



Building Resiliency

STORIES OF CONNECTION

Community Wellness Team



United Way

Thompson Nicola Cariboo

Community Wellness Team



Ashcroft, Cache Creek, Clinton
Krista Billy



100 Mile House
Laura Dewar



Quesnel & Nazko
Doris Hocevar



Williams Lake & Chilcotin
Bree Odd



Community Wellness
Coordinator
Sarah Thompson



Manager of Resource
& Development
Ashlee Hyde



THE VILLAGE OF CLINTON & HIGH
BAR FIRST NATION



PRESENTS



MUSIC IN THE PARK

AUGUST 19, 2018 at 2:00pm
REG CONN CENTENNIAL PARK
ANNIVERSARY RESILIENCE CELEBRATION
BRING YOUR OWN LAWN CHAIR!

FEATURING

ALEX WELLS
HOOPDANCER &
FRIENDS

ARLEN PARK &
LEONA and ALLAN
McKAY!

PSALM 23 BOUNCY
CASTLES

BBQ DINNER
@ 5pm



United Way
Thompson-Nicola Cariboo



Community Strong

Wildfire Recovery Party

Where: LeBourdais Park
When: SEPTEMBER 29, 2018 @ noon





Wildfire Information Expo

Mental Health Awareness Survey

1. Gender Male Female Prefer not to answer

2. Age Under 19 20-29 30-39 40-49 50+

3. Answer the questions below with your opinion. *There is no right answer*

	Agree	Disagree	Not Sure
People should work out their own mental health problems	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Once you have a mental illness, you have it for life	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I would be too embarrassed to tell anyone I had a mental health problem	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Women are more likely to have a mental health illness than men	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Medication is the best treatment for mental illness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
People with mental health illness are generally violent and dangerous	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Adults are more likely to have a mental illness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
You can tell by looking at someone whether they have a mental illness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
People with mental illness are generally shy and quiet	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mental illness can happen to anybody	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
You would be willing to have a person at your work or school with a mental illness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If I thought I had a mental health problem I would know how to get help	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

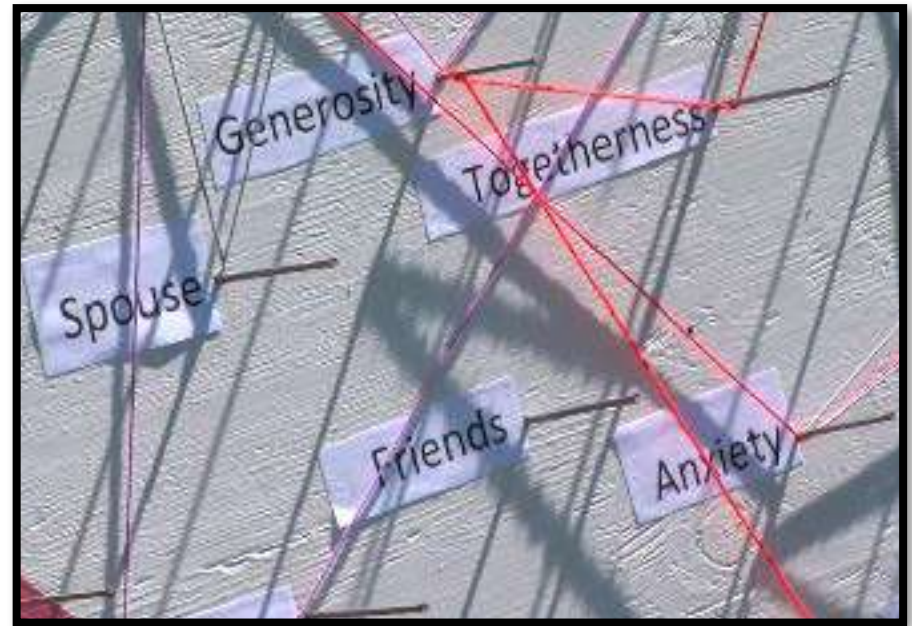
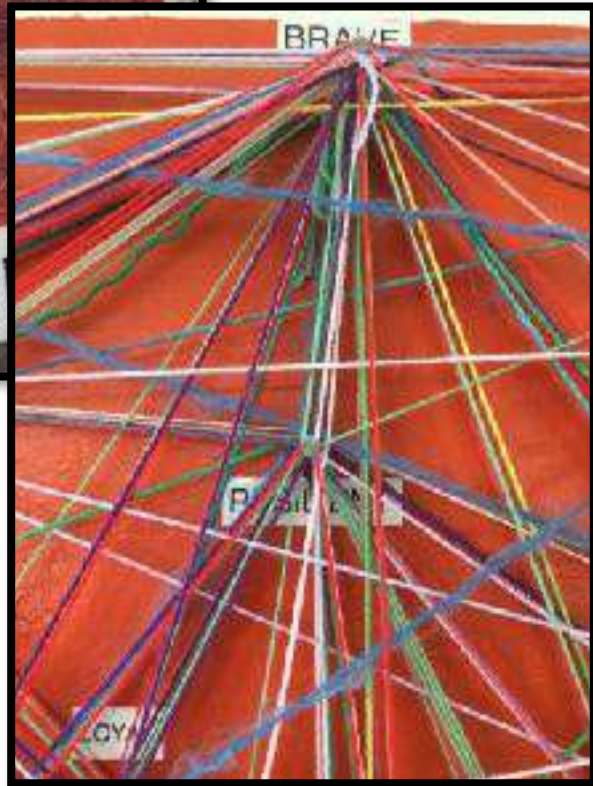
What are some signs of mental illness? Circle all that apply

Excessive Worrying Stomach Aches Depression Headaches Social Withdrawal

Changes in Eating/Sleeping Habits Increased Substance Use Confused Thinking

Inability to Cope with Daily Problems Numerous Unexplained Physical Ailments

Considering the 2017 & 2018 wildfires, what types of mental health and wellness programs / initiatives / training would you like to see in Tustin/Orange (Anheim)?



Tell your Story
we want to
Remember





United Way
Thompson Nicola Cariboo

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We couldn't do our work without you!



