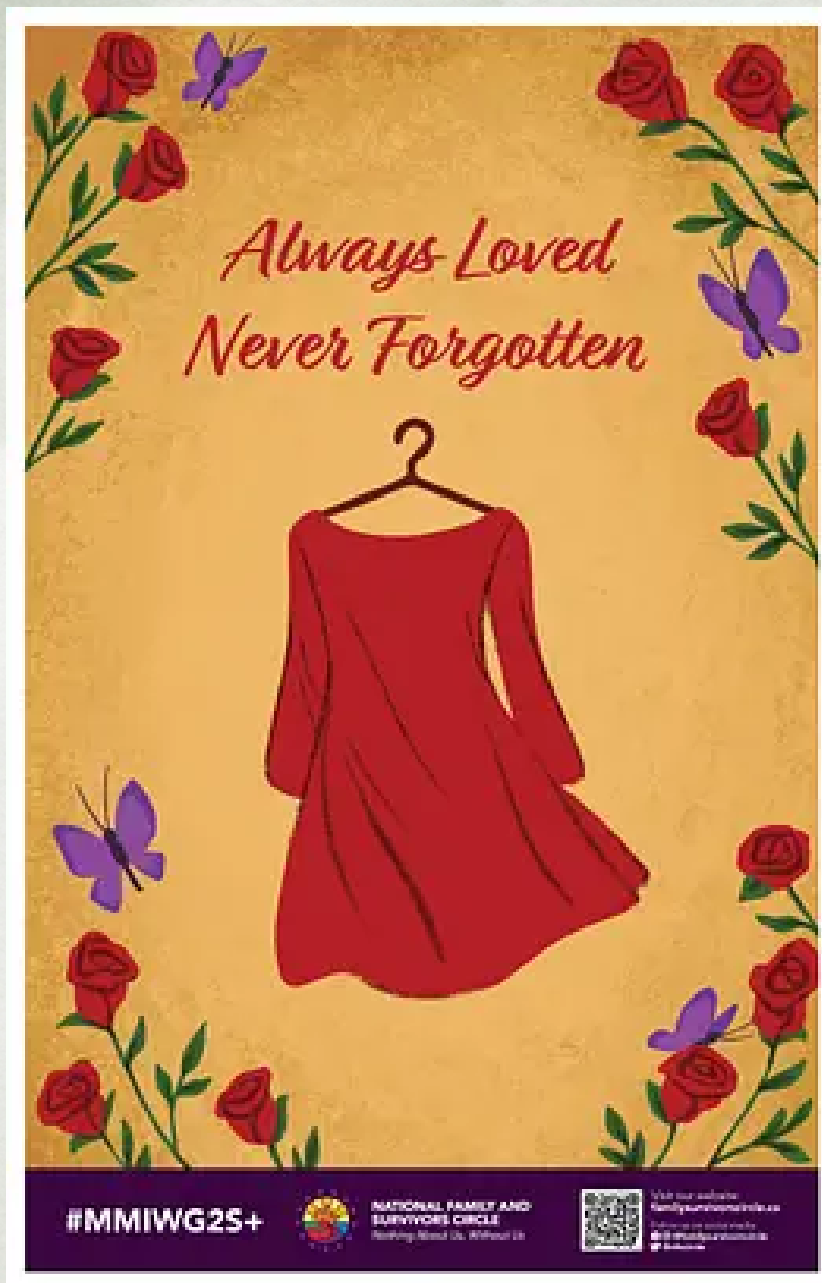


It is important to find a variety of strategies to take care of your mental health before life's stresses become overwhelming.



Red Dress Day

May 5th is Red Dress Day, a day to remember and honour missing and murdered Indigenous Women, Girls, and 2SLGBTQQIA+ Peoples (MMIWG2S+)



To view this poster and others visit: [National Family and Survivors Circle](https://www.nationalfamilyandsurvivorscircle.ca)

There are 231 Calls for Justice that came out of the report, *Reclaiming Power and Place: The Final Report of the National Inquiry into Missing and Murdered Indigenous Women and Girls*. The Calls for Justice and the Final Report can be found on the [National Family and Survivors Circle](https://www.nationalfamilyandsurvivorscircle.ca) website, as well as many other resources including a collection of posters.

Call for Justice 15.3: Develop knowledge and read the *Final Report*. Listen to the truths shared, and acknowledge the burden of these human and Indigenous rights violations, and how they impact Indigenous Women, Girls and 2SLGBTQQIA people today.

Grant Opportunity: From the Ground Up – Safe Healthy Communities for ALL

The From the Ground Up – Safe Healthy Communities for ALL Program supports the province's commitment to build safe, healthy communities where individuals, children, youth and families can thrive.

The new program supports a broad range of community renewal efforts, community capital projects and children and youth initiatives.

Who can apply? Eligible applicants include:

- Non-profit organizations
- Municipal governments
- Northern Affairs Community Councils

What do they fund?

1. Community Renewal Initiatives Stream: Supports Community Development Projects

- Community and organizational capacity building and planning
- Community economic development initiatives
- Well-being and recreation activities to promote neighbourhood safety and cohesion
- Anti-racism, bridge building and inclusion initiatives
- Housing and safety coordination supports

2. Community Spaces Stream

- Supports capital projects that extend, improve or enhance interior and exterior public use community facilities and spaces

3. Healthy, Safe, Connected Children and Youth Stream

- Supports targeted children and youth projects including outreach, wellness, recreation, youth internships, training and leadership development.

Application deadline: May 31, 2024

